





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

Time Out Group activities 19th May – 24th May

Monday 19th, 10:30-12:30pm, TOG Hub Monday 19th, Meet at TOG Hub Monday 19th, 6pm - 8pm, Poynton Civic Hall.	Monday Makes Garden Ornaments and butterflies TOG weekly trip, Jump Capitol in Stockport – FULLY BOOKED Media (Poynton) Media focussed sessions	  
Tuesday 20th, 10:30am-3:30pm, TOG Hub Tuesday 20th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)	Together Time Wellbeing activities and gardening Drama (Sandbach) Drama based activities	 
Wednesday 21st, 6pm-8:30pm, Seashell Trust	Active Wednesday Seashell Trust bike track	
Thursday 22nd, 6pm-8:30pm, TOG Hub Thursday 22nd, 6:30pm-9:30pm, (meet at Town Hall)	Social Thursday Play your cards right Stay up late - Sandbach Bowling	 
Friday 23rd, 10:30-3:30, TOG Hub	Foodie Friday Healthy alternatives	
Saturday 24th, 11am-2:30pm, TOG Hub	Creative Saturday Seasons craft	
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