



## Resident Activities Schedule – December 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 1 <sup>st</sup>	Teesside Park	1:30pm	4pm	
Wednesday 3 <sup>rd</sup>	Durham Cathedral	9:30am	12:30pm	
Friday 5 <sup>th</sup>	Christmas at Crook Hall	9:15am	12:30pm	<a href="#">Info on their website</a>
Monday 8 <sup>th</sup>	Darlington	1:30pm	3:30pm	
Wednesday 10 <sup>th</sup>	Northallerton	9:30am	12:30pm	
Friday 12 <sup>th</sup>	Dalton Park	9:30am	12:30pm	On again as November trip was full with a waiting list
Monday 15 <sup>th</sup>	Mainsgill Farm Shop	1:30pm	4pm	
Wednesday 17 <sup>th</sup>	Newcastle Christmas Market	9:15am	12:30pm	<a href="#">Info on their website</a>
Friday 19 <sup>th</sup>	Yarm	10am	12pm	
Monday 22 <sup>nd</sup>	Wynyard Hall	1:30pm	4pm	

## **Merry Christmas**

Monday 29 <sup>th</sup>	Tesco Extra & Parkway Shopping Centre	1:30pm	4pm	Coulby Newham
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### 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	18 <sup>th</sup> December
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 / Pavilion	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**

**Some of the sessions above may be affected over the festive period**

**Please contact the activity organiser directly for any changes or cancellations**

**Please contact the Orangery to enquire about Christmas Day Lunch, Boxing Day Brunch, and**

**New Years Day Lunch 01325 331444**



## Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Monday 1 <sup>st</sup> December	Elf Run	11am-12:30pm	Reception	<a href="#">See poster for more information</a>
Tuesday 2 <sup>nd</sup> December	Middleton Woods Coffee Morning	10:30am	Restaurant	No booking required
Tuesday 2 <sup>nd</sup> December	Pop Up Shop	1:30-3pm	Orangery	Bishop Auckland College Handmade Festive Goods
Tuesday 2 <sup>nd</sup> December	Darlington Bell Ringers	2:30pm	Restaurant	Limited spaces available Please book in the H&WC
Wednesday 3 <sup>rd</sup> December	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 3 <sup>rd</sup> December	Festive Restaurant Night	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 4 <sup>th</sup> December	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 4 <sup>th</sup> December	Winterland Walk	3:30-5pm	Woodland Walk	Light & Reindeer trail through the Winterland Walk
Friday 5 <sup>th</sup> December	Daisy Chain Afternoon Tea	2pm	Restaurant	Charity Event £24 per person Please book with the Orangery
Wednesday 10 <sup>th</sup> December	Festive Manicure & Nail Art	1-3pm	Restaurant	Hosted by Darlington College Free event. Book in the H&WC
Thursday 11 <sup>th</sup> December	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Monday 15 <sup>th</sup> December	Choir Performance	2:30pm	Restaurant	Acklam School Choir
Tuesday 16 <sup>th</sup> December	The Waterside Coffee Morning	10:30am	Restaurant	No booking required
Tuesday 16 <sup>th</sup> December	No Added Sugar Choir	6:30pm	Restaurant	£5 charge. Please pay in the Health & Wellbeing Centre
Wednesday 17 <sup>th</sup> December	Festive Afternoon Tea	2pm	Restaurant	Please contact the Orangery to book your table
Wednesday 17 <sup>th</sup> December	Communion & Carols	3pm	Vision Room	Service held by St George & St Laurence Church
Thursday 18 <sup>th</sup> December	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Friday 19 <sup>th</sup> December	Pop Up Shop	10am-1pm	Orangery	Temple Spa
Sunday 21 <sup>st</sup> December	The Nutcracker	10:30am	Vision Room	Big screen showing of The Nutcracker: The Royal Ballet
Tuesday 23 <sup>rd</sup> December	Breakfast with Santa	9:30-11:30am	Restaurant	<a href="#">See poster for more information</a>
Tuesday 23 <sup>rd</sup> December	Woodland Carols	4pm	Woodland Walk	Festive Family Celebration Please book places in the H&WC

More information is available on our website [www.mhrv.co.uk](http://www.mhrv.co.uk) & on our social media platforms

