



Resident Activities Schedule – February 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
Monday 2 nd	Teesside Park	1:30pm	4pm	
Wednesday 4 th	Northallerton	9:30am	12:30pm	
Friday 6 th	RSPB Saltholme	9:30am	12:30pm	
Monday 9 th	Darlington	1:30pm	3:30pm	
Wednesday 11 th	Shipley Art Gallery	9:15am	12:30pm	Info on their website
Friday 13 th	Strikes – Stokesley	9:30am	12pm	
Monday 16 th	Haswell Homer Hill Farm Shop	1:30pm	4pm	Info on their website
Wednesday 18 th	Northallerton	9:30am	12:30pm	
Friday 20 th	Beningbrough Hall	9:15am	12:30pm	Info on their website
Monday 23 rd	Arnison Centre	1:30pm	4pm	
Wednesday 25 th	Seaham	9:30am	12:30pm	
Friday 27 th	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	Wet weather option will be in the Health & Wellbeing Centre
	Table Tennis	2-4pm	H&WC Studio then Pavilion	This session will be in the Health & Wellbeing Studio on the 2 nd Feb
	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	Pavilion	Join Colin for a session of coaching and games
Thursday	Outdoor Exercise Class	10-10:20am	Bowls area	Wet weather option will be in the Health & Wellbeing Centre
	Rummikub	10:30am-12pm	Grove Lounge / Court Lounge	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 19 th February
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	Vision Room	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	Health & Wellbeing Centre Studio	Led by an external instructor. £5 per session. Contact H&WC for more details
Sunday	Sunday Social	2:30-4pm	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



Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 3 rd February	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Wednesday 4 th February	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 11 th February	Middleton Hall Communion	3-3:30pm	Middleton Grove Reading Room	Service held by St George & St Laurence Church
Wednesday 11 th February	Restaurant Evening	6:30pm	Orangery	Please contact the Orangery to book your table
Thursday 12 th February	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 12 th February	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
16 th – 21 st February	Pankake Week	Daily	Orangery	Special menu available
Tuesday 17 th February	The Waterside Coffee Morning	10:30am	Orangery	No booking required
Tuesday 17 th February	Pancake Day	10:30am	Health & Wellbeing Centre	Pancake races and games
Wednesday 18 th February	Book Club	2:30pm	Vision Room	Resident Social Group
Thursday 26 th February	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Friday 27 th February	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

**Due to the Restaurant & Conservatory Refurbishment, there are some changes to the location of activities and events.
All of these are highlighted in red.**

