



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

### Time Out Group activities 7<sup>th</sup> April – 12<sup>th</sup> April

<b>Monday 7<sup>th</sup>,</b> 10:30-12:30pm, TOG Hub	<b>Monday Makes</b> TOG Shop	
<b>Monday 7<sup>th</sup>,</b> 12:45pm-4:45pm, Meet at TOG Hub	<b>TOG weekly trip,</b> Carnival circus spectacular	
<b>Tuesday 8<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 9<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub / park	<b>Active Wednesday</b> Tennis Sue	
<b>Thursday 10<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Social Thursday</b> Battleships	
<b>Friday 11<sup>th</sup>,</b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b> Hot cross buns	
<b>Saturday 12<sup>th</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> Easter craft	
Contact numbers:	Office – 01625 520652 Abbie – 07456374646 Debbie – 07429119004 Yvonne – 07735869719	

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