

## Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

### Time Out Group activities 14<sup>th</sup> October – 19<sup>th</sup> October

<b>Monday 14<sup>th</sup>,</b> 10:30-12:30pm, TOG Hub	<b>Monday Makes</b> Enterprise shop / Puppet theatre	
<b>Monday 14<sup>th</sup>,</b> Meet at TOG Hub 12:45pm, pick up from Hub 3:45pm	<b>TOG Weekly Trip</b> Space4Autism	
<b>Tuesday 15<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 16<sup>th</sup>,</b> 6pm-8:30pm Hub / Park	<b>Active Wednesday</b> Tennis Sue	
<b>Thursday 17<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Social Thursday</b> Zumba	
<b>Friday 18<sup>th</sup>,</b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b> Spooky Recipes	
<b>Saturday 19<sup>th</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> Halloween Theme	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	