

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

Time Out Group activities 10th November – 15th November

Monday 10th 10:30-12:30pm, TOG Hub	Monday Makers Xmas projects TOG Shop 11am- 12md	
Monday 10th Meet at TOG Hub 1pm return 3.30pm	TOG weekly trip, Bulls Head Handforth	
Tuesday 11th 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Tuesday 11th 4.30-6.30pm Sandbach	Drama Sandbach Town Hall (Ballroom)	
Wednesday 12th 6pm-8:30pm, TOG Hub	Active Wednesday Indoor Games	
Thursday 13th 6pm-8:30pm, TOG Hub	Social Thursday Languagility	
Thursday 13th Stay up Late 6.15-9.30pm	Pottery Painting Cheadle Meet at Hub	
Friday 14th 10:30-3:30, TOG Hub	Foodie Friday Theme Greek food	
Saturday 15th 11am-2:30pm, TOG Hub	Creative Saturday Homemade Bird Feeders	
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