

FriendZ Space Calendar

September 2026

Zoom Sessions

- ★ Please book your place using on our website.
- ★ Fully booked? Email us to be added to the **waiting list**.
- ★ Please **cancel** if you are unable to attend.



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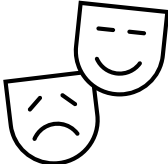
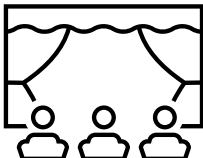
FriendZ Space News!

We are very excited to announce that **Gaylin** will be returning this month! We've missed Gaylin and her return means there will be even more sessions to pick from in the coming months! We are excited to welcome Gaylin back and she is looking forward to seeing everyone again!

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

Week 1



Date	Time	Activity
Tuesday 1st September	5:45-6:30pm	 Charades It's game night! Come along and keep everyone guessing with your acting skills!
Wednesday 2nd September	5:45-6:30pm	 Film Club – Up and Coming! Let's discuss the films that are up and coming this Autumn and Winter!
Thursday 3rd September	5:45-6:30pm	 Music From the Musicals Sing along to some epic showtunes!

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Week 2



Date	Time	Activity
Tuesday 8th September	6-6:45pm	 Ask Charlie Bring along your tricky questions to catch our friend Charlie out!
Wednesday 9th September	5:45-6:30pm	 Get To Know Me Let's find out about each other, open Q&A to get to know our Friendz Space members!
Thursday 10th September	5:45-6:30pm	 Boyband Singalong Sing along to your favourite boyband hits! <i>Send us your song requests by email</i>

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Week 3



Date	Time	Activity
Tuesday 15th September	5:45-6:30pm	 Cosy Cuppa Coorie in with a warm drink for a cosy chat with your FriendZ Space friends!
Wednesday 16th September	5:45-6.30pm	 Pixar Film Club Let's talk about our favourite Pixar films and learn some new facts!
Thursday 17th September	7-8pm	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta!

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Week 4



Date	Time	Activity
Tuesday 22nd September	5:45-6:30pm	 Colour With Cher Let's do some autumn inspired colouring together at FriendZ Space!
Wednesday 23rd September	5:45-6:30pm	 Bingo With Cher We will send you a bingo card, come along to get the lucky numbers!
Thursday 24th September	6.30pm-7.15pm	 Fit FriendZ Join us with our favourite performer Emily, for some stretching, dance moves and music!

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Week 5



Date	Time	Activity
Tuesday 29th September	5:45-6:30pm	 Musicals Danceathon Time to get those dancing shoes on and boogie to songs from the Musicals!
Wednesday 30th September	4:30-5:15pm	 Karaoke Do you love singing? Bring your best songs! <i>Send us your song requests by email</i>
	5:45-6:30pm	 Guess The Logo See how many of your favourite logos you can recognise in this quiz!
Thursday 1st October	5:45-6:30pm	 Big Pub Quiz Join Matt for this epic Pub Quiz! With topics including guess the song, TV shows and Harry Potter.

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