

FriendZ Space Timetable February 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





gaylin.higginson@dsscotland.org.uk
friendz@dsscotland.org.uk




0300 030 2121

Week 1 – w/b 3rd February



Date	Time	Activity
Wednesday 5th February	6 -6:45pm	 Karaoke Send in your song request, and we all sing along to your favourite LOVE SONGS.
Thursday 6th February	5:30 – 6:00pm	 Mindful Colouring We will send you some colouring pages. Come along, listen to some music and colour in together.

T: 0300 030 2121 **E:** info@dsscotland.org.uk **W:** www.dsscotland.org.uk


Week 2 – w/b 10th February

Date	Time	Activity
Thursday 13 th February	6 -6:30pm	 Dinner Date: Valentines Dinner It's Valentines Day soon! So bring something to eat and drink, and let's celebrate friendship!
Thursday 13 th February	7-8pm	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta.




Week 3 – w/b 17th February

Date	Time	Activity
Wednesday 19 th February	6:30 – 7:15pm	 Fit FriendZ Come and join our friend Emily for some fitness, dance and music!
Thursday 20 th February	5 – 5:45pm	 Bingo with Cher We will send you a bingo card, come along to get the lucky numbers.

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<p>Thursday 20th February</p>	<p>6:15 - 7pm</p>	 <p>Ask Charlie Bring along your tricky questions to catch our friend Charlie out.</p>
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Week 4 – w/b 24th February

Date	Time	Activity
<p>Wednesday 26th February</p>	<p>5 – 5:30pm</p>	 <p>Radio FriendZ (New) Bring along a quiet activity of your choice, (like homework, colouring, or writing emails) and chill out while listening to some feel good music together.</p>
<p>Wednesday 26th February</p>	<p>6 - 6:45pm</p>	 <p>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.</p>
<p>Thursday 27th February</p>	<p>6 – 6:45pm</p>	 <p>Craft Club: Sensory Bottles Come along and make your very own sensory bottle using glitter and charms. Supplies will be posted to you.</p>

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