

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

### Time Out Group activities 2<sup>nd</sup> December – 7<sup>th</sup> December

<b>Monday 2<sup>nd</sup>,</b> 10:30-12:30pm, TOG Hub	<b>Monday Makes</b> Enterprise shop / Photo booth	
<b>Monday 2<sup>nd</sup>,</b> Meet at TOG Hub 4:45pm, pick up from Hub 7:30pm	<b>TOG Weekly Trip</b> Moana 2 at Cinema	
<b>Tuesday 3<sup>rd</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 4<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Active Wednesday</b> Indoor games	
<b>Thursday 5<sup>th</sup>,</b> 5pm – 7pm, The Rex Cinema	<b>Social Thursday</b> 'The Voyage of Hope' Film Premier	
<b>Friday 6<sup>th</sup>,</b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b> Christmas baking	
<b>Saturday 7<sup>th</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> Christmas crafts	
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