

FriendZ Space Calendar

February 2026

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.






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Hannah: 07385472359
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Week 1



Date	Time	Activity
Tuesday 3rd February	5:45-6:30pm (Hannah)	 <p>Karaoke 1 Do you love singing? Bring your best songs. <i>Send us your song requests by email</i></p> <p><i>Please only book one karaoke session per month to allow everyone to have a turn!</i></p>
Wednesday 4th February	5:45-6:30pm (Molly)	 <p>Yoga Breathe, stretch, balance and relax in this fun and calming yoga session.</p>
Thursday 5th February	5:45-6:30pm (Hannah)	 <p>Charades It's game night! Come along and keep everyone guessing with your acting skills!</p>

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Week 2






Date	Time	Activity
Tuesday 10th February	7-8pm (Hannah)	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta!
Wednesday 11th February	5-5:45pm (Molly)	 Fit FriendZ Join us with our favourite performer Emily, for some stretching, dance moves and music!
Thursday 12th February	5:45-6:30pm (Hannah)	 Baking Club Make some valentines inspired treats to share with your loves ones!

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Week 3






Date	Time	Activity
Tuesday 17th February	5:45-6:30pm (Hannah)	 Film Club Come and share your favourite rom-com (romantic comedy) films with the group!
Wednesday 18th February	5:30-6:15pm (Molly)	 Karaoke 2 Do you love singing? Bring your best songs. <i>Send us your song requests by email</i> <i>Please only book one karaoke session per month to allow everyone to have a turn!</i>
Thursday 19th February	5:45-6:30pm (Hannah)	 Bingo With Cher We will send you a bingo card, come along to get the lucky numbers!

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Week 4



Date	Time	Activity
Tuesday 24th February	6-6:45pm (Hannah)	 Ask Charlie Bring along your tricky questions to catch our friend Charlie out!
Wednesday 25th February	5:30-6:15pm (Molly)	 Photography Club: Still Life Photograph Take photographs of colourful still lifes. Instructions will be emailed to you a week before.
Thursday 26th February	5:45-6:30pm (Hannah)	 Colour With Cher Get creative and do some colouring with Cher! (colouring pages sent in advance)

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