



## 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 2 <sup>nd</sup>	Five Houses Farm Shop	10am	12pm	
Monday 5 <sup>th</sup>	Teesside Park	1:30pm	4pm	
Wednesday 7 <sup>th</sup>	Northallerton	9:30am	12:30pm	
Friday 9 <sup>th</sup>	Middlesbrough	9:30am	12pm	
Monday 12 <sup>th</sup>	Darlington	1:30pm	3:30pm	
Wednesday 14 <sup>th</sup>	Discovery Museum	9:15am	12:30pm	<a href="#">Info on their website</a>
Friday 16 <sup>th</sup>	Richmond	9:30am	12pm	
Monday 19 <sup>th</sup>	Whitegates Garden Centre	1:30am	3:30pm	
Wednesday 21 <sup>st</sup>	Northallerton	9:30am	12pm	
Friday 23 <sup>rd</sup>	The Biscuit Factory	9:15am	12:30pm	<a href="#">Info on their website</a>
Monday 26 <sup>th</sup>	Eppleby Village Tea Room	1:30pm	3:30pm	
Wednesday 28 <sup>th</sup>	The Story - Durham	9:30am	12:30pm	<a href="#">Info on their website</a>
Friday 30 <sup>th</sup>	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 <sup>th</sup> & 22 <sup>nd</sup> 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 <sup>th</sup> January	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Wednesday 7 <sup>th</sup> January	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 7 <sup>th</sup> January	Restaurant Evening	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 8 <sup>th</sup> January	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 8 <sup>th</sup> January	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Wednesday 14 <sup>th</sup> January	Middleton Hall Communion	3-3:30pm	Restaurant	Service held by St George & St Laurence Church
Tuesday 20 <sup>th</sup> January	The Waterside Coffee Morning	10:30am	Restaurant	No booking required
Wednesday 21 <sup>st</sup> January	Book Club	2:30pm	Conservatory	Resident Social Group
Wednesday 21 <sup>st</sup> January	Burns Night	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 22 <sup>nd</sup> January	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Friday 30 <sup>th</sup> January	Ecologica	10am-1pm	Car Park	Pop Up Shop
<p>More information is available on the 'What's On' page on our website <a href="http://www.mhrv.co.uk">www.mhrv.co.uk</a>  &amp; on our social media platforms  <a href="#">Facebook</a> – Middleton Hall Retirement Village  <a href="#">Instagram</a> – @Mhretirement <a href="#">Twitter/X</a> – @MHRetirement</p>				

