

**YELL LEISURE CENTRE**

# SENIOR LEISURE CLUB

**Socialize and exercise**

**Tuesdays**

**1.00pm - 3.00pm**

Activities available:

- Otago\* (requires self-referral)
- Bowls
- Cards
- Snooker
- Pool
- Gym
- Table tennis
- Swimming
- Tea & Biscuits

**Cost £2.00**

\*To enrol to an OTAGO (falls prevention) class please visit  
• <https://www.healthshetland.com/otago-programme>  
• email: [shet.fallsprevention@nhs.scot](mailto:shet.fallsprevention@nhs.scot)  
• 01595 807494

