

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

### Time Out Group activities 17<sup>th</sup> March – 22<sup>nd</sup> March

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| <p><b>Monday 17<sup>th</sup>,</b><br/>10:30-12:30pm, TOG Hub</p> <p><b>Monday 17<sup>th</sup></b><br/>Meet at TOG Hub 12:45, pick up from Hub 4:15</p> <p><b>Monday 17<sup>th</sup></b><br/>6pm - 8pm, Poynton Civic Hall.</p> | <p><b>Monday Makes</b><br/>TOG Shop / Spring themed Photobooth</p> <p><b>TOG weekly trip,</b><br/>Bowling</p> <p><b>Media (Poynton)</b><br/>Exciting media focussed sessions</p> |    |
| <p><b>Tuesday 18<sup>th</sup>,</b><br/>10:30am-3:30pm, TOG Hub</p> <p><b>Tuesday 18<sup>th</sup>,</b><br/>4:30pm-6:30pm, Sandbach Town Hall (Ballroom)</p>   | <p><b>Together Time</b><br/>St Patricks Day Activities</p> <p><b>Drama (Sandbach)</b><br/>Fun Drama based activities</p>   |    |
| <p><b>Wednesday 19<sup>th</sup>,</b><br/>6pm-8:30pm, Wilmslow URC</p>  | <p><b>Active Wednesday</b><br/>Indoor Games</p>  |    |
| <p><b>Thursday 20<sup>th</sup>,</b><br/>6pm-8:30pm, TOG Hub</p>  | <p><b>Social Thursday</b><br/>Singing for Fun</p>  |    |
| <p><b>Friday 21<sup>st</sup>,</b><br/>10:30-3:30, TOG Hub</p>  | <p><b>Foodie Friday</b><br/>Healthy eating and cooking skills</p>  |    |
| <p><b>Saturday 22<sup>nd</sup>,</b><br/>11am-2:30pm, TOG Hub</p>   | <p><b>Creative Saturday</b><br/>Spring Arts &amp; Crafts</p>   |    |
| <p>Contact numbers:</p>  | <p>Office – 01625 520652<br/>Yvonne – 07735869719<br/>Anna – 07365520459<br/>Debbie – 07429119004</p>  |    |