

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

Time Out Group activities 9th November – 14th November

Monday 9th November **10am – 12.30pm**	**Monday Makers** **Garden Centre Xmas Decorations leaving hub 10.20 0r u can meet us there. Wear suitable footwear/ coats**	
Monday 9th November Tog Trip **Times to be confirmed**	**Didsbury Cineworld** **Film to be confirmed**	
Tuesday 10th November **10:30am-3:30pm, TOG Hub**	**Together Time** **Wellbeing activities and gardening** **Music: -Instructions (working together, listening to each other) and Bongo Bingo AM Karaoke PM**	
Tuesday 10th November SANDBACH Drama **4.30pm – 6.30pm**	**Sandbach Town Hall Ballroom** **Seasonal Characters and Story Telling**	
Wednesday 11th November **6pm – 8.30pm Tog Hub**	**Active Wednesday** **HUB Games - Bowling**	
Thursday 12th November **6pm-8:30pm, TOG Hub**	**Social Thursday** **Bongo Bingo**	
Friday 13th November **10.30am-3.30pm TOG Hub**	**Foodie Friday** **Thai food**	
Saturday 14th November **11am-2.30pm TOG Hub**	**Creative Saturday** **Papier mache animals**	
Contact numbers: **Office- 016250520652** **Yvonne 07517274386 Monday-Friday 9am-5pm** **Sarah – 07517274623 Communications** **Emma – 07507728624 Emergency contact**	**Senior Activity Co-ordinators** **Kirsten- 07517274351 Mon, Tue, Wed, Fri** **Hallie – 07517274320 Saturdays** **Yvonne 07517274386 Thurs** **Stephen - 07517274565 Outreach**	

Working together for greater independence

T: 01625 520652 **W:** www.timeoutgroup.org.uk
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