

# What's on in May in the isles

All activities listed below are open to all and free (unless stated otherwise)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Roll and Stroll Challenge starts - time to get walking/wheeling and cycling! Register for free at <a href="https://lovetoride.net/shetland">lovetoride.net/shetland</a>	2 Ability Shetland Adapted Bike Session, Clickimin Track, 1-2pm	3
4 Indoor Walking 2-3pm Bowls Hall Clickimin	5 Lerwick walking group 2pm, starting at Fjara	6 Indoor Walking 2-3pm Bowls Hall Clickimin	7 Soothend Walkers 2pm, starting at Salvation Army Polycrub, Cunningsburgh	8 Coffee and Crabby Lining 6pm Aithsvoe Pier, Cunningsburgh £5 Adults only - pre-book here: <a href="https://events.rspb.org.uk/events/156066">https://events.rspb.org.uk/events/156066</a>	9 <u>Fun Family Table Tennis</u> 12:30-1:30 at Clickimin (£1.50 per child; £3 adult) Prebook: <a href="mailto:heatherberry8@hotmail.com">heatherberry8@hotmail.com</a>	10 The Jake Porter Duathlon 10.30am Cunningsburgh Hall Entry fee & open to anyone 15+ <a href="http://www.shetlandtriclub.com">www.shetlandtriclub.com</a>
11 <b>Mental health awareness week (11th-17th)</b>	12 Lerwick walking group 2pm, starting at Mareel	13 Indoor Walking 2-3pm Bowls Hall Clickimin	14 <b>WEAR IT GREEN DAY!</b> Ability Shetland Adapted Bike Session, Clickimin Track, 1-2pm Womens Mental Health Walk, led by RSPB, Clickimin Loch, 17:30-19:00 Mens Mental Health Walk, RSPB Loch of Spiggie Hide, 18:30-20:00	15 Living Well Hub (Brae Hub Club Room) 10am-2pm with Mind Your Head & KitForAll	16 Viking Fun Day - Crafts, March & Lunch 10:00-13.30 @ Islesburgh Limited spaces! <a href="#">Sign up here</a>	17
18	19 Lerwick walking group 2pm, starting at Islesburgh	20 Indoor Walking 2-3pm Bowls Hall Clickimin	21 Soothend Walkers 2pm, starting at Boddam Hall	22 Coffee and Crabby Lining 6pm Aithsvoe Pier, Cunningsburgh £5 Adults only - pre-book here: <a href="https://events.rspb.org.uk/events/156066">https://events.rspb.org.uk/events/156066</a>	23 Growing Workshop Vidlin Hall 2-4:30pm Email to book: <a href="mailto:info@turriefieldveg.co.uk">info@turriefieldveg.co.uk</a>	24
25 Indoor Walking 2-3pm Bowls Hall Clickimin	26 Lerwick walking group 2pm, starting at Clickimin car park	27 Indoor Walking 2-3pm Bowls Hall Clickimin	28 Soothend Walkers 2pm, starting at Ness Boating Club	29 Living Well Hub (Brae Hub Club Room) 10am-2pm KitForAll	30 Relay for Life, Clickimin Track Sign up your team for free <a href="#">here!</a>	31