








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

Time Out Group activities 1st June – 6th June

<p>Monday 1st June 10am – 12.30</p> <p>Tog Trips 1pm- 3.30pm Railway Pub Handforth</p>	<p>Monday Makers Butterflies/ Wind chimes TOG Shop 11am-12md</p> <p>Karaoke</p>	
<p>Tuesday 2nd June 10:30am-3:30pm, TOG Hub</p>	<p>Together Time Wellbeing activities and gardening Hobbies & Skills</p>	
<p>Wednesday 3rd June 6pm – 8.30pm TOG Hub/Park</p>	<p>Active Wednesday Tai Chi</p>	
<p>Thursday 4th June 6pm-8:30pm, TOG Hub</p>	<p>Social Thursday Musical Moments</p>	
<p>Friday 5th June 10.30am-3.30pm TOG Hub</p> <p>Friday 5th Tog Trip Party Bingo 6.30pm- 10/10.30pm Fully Booked</p>	<p>Foodie Friday Theme Germany</p> <p>Parish Hall Wilmslow</p>	
<p>Saturday 6th June 11am-2.30pm TOG Hub</p> <p>Saturday 6th June Trip Mary Sunley (trip 1) Fully Booked</p>	<p>Creative Saturday Theme World cup</p>	
<p>Contact numbers:</p>	<p>Office – 01625 520652 Yvonne – NUMBER 07517274386 Emma - NUMBER 07517274623 Kirsten – NUMBER 07517274351 Stephen - NUMBER 07517274565 Outreach</p>	

Working together for greater independence

Supported as Charity of the Year 2023 by

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