



TeenZ Space Timetable August 2025



Please book individual sessions on Eventbrite using the links within the timetable.

Email info@dsscotland.org.uk or call us on **0300 030 2121** if you have any questions. We advise you to book early to avoid disappointment.

WB 4/08/25

Date	Time	Activity
Monday 4 th	4:30 –5:15	Draw Each Other: Bring your paper and pens and we will draw portraits of each other together!
	5:45 –6:30	Dinnertime: Let's eat and chat together at TeenZ Space!
Tuesday 5 th	4:30-5:15	Pink Pony Club: Are you a Chappell roan fan? This one's for you!
	5:45-6:30	Karaoke: Do you love to sing? It's karaoke time!
Wednesday 6 th	12:30-1:00	Summer Lunch Club: Bring your lunch to TeenZ Space!
	4:30-5:15	I Spy: Play the classic game with your TeenZ friends!
Thursday 7 th	5:45-6:30	Boy Band Fan Club: Come and celebrate the best of Boy Bands!
	7:00 – 7:45	Evening Wind Down: Relax with some mindfulness!
Friday 8 th		No TeenZ Space

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Down's Syndrome Scotland is a charitable Company
Limited by Guarantee, Scottish Charity No. SC011012
Registered in Scotland No. 356717



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WB 11/08/25

Date	Time	Activity
Monday 11 th	4:30 – 5:15	Music Recital: Do you play an instrument? Bring it to TeenZ Space!
	5:45 – 6:30	World's Best Footballers: Who should be in the Hall of Fame?
Tuesday 12 th	4:30-5:15	Justin Bieber Fan Club: One for all the Beliebers out there!
	5:45-6:30	Show & Tell: Bring a special item or a collection you want to share!
Wednesday 13 th	4:30-5:15	Freestyle Art Club: Work on your current art project at TeenZ Space!
	5:45 – 6:30	Karaoke: Do you love to sing? It's karaoke time!
Thursday 14 th	5:45 – 6:30	Dinnertime: Let's eat and chat together at TeenZ Space!
	7:00 – 7:45	Cuddly Toys: Bring your favourite cuddly toys to introduce to us!
Friday 15 th	4:30-5:15	Back to School & College: How was your first week back to school? Or are you looking forward to college starting?

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WB 18/08/25

Date	Time	Activity
Monday 18 th	4:30 – 5:15	Air Guitar Challenge! Bring your best air guitar moves and choose an anthem you want to rock out to!
	5:45 – 6:30	Film Club: Have you seen any good films recently?
Tuesday 19 th	4:30-5:15	Karaoke: Do you love to sing? It's karaoke time!
	5:45-6:30	Dinnertime: Let's eat and chat together
Wednesday 20 th	4:30-5:15	Dancing Show: Perform a routine that you have prepared to music!
	5:45-6:30	Hot Dog Dinner: Show us how you like your hot dogs!
Thursday 21 st	5:45 – 6:30	Wicked Sing-Along: Sing your heart out to all the Wicked classics!
	7:00 – 7:45	Pamper Night: Bring along your favourite pampering products!
Friday 22 nd	4:30-5:15	Movie Music Quiz: How well do you know your soundtracks?!

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WB 25/08/25

Date	Time	Activity
Monday 25 th	4:30 – 5:15	The Hit List: Name that tune!
	5:45 – 6:30	Simon Says... Do this, do that!
Tuesday 26 th	4:30-5:15	International Dog Day: Send in photos of the dogs in your life, past and present!
	5:45-6:30	Bingo: Eyes down for a full house!
Wednesday 27 th	4:30-5:15	Craft Club: Join us for a themed craft session! (materials sent out)
	5:45 – 6:30	Breakfast for Dinner: Enjoy your favourite breakfast themed dinner!
Thursday 28 th	5:45 – 6:30	Charades: Play the classic guessing game!
	7:00 – 7:45	Share Your News: How's your week going?
Friday 29 th	4:30 – 5:15	Karaoke: Do you love to sing? It's karaoke time!

Commented [KL1]: love this!!

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