



Resident Activities Schedule – January 2026

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 |
|----------------------------------|--------------------------|-----------|-----------------|---------------------------------------|
| Friday 2nd | Five Houses Farm Shop | 10am | 12pm | |
| Monday 5th | Teesside Park | 1:30pm | 4pm | |
| Wednesday 7th | Northallerton | 9:30am | 12:30pm | |
| Friday 9th | Middlesbrough | 9:30am | 12pm | |
| Monday 12th | Darlington | 1:30pm | 3:30pm | |
| Wednesday 14th | Discovery Museum | 9:15am | 12:30pm | Info on their website |
| Friday 16th | Richmond | 9:30am | 12pm | |
| Monday 19th | Whitegates Garden Centre | 1:30am | 3:30pm | |
| Wednesday 21st | Northallerton | 9:30am | 12pm | |
| Friday 23rd | The Biscuit Factory | 9:15am | 12:30pm | Info on their website |
| Monday 26th | Eppleby Village Tea Room | 1:30pm | 3:30pm | |
| Wednesday 28th | The Story - Durham | 9:30am | 12:30pm | Info on their website |
| Friday 30th | Yarm | 10am | 12pm | |

Reiki

Every Monday afternoon with Tracy

Beauty Therapy at the Health & Wellbeing Centre

Every Tuesday with Helen

Hairdressing at the Health & Wellbeing Centre

All day Monday & Tuesday Afternoons 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 8 th & 22 nd January |
| 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



Monthly Events & Activities

| Date | Activity/Event | Time | Location | More Info |
|---|--------------------------------|----------------|------------------------------|---|
| Tuesday 6 th January | Middleton Woods Coffee Morning | 10:30am | Middleton Woods Garden Room | No booking required |
| Wednesday 7 th January | Car Valeting Service | 9:30am onwards | Main Reception | £7 Car wash £22 Mini valet & wash £45 Full valet & wash |
| Wednesday 7 th January | Restaurant Evening | 6:30pm | Restaurant | Please contact the Orangery to book your table |
| Thursday 8 th January | Music Medley | 11am-12pm | Middleton Grove Reading Room | Music requests played and discussed |
| Thursday 8 th January | Women's Institute | 2-4pm | Pavilion | Visitors & New Members Welcome |
| Wednesday 14 th January | Middleton Hall Communion | 3-3:30pm | Restaurant | Service held by St George & St Laurence Church |
| Tuesday 20 th January | The Waterside Coffee Morning | 10:30am | Restaurant | No booking required |
| Wednesday 21 st January | Book Club | 2:30pm | Conservatory | Resident Social Group |
| Wednesday 21 st January | Burns Night | 6:30pm | Restaurant | Please contact the Orangery to book your table |
| Thursday 22 nd January | Music Medley | 11am-12pm | Middleton Grove Reading Room | Music requests played and discussed |
| Friday 30 th January | 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 | | | | |

