








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

### Time Out Group activities 5<sup>th</sup> May – 10<sup>th</sup> May

<b>Monday 5<sup>th</sup>,</b>	<b>Monday Makes</b> NO SESSION  <b>TOG weekly trip,</b> NO SESSION  <b>Media (Poynton)</b> NO SESSION	
<b>Tuesday 6<sup>th</sup>,</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening	
<b>Wednesday 7<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub/park (weather dependent)	<b>Active Wednesday</b> Indoor Games/outdoor games	
<b>Thursday 8<sup>th</sup>,</b> 6pm-8:30pm, TOG Hub  <b>Thursday 8<sup>th</sup>,</b> 6:30pm-9:30pm, meet at TOG Hub	<b>Social Thursday</b> VE Day disco  <b>Stay Up Late</b> Painting pottery	 
<b>Friday 9<sup>th</sup>,</b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b> VE Day theme	
<b>Saturday 10<sup>th</sup>,</b> 11am-2:30pm, meet at TOG Hub	<b>Creative Saturday</b> VE Day fair	
Contact numbers:	Office – 01625 520652 Abbie – 07456374646 Debbie – 07429119004 Yvonne – 07735869719	