

FriendZ Space Timetable SEPTEMBER 2024




For more information or to book your sessions please email us at at friendz@dsscotland.org.uk.

You may also call us on 0300 030 2121

Gaylin mobile: 07385 473673

Karen mobile: 07825 873726

Week 1 – w/b 2nd September



Date	Time	Activity
WEDNESDAY 4 th Sept	6-6.45pm	Karaoke – You pick the tunes, and we all sing along! 
THURSDAY 5 th Sept	4.30-5.15pm	Craft Club – You collect some smooth stones and bring them along. We will send you some paint and brushes, and we can paint our stones together. 
THURSDAY 5 th Sept	6-6.45pm	Danceathon – Come along and dance the night away to some of our favourite songs! 

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Week 2 – w/b 9th September




Date	Time	Activity
TUESDAY 10 th Sept	6-6.45pm	Ask Charlie – Bring along your tricky questions to catch Charlie and others out. 
WEDNESDAY 11 th Sept	6.30 – 7.15pm	Fit FriendZ – Come and join our friend Emily for some fitness fun and great music. 
FRIDAY 13 th Sept	7-8pm	Live Disco with DJ Giacinta – Join us for a fun evening of music, singing and dancing. 

Week 3 – w/b 16th September

Date	Time	Activity
WEDNESDAY 18 th Sept	6-6.45pm	Film Club – We will send you a sheet and you can tell us all about your favourite 90'S MOVIES. 
THURSDAY 19 th Sept	4.30-5pm	Mindful Colouring – We will send you some colouring pages and then we can chill, listen to some music and colour in together. 
THURSDAY 19 th Sept	6-6.45pm	Bingo with Cher! The game is on with our very own bingo caller, Cher! 

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Week 4 – w/b 23rd September

Date	Time	Activity
WEDNESDAY 25 Sept	6-6.45pm	Singalong – Singalong to the best CHEESY songs 
THURSDAY 26 th Sept	5-5.30pm	Dinner Date – Bring along a SOMETHING CHEESY for dinner and we will enjoy it together. 
THURSDAY 26 th Sept	6-6.45pm	Quiz Night! – Bring a warm or cold beverage and get ready to be quizzed on your general knowledge. 

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