

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

Time Out Group activities 15th December – 20th December

Monday 15th 10:30-12:30pm, TOG Hub Monday 15th Meet at TOG Hub 1pm -3.30pm	Monday Makers Christmas Fun TOG weekly trip Karaoke – Railway Pub	 
Tuesday 16th 10:30am-3:30pm, TOG Hub Tuesday 16th 5.30pm-6.30pm	Together Time Wellbeing activities / Christmas Funday Drama Sandbach Town Hall (Ballroom) Christmas Performance, Drinks& Mince pies	 
Wednesday 17th 6pm-8:30pm, UNITED REFORM CHURCH WILMSLOW	Active Wednesday <u>**NEW SESSION ZUMBA WITH HANNAH**</u>	
Thursday 18th 6pm-8:30pm, TOG Hub Thursday 18th 6.15pm- 10.30pm STAY UP LATE	Social Thursday Christmas Bongo Bingo Ten Pin Bowling Parrs Wood Meet at Hub 6.15pm	 
Friday 19th 10:30-3:30, TOG Hub	Foodie Friday Christmas Lunch	
Saturday 20th 11am-2:30pm, TOG Hub	Creative Saturday Calendars / Christmas Film CLOSE FOR CHRISTMAS REOPEN 5TH JANUARY 2026	
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