

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

Time Out Group activities 3rd February – 8th February

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| Monday 3rd, 10:30-12:30pm, TOG Hub | Monday Makes TOG Shop / Photobooth project |  |
| Monday 3rd, Meet at TOG Hub 1:00pm, pick up from Hub 4:30pm | TOG weekly trip, Crazy Golf |  |
| Tuesday 4th, 10:30am-3:30pm, TOG Hub | Together Time Wellbeing activities & gardening |  |
| Wednesday 5th, 6pm-8:30pm, TOG Hub | Active Wednesday Tennis Sue |  |
| Thursday 6th, 6pm-8:30pm, TOG Hub | Social Thursday Musical Moments |  |
| Friday 7th, 10:30-3:30, TOG Hub | Foodie Friday Healthy eating and cooking skills |  |
| Saturday 8th, 11am-2:30pm, TOG Hub | Creative Saturday Valentines Arts & Crafts |  |
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| Contact numbers: | Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004 |  |