

What's on in May in shetland

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 lovetoride.net/shetland	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: https://events.rspb.org.uk/events/156066	9 Fun Family Table Tennis 12:30-1:30 at Clickimin (£1.50 per child; £3 adult) Prebook: heatherberry8@hotmail.com	10 The Jake Porter Duathlon 11am Cunningsburgh Hall Entry fee & open to anyone 15+ www.shetlandtriclub.com
11 Mental health awareness week (11th-17th) Pop-up Beginners ICG cycle session 7-7:45am at Clickimin Pop-up Beginners Yin & Yoga Nidra 8-9pm at Clickimin	12 Pop-up Beginners Yoga Flow 7-7:45am at Clickimin Lerwick walking group 2pm, starting at Mareel	13 Indoor Walking 2-3pm Bowls Hall Clickimin Pop-up Beginners ICG cycle session 18:30-19:15 at Clickimin	14 WEAR IT GREEN DAY! 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 Social racquet sports in Main Hall, Clickimin (for 50+) 14:30-16:30 (part of More4Life membership)	16 Viking Fun Day - Crafts, March & Lunch 10:00-13.30 @ Islesburgh Limited spaces! Sign up here Chairobics 2-3pm in Waterside Suite, Clickimin (part of More4Life)	17 Pop-up Beginners ICG cycle session 12-12:45pm at Clickimin
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: https://events.rspb.org.uk/events/156066	23 Growing Workshop Vidlin Hall 2-4:30pm Email to book: info@turriefieldveg.co.uk	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 here!	31