



'No Limits' evening timetable

Chill Out Wednesday: August

Date and time	Activity and venue	Details and cost
5th August 7pm - 9pm		Wheatsheaf Pub £12 subs + money for a drink or snack Drop off and pick up from LinkAble. Please note: we will not be having dinner
12th August 7pm - 9pm		Summer Party! £12 subs A summer celebration with friends, food, music and dancing!
19th August 7pm - 9pm		Shuffleboard and Pool £12 subs + £2 to play Drop off and pick up from LinkAble. We will walk to the Superbowl
26th August 7pm - 9pm		Nando's! £12 subs + money for dinner Walk with us from LinkAble or meet us at Nando's