







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

### Time Out Group activities 4th May – 9th May

<b>Monday 4th</b> <b>CLOSED BANK HOLIDAY</b>	<b>Monday Makers</b> TOG Shop 11am-12md	
<b>Tuesday 5th</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening <b>Hobbies/skills</b>	
<b>Wednesday 6th</b> 6pm-8:30pm, TOG Hub/Park	<b>Active Wednesday</b> <b>Tai chi</b>	
<b>Thursday 7th</b> 6pm-8:30pm, TOG Hub	<b>Social Thursday</b> <b>Creative Writing</b>	
<b>Friday 8th May</b> 10.30am-3.30pm TOG Hub	<b>Foodie Friday</b> <b>Theme Cinco de mayo</b>	
<b>Saturday 9th May</b> 11am-2.30pm TOG Hub	<b>Creative Saturday</b> <b>Tulip fields</b>	
<b>Contact numbers:</b>	Office – 01625 520652 Yvonne – <b>NUMBER 07517274386</b> Emma - <b>NUMBER 07517274623</b> Kirsten – <b>NUMBER 07517274351</b> Stephen - <b>NUMBER 07517274565</b> Outreach	