



# 'No Limits' evening timetable

## Chill Out Wednesday: July

Date and time	Activity and venue	Details and cost
<p><b>1<sup>st</sup> July</b> <b>7pm – 9pm</b></p>		<p><b>Nando's</b> <b>£12 subs + money for dinner</b></p> <p>We will walk together from LinkAble.</p>
<p><b>8<sup>th</sup> July</b> <b>7pm – 9pm</b></p>		<p><b>Movie Night</b> <b>£12 subs</b></p> <p>Popcorn will be provided!</p>
<p><b>15<sup>th</sup> July</b> <b>7pm – 9pm</b></p>		<p><b>Bowling</b> <b>£12 subs + £5 for bowling</b></p> <p>We will walk together from LinkAble.</p>
<p><b>22<sup>nd</sup> July</b> <b>7pm – 9pm</b></p>		<p><b>Picnic in the Park</b> <b>£12 subs</b></p> <p>We will walk together from LinkAble – please bring your own picnic!</p>
<p><b>29<sup>th</sup> July</b> <b>7pm – 9pm</b></p>		<p><b>Water Fight!</b> <b>£12 subs</b></p> <p>Please bring a full change of clothes and a towel!</p>