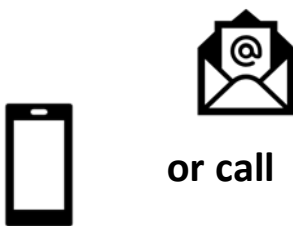


FriendZ Space Timetable November 2024

Zoom Sessions

Please book your place using Eventbrite by clicking on the [Book Now](#) in the timetable




Fully booked? If you would like on the waiting list, please email



friendz@dsscotland.org.uk



or call **0300 030 2121** or **Gaylin 07385 473673**

Week 1 – w/b 4th November



Date	Time	Activity
Wednesday 6th November	5:30 – 6:15pm	Karaoke: Favourite songs from the movies. You pick the songs, and we all sing along. 
Thursday 7th November	5:15 – 5:45pm	Mindful Colouring We will send you some colouring pages. Come along, listen to some music and colour in together. 
Thursday 7th November	6:15 – 6:45pm	Dinner Date. Autumn is the perfect time for PIE! Bring along any kind of <u>pie</u> for dinner and we will have a dinner party together. 

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Week 2 – w/b 11th November




Date	Time	Activity	
Wednesday 13 th November	5:30 - 6pm	Mindfulness & Pamper Night We will send you a face mask. Join in for some pampering and simple breathing exercises together.	
Thursday 14 th November	5:30 – 6:15pm	Bingo with Cher We will send you a bingo card, come along to get the lucky numbers.	
Thursday 14 th November	6:30 – 7:15pm	Fit FriendZ Come and join our friend Emily for some fitness, music and fun.	

Week 3 – w/b 18th November

Date	Time	Activity	
Wednesday 20 th November	5 – 5:30pm	Gardening We will send you a bulb to plant. Come and share how it went. Then wait until Spring to see what happens.	
Wednesday 20 th November	6 - 6:45pm	Disney Danceathon Come along and dance the night away to some of our favourite songs from Disney.	
Thursday 21 st November	6 – 6:45pm	Craft Club We will be making our own Christmas cards together to give to our friends and family.	

Week 4 – w/b 25th November

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Date	Time	Activity
Wednesday 27th November	5:30 – 6:15	Ask Charlie Bring along your tricky questions to catch our friend Charlie out. 
Thursday 28th November	6-7pm	Live Disco Join us for a fun evening of music and dancing with DJ Giacinta. 
Friday 29th November	6:30 – 7:15pm	Quiz Night: Harry Potter Calling all Harry Potter Fans! Get your sorting hat on, and bring along a cold or warm drink for a fun night of quiz wizardry. 

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