



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

**Time Out Group activities 2nd March – 7<sup>th</sup> March**

<p><b>Monday 2nd</b> 10:30-12:30pm, TOG Hub</p>	<p><b>Monday Makers</b> Lavendar bags, Mother's Day crafts, signs for coffee morning <b>TOG Shop 11am-12md</b></p>	
<p><b>Tuesday 3<sup>rd</sup></b> 10:30am-3:30pm, Tog Hub</p>	<p><b>Together Time</b> Wellbeing activities and gardening Nature and</p>	
<p><b>Wednesday 4th</b> 6pm-8:30pm, Tog Hub</p>	<p><b>Active Wednesday</b> Tai Chi</p>	
<p><b>Thursday 5th</b> 6pm-8:30pm, TOG Hub</p>	<p><b>Social Thursday</b> Creative Writing</p>	
<p><b>Friday 6th</b> 10:30-3:30, TOG Hub</p>	<p><b>Foodie Friday</b> Tog does Ready steady cook</p>	
<p><b>Saturday 7th</b> 11am-2:30pm, TOG Hub</p>	<p><b>Creative Saturday</b> Mother's Day Crafts</p>	
<p><b>Contact numbers:</b></p>	<p>Office – 01625 520652 Yvonne – <b>NEW NUMBER 07517274386</b> Kirsten – <b>NEW NUMBER 07517274351</b> Emma - <b>NEW NUMBER 07517274623</b></p>	

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T: 01625 520652 W: [www.timeoutgroup.org.uk](http://www.timeoutgroup.org.uk)  
Time Out Group, 25 The Paddock, Handforth, SK9 3HQ | Charity number: 1181863





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

### Time Out Group activities 9th March – 14th March

<b>Monday 9th</b> 10:30-12:30pm, TOG Hub	<b>Monday Makers Finish Mother's Day crafts/start Easter crafts</b> <b>TOG Shop 11am-12md</b>	
<b>Tuesday 10th</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening Mother's Day Craft	
<b>Wednesday 11<sup>th</sup> TOG HUB</b> 6pm-8:30pm,	<b>Active Wednesday</b> Indoor Games /Football Pool noodle	
<b>Thursday 12th</b> 6pm-8:30pm, TOG Hub	<b>Social Thursday</b> Deal or No deal	
<b>Friday 13th</b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b> Afternoon Tea with the family 1.30-3.30pm	
<b>Saturday 14th</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> St Patricks day crafts	
<b>Contact numbers:</b>	Office – 01625 520652 Yvonne – <b>NEW NUMBER 07517274386</b> Kirsten – <b>NEW NUMBER 07517274351</b> Emma - <b>NEW NUMBER 07517274623</b>	

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