



## **Resident Activities Schedule – July 2025**

**Bookings must be made in advance via Reception, unless otherwise stated**

### **Independent Resident Trips**

**Pick up at main entrance of your property**

Date	Location	Depart MH	Depart Location	Click links for info
<b>Wednesday 2<sup>nd</sup></b>	Durham Botanical Gardens	9:30am	12:30pm	<a href="#">Info on their website</a>
<b>Friday 4<sup>th</sup></b>	Dalton Park	9:30am	12:30pm	
<b>Monday 7<sup>th</sup></b>	Teesside Park	1:30pm	4pm	
<b>Wednesday 9<sup>th</sup></b>	Northallerton	9:30am	12:30pm	
<b>Friday 11<sup>th</sup></b>	Curlew Café & Paddocks	9:30am	12pm	
<b>Monday 14<sup>th</sup></b>	Darlington	1:30pm	3:30pm	
<b>Wednesday 16<sup>th</sup></b>	Himalayan Garden & Sculpture Park	9:15am	12:30pm	<a href="#">Advanced booking required</a>
<b>Friday 18<sup>th</sup></b>	Wynyard Hall	9:30am	12pm	
<b>Monday 21<sup>st</sup></b>	Saltburn	1:30pm	4pm	
<b>Wednesday 23<sup>rd</sup></b>	Northallerton	9:30am	12pm	
<b>Friday 25<sup>th</sup></b>	Yarm	10am	12pm	
<b>Monday 28<sup>th</sup></b>	Hardwick Park	1:30pm	4pm	
<b>Wednesday 30<sup>th</sup></b>	Lordstones Country Park	9:30am	12:30pm	<a href="#">Info on their website</a>

### **Beauty Therapy at the Health & Wellbeing Centre**

Every Tuesday with Helen

### **Hairdressing at the Health & Wellbeing Centre**

Mondays with Alison & Thursdays with Karen

### **Chiropody at the Health & Wellbeing Centre**

Every Wednesday with Karen or Mel

**To book an appointment please contact the Health & Wellbeing Centre on  
01325 332207 or 01325 528187**

## Weekly Timetable

Date	Activity	Time	Location	More Info
Monday	Outdoor Exercise Class	10-10:20am	Bowls area	Please contact the H&WC if you haven't attended before
	Table Tennis	2-4pm	Pavilion	Enjoy some table tennis games with fellow residents
	Aqua Class	3-3:30pm	Swimming Pool	Instructor led exercise class in the pool - booking required
Tuesday	Chair Based Exercise Class	10-10:20am	Middleton Woods	Please contact the H&WC if you haven't attended before
	Beginners Pottery	2-4pm	Art Studio	Contact Les Simpson for availability
Wednesday	Tech Drop-In	10:30-11:30am	Orangery	Ellie will be available to answer all your tech & online queries
	Table Tennis	5:30-7:30pm	Vision Room	Join Colin for a session of coaching and games
Thursday	Outdoor Exercise Class	10-10:20am	Bowls area	Please contact the H&WC if you haven't attended before
	Rummikub	10:30am-12pm	Middleton Grove Lounge	Resident Social Group
	Estates Volunteer Group	2pm	Meet at the Greenhouse	Sowing seeds, potting up, and plant care. 3 <sup>rd</sup> , 17 <sup>th</sup> & 31 <sup>st</sup> July
	Knit & Natter	2-4pm	Middleton Grove reading room	Knit in the company of others. Own materials required
	Social Sing-Along	6:30-7:30pm	Vision Room	3 <sup>rd</sup> & 17 <sup>th</sup> July
Friday	Chair Based Exercise Class	10-10:20am	Middleton Woods	Please contact the H&WC if you haven't attended before
	Bridge	2:15pm-4:15pm	Conservatory	Resident Social Group
	Pottery	2-4:30pm	Art Studio	Contact Les Simpson for availability
	Cinema night	6:30pm	Vision Room	Films advertised weekly
Saturday	Tai Chi	3-4pm	H&WC Studio	Led by an external instructor. £5 per session. Contact H&WC for more details
Sunday	Sunday Social	2:30-4pm	Orangery	Join fellow residents to play a variety of board games
	Sunday Sports	2-4pm	Bowls Area	Join fellow residents for an afternoon of outdoor games

### Library Opening Times

**Monday-Friday: 8am-6pm Saturday: 8am-3pm Sunday: 8:30-11:30am**

**Bowls Area, Golf Course & Pavilion available for casual bookings**



## Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 1 <sup>st</sup> July	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Wednesday 2 <sup>nd</sup> July	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 3 <sup>rd</sup> July	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 3 <sup>rd</sup> July	Pilates	3pm & 3:45pm	Restaurant	4-week block. Please book your place in the H&WC
Tuesday 8 <sup>th</sup> July	Shared Pages	2:15pm	Middleton Grove Lounge	A shared love of literature led by our Wellbeing Co-ordinators
Wednesday 9 <sup>th</sup> July	Middleton Hall Communion	3-3:30pm	Restaurant	Service held by St George & St Laurence Church
Wednesday 9 <sup>th</sup> July	Bistro Evening	6:30pm	Orangery	Please contact the Orangery to book your table
Thursday 10 <sup>th</sup> July	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 10 <sup>th</sup> July	Women's Institute	2-4pm	Vision Room	Visitors & New Members Welcome
Thursday 10 <sup>th</sup> July	Town Crier Talk Peter Stemmer	2pm	Vision Room	History of a Darlington Town Crier. Part of WI, all welcome.
Tuesday 15 <sup>th</sup> July	The Waterside Coffee Morning	10:30am	Restaurant	No booking required
Wednesday 16 <sup>th</sup> July	Book Club	2:30pm	Restaurant	Resident Social Group
Tuesday 22 <sup>nd</sup> July	Shared Pages	2:15pm	Middleton Grove Lounge	A shared love of literature led by our Wellbeing Co-ordinators
Wednesday 23 <sup>rd</sup> July	Summer BBQ	6:30pm	Orangery	Please contact the Orangery to book your table
Saturday 26 <sup>th</sup> July	Reiki Introduction	10-11am	Vision Room	Meet our new Reiki Practitioner, Tracy McPhail, to find out more about Reiki and its principles
Thursday 31 <sup>st</sup> July	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed

More information is available on the 'What's On' page on our website [www.mhrv.co.uk](http://www.mhrv.co.uk)  
& on our social media platforms

[Facebook](#) – Middleton Hall Retirement Village

[Instagram](#) – @Mhretirement [Twitter/X](#) – @MHRetirement

