








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

Time Out Group activities 10th February – 15th February

Monday 10th, 10:30-12:30pm, TOG Hub	Monday Makes TOG Shop / Photobooth project	
Monday 10th, Meet at TOG Hub at 12:45pm, pick up from Hub 3:45pm	TOG weekly trip, Valentines Karaoke	
Tuesday 11th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities & gardening	
Tuesday 11th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)	Sandbach Drama Fun Drama based activities	
Wednesday 12th, 6pm-8:30pm, TOG Hub	Active Wednesday Indoor Games	
Thursday 13th, 6pm-8:30pm, TOG Hub	Social Thursday Valentines Disco	DISCO
Friday 14th, 10:30-3:30, TOG Hub	Foodie Friday Healthy eating and cooking skills	
Saturday 15th, 11am-2:30pm, TOG Hub	Creative Saturday Sensory Slime	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	