

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

Time Out Group activities 10th March – 15th March

Monday 10th, 10:30-12:30pm, TOG Hub Monday 10th Meet at TOG Hub 12.45pm pick up from Hub 4.45pm. Monday 10th 6pm - 8pm, Poynton Civic Hall.	Monday Makes TOG Shop project TOG weekly trip, UK Pool (Hazel Grove) Media (Poynton) Exciting media focussed sessions	  
Tuesday 11th, 10:30am-3:30pm, TOG Hub Tuesday 11th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)	Together Time Wellbeing activities & gardening Drama (Sandbach) Fun Drama based activities	 
Wednesday 12th, 6pm-8:30pm, TOG Hub	Active Wednesday Indoor Games	
Thursday 13th, 6pm-8:30pm, TOG Hub	Social Thursday “Lets Get Moving” with Karen	
Friday 14th, 10:30-3:30, TOG Hub	Foodie Friday St Patrick’s Day cupcakes and Irish Stew	
Saturday 15th, 11am-2:30pm, TOG Hub	Creative Saturday St Patrick’s Day Arts & Crafts	
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