



Resident Activities Schedule – November 2025

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

Please note that departure times from Middleton Hall may be slightly later than advertised

Independent Resident Trips

Pick up at main entrance of your property

Date	Location	Depart MH	Depart Location	Click links for info
Monday 3 rd	Teesside Park	1:30pm	4pm	
Wednesday 5 th	Great North Museum: Hancock	9:15am	12:30pm	Info on their website
Friday 7 th	Richmond	9:30am	12:30pm	
Monday 10 th	Darlington	1:30pm	3:30pm	
Wednesday 12 th	Northallerton	9:30am	12:30pm	
Friday 14 th	Hangar 63 – GNAA Cafe	10am	12pm	
Monday 17 th	Thorpe Farm	13:30pm	4pm	
Wednesday 19 th	Sunderland Museum & Winter Gardens	9:30am	12:30pm	Info on their website
Friday 21 st	Yarm	10am	12pm	
Monday 24 th	Richmondshire Museum	1:30pm	4pm	Info on their website
Wednesday 26 th	Northallerton	9:30am	12:30pm	
Friday 28 th	Dalton Park	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 6 th & 20 th November
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-4:30pm Sunday: 8:30am-4:30pm

Please note the new extended opening times for the library above

A new 'Trip Information' folder will be located in the Library from November



Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 4 th November	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Wednesday 5 th November	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 5 th November	Bonfire Night	6pm	Car Park	See poster for more information
Thursday 6 th November	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Wednesday 12 th November	Middleton Hall Communion	3-3:30pm	Restaurant	Service held by St George & St Laurence Church
Thursday 13 th November	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Tuesday 18 th November	The Waterside Coffee Morning	10:30am	Restaurant	No booking required
Wednesday 19 th November	Book Club	2:30pm	Conservatory	Resident Social Group
Wednesday 19 th November	Restaurant Evening	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 20 th November	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Saturday 22 nd November	Christmas Fair	10:30am- 3pm	Main Reception	See poster for more information
Thursday 27 th November	Christmas Wreath Workshop	10:30am	Restaurant	See poster for more information
Friday 28 th November	Ecologica	10am-1pm	Car Park	Pop Up Shop
Friday 28 th November	Christmas Light Switch On	4-4:20pm	Main Reception	See poster for more information
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				

