

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

Time Out Group activities 21st October – 26th October

Monday 21st, 10:30-12:30pm, TOG Hub	Monday Makes Enterprise shop / Puppet theatre	
Monday 21st, Meet at TOG Hub 12:45pm, pick up from Hub 4:45pm	TOG Weekly Trip Bowling	
Tuesday 22nd, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 23rd, 6pm-8:30pm, Wilmslow URC	Active Wednesday Indoor Games	
Thursday 24th, 6pm-8:30pm, TOG Hub	Social Thursday Singing for Fun	
Friday 25th, 10:30-3:30, TOG Hub	Foodie Friday Spooky Baking	
Saturday 26th, 11am-2:30pm, TOG Hub	Creative Saturday Halloween Theme	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	