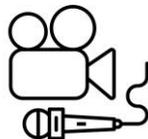


Time Out Group – supported activities for adults aged 18+ with learning disabilities/autism

Time Out Group activities 3rd March – 8th March

<p>Monday 3rd, 10:30-12:30pm, TOG Hub</p> <p>Monday 3rd Meet at TOG Hub 12.45pm pick up from Hub 4.45pm.</p> <p>Monday 3rd 6pm - 8pm, Poynton Civic Hall.</p>	<p>Monday Makes TOG Shop project</p> <p>TOG weekly trip, Primark Shopping</p> <p>Media (Poynton) Exciting media focussed sessions</p>	  
<p>Tuesday 4th, 10:30am-3:30pm, TOG Hub</p> <p>Tuesday 4th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)</p>	<p>Together Time Wellbeing activities & gardening</p> <p>Drama (Sandbach) Fun Drama based activities</p>	 
<p>Wednesday 5th, 6pm-8:30pm, TOG Hub</p>	<p>Active Wednesday Tennis Sue</p>	
<p>Thursday 6th, 6pm-8:30pm, TOG Hub</p>	<p>Social Thursday Play your cards right</p>	
<p>Friday 7th, 10:30-3:30, TOG Hub</p>	<p>Foodie Friday Healthy eating and cooking skills</p>	
<p>Saturday 8th, 11am-2:30pm, TOG Hub</p>	<p>Creative Saturday Music Theme</p>	
<p>Contact numbers:</p>	<p>Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004</p>	