

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

<p><b>Monday 12<sup>th</sup>,</b> 10:30-12:30pm, TOG Hub</p>	<p><b>Monday Makes</b> TOG Shop</p>	
<p><b>Monday 12<sup>th</sup>,</b> 12:45pm-4:30pm, Meet at TOG Hub</p>	<p><b>TOG weekly trip,</b> Bowling at Parrs Wood – <b>LIMITED SPACES STILL AVAILABLE</b></p>	
<p><b>Monday 12<sup>th</sup>,</b> 6pm - 8pm, Poynton Civic Hall.</p>	<p><b>Media (Poynton)</b> Media focussed sessions</p>	
<p><b>Tuesday 13<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub</p>	<p><b>Together Time</b> Wellbeing activities and gardening</p>	
<p><b>Tuesday 13<sup>th</sup>,</b> 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)</p>	<p><b>Drama (Sandbach)</b> Drama based activities</p>	
<p><b>Wednesday 14<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub / park</p>	<p><b>Active Wednesday</b> Indoor Games / outdoor games</p>	
<p><b>Thursday 15<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub</p>	<p><b>Social Thursday</b> Members meeting/Karaoke Night</p>	
<p><b>Thursday 15<sup>th</sup>,</b> 6:30pm-9:30pm (meet at Hub)</p>	<p><b>Stay Up Late</b> Crazy golf at Adlington golf centre (£15)</p>	
<p><b>Friday 16<sup>th</sup>,</b> 10:30-3:30, TOG Hub</p>	<p><b>Foodie Friday</b> Healthy eating – Fruit smoothies and salad art</p>	
<p><b>Saturday 17<sup>th</sup>,</b> 11am-2:30pm, TOG Hub</p>	<p><b>Creative Saturday</b> Suncatchers</p>	



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Contact numbers:

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**Time Out Group activities 12<sup>th</sup> May – 17<sup>th</sup> May**

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**Luxome**

**Working together for greater independence**

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