






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

### Time Out Group activities 1<sup>st</sup> September – 6<sup>th</sup> September

<b>Monday 1<sup>st</sup></b> 10:30-12:30pm, TOG Hub	<b>Monday Makers</b> Biscuits to decorate and all previous projects finished, Abba Keep fit  TOG Shop 11am-12md	
<b>Tuesday 2<sup>nd</sup></b> 10:30am-3:30pm, TOG Hub  <b>Tuesday 2<sup>nd</sup> Stay up late</b>	<b>Together Time</b> Wellbeing activities and gardening  <b>TGI Fridays Cheadle to meet at the Hub in Handforth 6.30pm</b>	
<b>Wednesday 3<sup>rd</sup> Macclesfield 1-3pm</b>  <b>Wednesday 3<sup>rd</sup> TOG HUB 6pm-8:30pm,</b>	<b>Drama</b> <u><a href="#">DRAMA (Macclesfield)</a></u> <u><a href="#">Scout Hut, BOND Street MACC</a></u>  <b>Active Wednesday</b> Indoor Games	  
<b>Thursday 4<sup>th</sup></b> 6pm-8:30pm, TOG Hub	<b>Social Thursday</b> <u><a href="#">Bellringing demonstration</a></u>	
<b>Friday 5<sup>th</sup></b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b>	
<b>Saturday 6<sup>th</sup></b>  <u><a href="#">NO SESSION TODAY</a></u>	<b>Creative Saturday</b>  <u><a href="#">NO SESSION TODAY</a></u>	
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