

FriendZ Space Timetable January 2025

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

gaylin.higginson@dsscotland.org.uk




0300 030 2121 or Gaylin 07385 473673




Week 3 – w/b 13th January

Date	Time	Activity
Tuesday 14th January	6:30 -7:00pm	 Cuppa & Blether Bring a warm drink, 'coorie in' and lets catch up and share our news after the Christmas break!
Thursday 16th January	5:30 – 6:15pm	 Bingo with Cher We will send you a bingo card, come along to get the lucky numbers.

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Thursday 16th January	6:30– 7:15pm	 Karaoke You pick the songs, and we all sing along.
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Week 4 – w/b 20th January

Date	Time	Activity
Wednesday 22nd January	6:30 – 7:00pm	 Mid-Winter Mindfulness Join us for half an hour of mindfulness, breathing exercises and relaxing music.
Thursday 23rd January	5:30 - 6:15pm	 Craft Club: Abstract painting We will be getting colourful, doing some abstract painting to brighten up the dark time of year! We will use a sponge and paint, which will be posted to you.
Thursday 23rd January	6:30 – 7pm	 Dinner Date: Burn's Supper. It's Burn's Night soon! So let's take part in this Scottish tradition with some Haggis, Neeps and Tatties and find out about Robert Burns!

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Week 5 – w/b 27th January

Date	Time	Activity
Wednesday 29th January	6-6:45pm	 Ask Charlie Bring along your tricky questions to catch our friend Charlie out.
Thursday 30th January	6-6:45pm	 Fit FriendZ Come and join our friend Emily for some fitness, dance and music!
Thursday 30th January	7-8pm	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta.

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