



Resident Activities Schedule – October 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
Wednesday 1st	Northallerton	9:30am	12:30pm	
Friday 3rd	Richmond Castle	9:30am	12:30pm	
Monday 6th	Teesside Park	1:30pm	4pm	
Wednesday 8th	Swinton Estate – Druids Temple	9:15am	12:30am	
Friday 10th	Broom Mill Farm	9:30am	12pm	
Monday 13th	Darlington	1:30pm	3:30pm	
Wednesday 15th	Northallerton	9:30am	12:30pm	
Friday 17th	Tennants - Leyburn	9:15am	12:30pm	
Monday 20th	Arnison Centre	1:30pm	4pm	
Wednesday 22nd	Botton Village	9:30am	12:30pm	
Friday 24th	Yarm	10am	12pm	
Monday 27th	Hangar 63 – GNAA Cafe	10am	12pm	
Wednesday 29th	Northallerton	9:30am	12pm	
Friday 31st	Mount Grace Priory	9:30am	12:30pm	

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	Grove Lounge / Restaurant	Resident Social Group. Check weekly location with reception.
	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 16 th & 30 th October
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

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
Wednesday 1 st October	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Saturday 4 th October	WI Fashion Show	2pm	Restaurant	Tickets Required
Tuesday 7 th October	Middleton Woods Coffee Morning	10:30am	Restaurant	No booking required
Wednesday 8 th October	Middleton Hall Communion	3-3:30pm	Restaurant	Service held by St George & St Laurence Church
Thursday 9 th October	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 9 th October	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Wednesday 15 th October	Book Club	2:30pm	Conservatory	Resident Social Group
Wednesday 15 th October	Restaurant Evening	6:30pm	Restaurant	Please contact the Orangery to book your table
Tuesday 21 st October	The Waterside Coffee Morning	10:30am	Restaurant	No booking required
Thursday 23 rd October	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Saturday 25 th October	Déjà vu Band	6:30pm	Restaurant	Please contact the Orangery to book your table
Wednesday 29 th October	Restaurant Evening	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 30 th October	Barbershop Quartet	6:30pm	Restaurant	Performance from Barney Barbershop
Friday 31 st October	Ecologica	10am-1pm	Car Park	Pop Up Shop
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				

