

FriendZ Space Calendar

November 2025

Zoom Sessions

Please book your place using Eventbrite.

Fully booked? Email us to be added to the **waiting list**.
Please **cancel** if you are unable to attend.



friendz@dsscotland.org.uk
hannah.dobson@dsscotland.org.uk
molly.line@dsscotland.org.uk

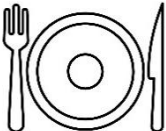


Hannah: 07385472359
Molly: 07585700467

FriendZ Space Calendar

November 2025

November: Week 1

Date	Time	Description
Tuesday 4 th	5:45-6:30pm	 Karaoke Do you love singing? It's Karaoke! <i>Send us your song requests by email</i>
Wednesday 5 th	6-6:30pm	 Dinner Date: Winter Warmers Join us with your favourite cosy winter dinner and tell us about it.
Thursday 6 th	5:45-6:30pm	 Film Club Come along and share your favourite Halloween or Autumn movie with us.

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

FriendZ Space Calendar

November 2025

November: Week 2

Date	Time	Activity
Tuesday 11 th	6-6:45pm	 Ask Charlie Bring along your tricky general knowledge questions to catch our friend Charlie out.
Wednesday 12 th	7-8pm	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta.
Thursday 13 th	5:45-6:30pm	 Bingo With Cher We will send you a bingo card, come along to get the lucky numbers.

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

FriendZ Space Calendar

November 2025

November: Week 3

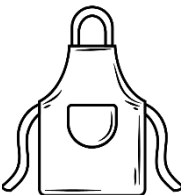
Date	Time	Activity
Tuesday 18 th	5:45-6:30pm	 Autumn Yoga Let's do some yoga and mindfulness inspired by the autumnal season.
Wednesday 19 th	6-6:45pm	 Karaoke Do you love singing? It's Karaoke! <i>Send us your song requests by email</i>
Thursday 20 th	6:30-7:15pm	 Fit FriendZ Join us with our favourite performer Emily, for some stretching, dance moves and music!

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

FriendZ Space Calendar

November 2025

November: Week 4

Date	Time	Activity
Tuesday 25 th	5:45-6:30pm	 Cooking Club Join us to make some tasty Puff Pastry Pizza. <i>Recipe sent out by email in advance</i>
Wednesday 26 th	5:30-6:15pm	 Craft Club Join us for some cosy winter crafting. <i>Materials will be sent to you in the post.</i>
Thursday 27 th	5:45-6:30pm	 Cher's 90s Danceathon Dance the night away to your favourite 90s songs.

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