

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

### Time Out Group activities 22<sup>nd</sup> April – 27<sup>th</sup> April

<b>Monday 22<sup>nd</sup>,</b> 10:30am-12:30pm, TOG Hub	<b>Multimedia project</b> Filming	
<b>Monday 22<sup>nd</sup>,</b> 12:45pm-4:30pm, Trafford centre (meet at Hub)	<b>TOG weekly trip</b> Sea Life centre	
<b>Tuesday 23<sup>rd</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 24<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub / park	<b>Active Wednesday</b> Gym, sports and games	
<b>Thursday 25<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub	<b>Thursday social</b> Disco	
<b>Friday 26<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Foodie Friday</b> Healthy eating and kitchen skills	
<b>Saturday 27<sup>th</sup>,</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> Arts and crafts	
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