

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

Time Out Group activities 19th January – 23rd January 2026

<p>Monday 19th 10:30-12:30pm, TOG Hub</p>	<p>Monday Makers Bird Houses, finish wooden birds TOG Shop 11am-12md</p>	
<p>Tuesday 20th 10:30am-3:30pm, TOG Hub</p> <p>Tuesday 20th 4.30-6.30pm SANDBACH</p>	<p>Together Time Wellbeing activities and gardening Music</p> <p>Drama Town Hall Ballroom</p>	 
<p>Wednesday 21st 6pm-8:30pm, TOG Hub</p>	<p>Active Wednesday *** Zumba with Hannah ***</p>	
<p>Thursday 22nd 6pm-8:30pm, TOG Hub</p>	<p>Social Thursday Disco Night</p>	
<p>Friday 23rd 10:30-3:30, TOG Hub</p>	<p>Foodie Friday Theme Spanish Food</p>	
<p>Saturday 24th 11am-2:30pm, TOG Hub</p>	<p>Creative Saturday Burns Night theme, Thistle salt painting</p>	
<p>Contact numbers:</p>	<p>Office – 01625 520652 Yvonne – 07735869719 Libby - 07885812463 Kirsten – 07897791276 Emma - 07507728624</p>	