

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

Time Out Group activities 20th January – 25th January

Monday 20th, 10:30-12:30pm, TOG Hub	Monday Makes TOG Shop / Photobooth project	
Monday 20th, Meet at TOG Hub 12:45pm, pick up from Hub 4:30pm	TOG weekly trip, Bowling at Parris Wood	
Tuesday 21st, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities & gardening	
Wednesday 22nd, 6pm-8:30pm, Wilmslow URC	Active Wednesday Tennis Sue	
Thursday 23rd, 6pm-8:30pm, TOG Hub	Social Thursday Games Night	
Friday 24th, 10:30-3:30, TOG Hub	Foodie Friday Healthy eating and cooking skills	
Saturday 25th, 11am-2:30pm, TOG Hub	Creative Saturday Chinese New Year	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	