

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

Time Out Group activities 23rd – 28th Jun

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| Monday 23rd, 10:30-12:30pm, TOG Hub Monday 23rd, 1:30pm-5.30pm, Meet at TOG Hub | Monday Makes Painting plant pots TOG Shop 11am_12md TOG weekly trip, Cinema New Disney Pixar Film Elio Stockport Light Cinema |   |
| Tuesday 24th, 10:30am-3:30pm, TOG Hub Tuesday 24th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom) | Together Time Wellbeing activities and gardening Drama (Sandbach) Drama based activities |  |
| Wednesday 25th, 6pm-8:30pm, TOG Hub/park | Active Wednesday Outdoor Games |  |
| Thursday 26th, 6pm-8:30pm, TOG Hub Thursday 26th 7pm-10pm Stay up late | Social Thursday Singing for fun Pizza Express meet at the restaurant Macclesfield |   |
| Friday 27th, 10:30-3:30, TOG Hub | Foodie Friday Biscuits to sell on Monday |  |
| Saturday 28th, 11am-2:30pm, TOG Hub | Creative Saturday Friendship bracelets |  |
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| Contact numbers: | Office – 01625 520652 Debbie – 07429119004 Yvonne – 07735869719 Libby- 07885812463 |  |