

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

Time Out Group activities 13th April – 18th April

<p>Monday 13th *NOTE NEW STARTING TIME 10:00-12:30pm*. TOG Hub</p> <p>Monday 13th Drama 1pm-3pm TOG Hub</p>	<p>Monday Makers Sorting out our stock TOG Shop 11am-12md</p> <p>Drama with Phil</p>	 
<p>Tuesday 14th 10:30am-3:30pm, TOG Hub</p> <p>Tuesday 14th SANDBACH DRAMA 4.30-6.30pm</p>	<p>Together Time Wellbeing activities and gardening Exercise with Julia am</p> <p>Drama The Ballroom Town Hall</p>	
<p>Wednesday 15th 6pm-8:30pm, TOG Hub</p>	<p>Active Wednesday Julia Keep Fit</p>	
<p>Thursday 16th 6pm-8:30pm, TOG Hub</p>	<p>Social Thursday Mingle Bingo</p>	
<p>Friday 17th 10.30am-3.30pm TOG Hub</p>	<p>Foodie Friday Theme Indian food</p>	
<p>Saturday 18th 11am-2.30pm TOG Hub</p>	<p>Creative Saturday Lotus flowers</p>	
<p>Contact numbers:</p>	<p>Office – 01625 520652 Yvonne – NUMBER 07517274386 Emma - NUMBER 07517274623 Kirsten – NUMBER 07517274351 Stephen - NUMBER 07517274565 Outreach</p>	