

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

Time Out Group activities 24th February – 1st March

Monday 24th, 10:30-12:30pm, TOG Hub	Monday Makes TOG Shop project / Wilmslow Garden Centre	
Monday 24th, Meet at TOG Hub at 1pm, pick up from Hub 4pm	TOG weekly trip, Laser Quest (Superbowl UK Macclesfield)	
Tuesday 25th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities & gardening	
Tuesday 25th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)	Sandbach Drama Fun Drama based activities	
Wednesday 26th, 6pm-8:30pm, Wilmslow URC	Active Wednesday Tennis Sue	
Thursday 27th, 5:30pm-8:30pm, TOG Hub	Social Thursday Wicked Film experience night	
Friday 28th, 10:30-3:30, TOG Hub	Foodie Friday Healthy eating and cooking skills	
Saturday 1st, 11am-2:30pm, TOG Hub	Creative Saturday World Wildlife Day	
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