









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

Time Out Group activities 16th – 21st June

Monday 16th, 10:30-12:30pm, TOG Hub Monday 16th, Meet at TOG Hub 12.45pm-3.45pm	Monday Makes Plant pot designs TOG Shop 11am-12md TOG weekly trip, Team meal Griffin Heald green	 
Tuesday 17th, 10:30am-3:30pm, TOG Hub Tuesday 17th, 7:30pm-10pm,	Together Time Wellbeing activities and gardening Stay up Late – Poynton Pizza Express, to meet outside Pizza Express for 7pm - 9.30pm.	
Wednesday 18th, 6pm-8:30pm, TOG Hub/park	Active Wednesday Tennis Sue	
Thursday 19th, 6pm-8:30pm, TOG Hub Thursday 19th, 4:30pm-6:30pm, Sandbach Town Hall (Ballroom)	Social Thursday Disco Drama (Sandbach) Drama based activities	 
Friday 20th, 10:30-3:30, TOG Hub	Foodie Friday Fake away Indian	
Saturday 21st, 11am-2:30pm, TOG Hub	Creative Saturday Sand art pictures	
Contact numbers:	Office – 01625 520652 Debbie – 07429119004 Yvonne – 07735869719 Libby - 07885812463	