








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

Time Out Group activities 16th September– 21st September

Monday 16th, 10:30-12:30pm, TOG Hub	Monday Makes Enterprise shop / Puppet theatre	
Monday 16th, Meet at TOG Hub 12:45pm, pick up from Hub 4:45pm	TOG Weekly Trip Jurassic World FULLY BOOKED	
Tuesday 17th, 10:30am-3:30pm, TOG Hub	Together Time Wellbeing activities and gardening	
Wednesday 18th, 6pm-8:30pm Hub / Park	Active Wednesday Indoor / Outdoor Games	
Thursday 19th, 6pm-8:30pm, TOG Hub	Social Thursday Zumba	
Friday 20th, 10:30am-3:30pm, TOG Hub	Foodie Friday Coffee Afternoon Prep	
Saturday 21st, 11am-2:30pm, TOG Hub	Creative Saturday Autumn Theme	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Anna – 07365520459 Debbie – 07429119004	