



FriendZ Space Timetable

January 2022



All sessions are now booked using Eventbrite. If you have any questions, please email info@dsscotland.org.uk or call us on **0300 030 2121**.

We advise you to book early to avoid disappointment.

WB 10th January 2022

Date	Time	Activity
Monday 10 th January	12.30-1pm	Lunch Date: Bring your lunch and we will chat about Christmas, New Year and all the other gossip!
	3.30-4pm	Masked Singer Chat: This show is starting on New Years Day – lets see if we can guess who is under the mask.
Tuesday 11 th January	4-4.45pm	Feel Good Film Club: We will share clips of the films we watch that make us feel good – is it Hairspray? Or Grease? Or something else....?
	6.30-7.15pm	Check-in's with Brenda: January can be gloomy so why not pop in for a chat about everything from fixing the world to music!
Thursday 13 th January	6-6.45pm	Karaoke: Let us know the songs that make you happy – feel good bangers only! We guarantee you will be smiling after.
Friday 14 th January	3.30-4pm	Hot Dogs: Starting the weekend off with a snack and a gossip.

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



FriendZ Space Timetable

January 2022



All sessions are now booked using Eventbrite. If you have any questions, please email info@dsscotland.org.uk or call us on **0300 030 2121**.

We advise you to book early to avoid disappointment.

WB 17th January 2022

Date	Time	Activity
Monday 17 th January	3.30-4.15pm	Great FriendZ 'My Favourite Things' Bake Off: Decorate a cake to show us what some of your favourite things are.
Tuesday 18 th January	4.30-5.15pm	Check-in's with Brenda: January can be gloomy so why not pop in for a chat about everything from fixing the world to music!
	6.30-7.15pm	Dance Class with Kirstie R: Kirstie will teach us a new dance routine. BRING WATER – it is thirsty work!
Wednesday 19 th January	12.30-1pm	Lunch Date: Our favourite lunchtime catch up! Bring your lunch.
	6-6.45pm	Spa Evening:And relax..... We will send you a pack or you can use your favourite toiletries. This will be a chilled evening, face masks and a wee pamper and some music.
Thursday 20 th January	10.30- 11.15am	Masked Singer Chat: A get together to see if we can guess who is under the mask – Take it off, Take it off!
Friday 21 st January	4-4.45pm	Pizza Night: Always a favourite! Make a pizza. Come to the session and get ready for the weekend.

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



FriendZ Space Timetable

January 2022



All sessions are now booked using Eventbrite. If you have any questions, please email info@dsscotland.org.uk or call us on **0300 030 2121**.

We advise you to book early to avoid disappointment.

WB 24th January

Date	Time	Activity
Monday 24 th January	3.30-4.00pm	Spa Afternoon: We will send a pack. This will be an afternoon of indulgence and relaxing and pampering – just what we need.
Tuesday 25 th January	4.30-5.15pm	Burn's Supper Come Dine with Me: Wear tartan, make a Scottish themed menu and we'll come together to have a wee ceilidh.
	6.30-7.15pm	Check-in's with Brenda: January can be gloomy so why not pop in for a chat about everything from fixing the world to music!
Wednesday 26 th January	6-6.45pm	Bingo: Eyes down for bingo fun with Debbie!
Thursday 27 th January	3-3.45pm	Art with Gayle: Join us to make a pretty winter scene with pastels
	6-6.30pm	Grease Sing-along: We will sing our hearts out to all the classics from the musical.
Friday 28 th January	3-3.45pm	Quiz Afternoon: Join us for a fun afternoon of questions.

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