

## FriendZ Space Timetable

### July 2025

### Zoom Sessions

Please book your place using Eventbrite

Fully booked? To go on the **waiting list**, please email us.  
Please **cancel** if you are unable to attend.






**[gaylin.higginson@dsscotland.org.uk](mailto:gaylin.higginson@dsscotland.org.uk)**  
**[friendz@dsscotland.org.uk](mailto:friendz@dsscotland.org.uk)**



**Gaylin: 0738547373**  
**Or 0300 030 2121 (9-5pm)**

#### Week 1

Date	Time	Activity
<b>Tuesday 1st July</b>	6-6:45pm	 <b>Karaoke</b> Send us your song request, and we all singalong!
<b>Wednesday 2nd July</b>	6-6:45pm	 <b>Charades</b> Calling all aspiring actors! Come along and keep everyone guessing as you act out a word without using words.
<b>Thursday 3rd July</b>	6-6:45pm	 <b>Bingo with Cher</b> We will send you a bingo card, come along to get the lucky numbers.


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## Week 2




Date	Time	Activity
<b>Tuesday 8<sup>th</sup> July</b>	4-4:30pm	 <b>Cuppa &amp; Blether: Cream Tea</b> Let's have a proper tea party! Bring along tea and a scone, with jam and cream if you like. Which goes first...jam or cream?
<b>Tuesday 8<sup>th</sup> July</b>	5:30-6:15pm	 <b>Music Café</b> Come along and bring your favourite song to share with the group. We will watch music videos and have a chat.
<b>Wednesday 9<sup>th</sup> July</b>	5:30-6:15pm	 <b>Film Club: Musicals</b> Come along and share your favourite Musical movies.
<b>Thursday 10<sup>th</sup> July</b>	7-8pm	 <b>Live Disco</b> Join us for a fun evening of music and dancing with DJ Giacinta

## Week 3: Summer Break

## Week 4

Date	Time	Activity
<b>Tuesday 22<sup>nd</sup> July</b>	5:45-6:30pm	 <b>Summer Singalong</b> Join us to sing your heart out to the best summer hits.

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<b>Wednesday 23<sup>rd</sup> July</b>	6-6:45pm	 <b>Baking with Morgan</b> Morgan will be star baker this month and will show us how to make a banana loaf. (support required)
<b>Thursday 24<sup>th</sup> July</b>	5-5:30pm	 <b>Mindful Colouring</b> Come along, listen to some calming music and colour in together. We will send you a colouring-in page.
<b>Thursday 24<sup>th</sup> July</b>	6-6:45pm	 <b>Ask Charlie!</b> Bring along your tricky general knowledge questions to catch our friend Charlie out.

## Week 5

Date	Time	Activity
<b>Tuesday 29<sup>th</sup> July</b>	5:30-6:15pm	 <b>Movie Quiz</b> Get your thinking caps on for another quiz night. The theme will be questions from the movies.
<b>Wednesday 30<sup>th</sup> July</b>	6:30-7:15pm	 <b>'Take That' Dance-a-thon</b> Come along and dance the night away to your favourite Take That songs.
<b>Thursday 31<sup>st</sup> July</b>	5:45-6:30pm	 <b>Craft Club: Stone Painting</b> Look out for some nice smooth stones to bring along. We will send you acrylic pens to paint with.

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