



Resident Activities Schedule – September 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
Monday 1 st	Teesside Park	1:30pm	4pm	
Wednesday 3 rd	Northallerton	9:30am	12:30pm	
Friday 5 th	Saltburn	9:30am	12:30pm	
Monday 8 th	Darlington	1:30pm	3:30pm	
Wednesday 10 th	Middleham Castle	9:30am	12:30pm	Info on their website
Friday 12 th	Five Houses Farm Shop	10am	12pm	
Monday 15 th	Aviator Bistro	1:30pm	3:30pm	
Wednesday 17 th	Northallerton	9:30am	12pm	
Friday 19 th	Yarm	10am	12pm	
Monday 22 nd	Dalton Park	1:30pm	4pm	
Wednesday 24 th	Preston Park Museum	9:30am	12:30pm	New Museum & Gardens now open
Friday 26 th	Hopetown – S&DR 200	9:30am	12:30pm	Advanced booking Required
Monday 29 th	Mainsgill Farm Shop	1:30pm	4pm	

Reiki

Every Monday afternoon with Tracy

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. 11 th & 25 th September
	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	Thursday 25 th September
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 2 nd September	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Tuesday 5 th August	Shared Pages	2:15pm	Middleton Grove Lounge	A shared love of literature led by our Wellbeing Co-ordinators
Wednesday 3 rd September	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 4 th September	Sports Day	10:30am- 4pm	Pavilion	Register your attendance with the Health & Wellbeing Centre. Information can be found here
Saturday 6 th September	'Mor-Ukes' Ukulele Band	2:30pm	Restaurant	£5 donation to the bands supported charity, Parkinsons Uk, to be made in the Health & Wellbeing Centre
Wednesday 10 th September	Middleton Hall Communion	3-3:30pm	Restaurant	Service held by St George & St Laurence Church
Wednesday 10 th September	Bistro Evening	6:30pm	Orangery	Please contact the Orangery to book your table
Thursday 11 th September	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 11 th September	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Friday 12 th September	Temple Spa	10am-1pm	Orangery	Pop Up Shop
Tuesday 16 th September	The Waterside Coffee Morning	10:30am	Restaurant	No booking required
Wednesday 17 th September	Book Club	2:30pm	Conservatory	Resident Social Group
Wednesday 24 th September	Bistro Evening	6:30pm	Orangery	Please contact the Orangery to book your table
Thursday 25 th September	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Friday 26 th September	Macmillan Coffee Morning	10:30am	Restaurant	Information poster to follow
Friday 29 th September	Ecologica	10am-1pm	Car Park	Pop Up Shop
<p style="text-align: center;">More information is available on the 'What's On' page on our website www.mhrv.co.uk & on our social media platforms Facebook – Middleton Hall Retirement Village Instagram – @Mhretirement Twitter/X – @MHRetirement</p>				

