



Resident Activities Schedule – March 2026

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

Independent Resident Trips

Pick up at main entrance of your property

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

If you need to cancel your trip booking, please do so at the earliest opportunity

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	Arcadia Garden Centre	9:30am	12:30pm	
Monday 9 th	Darlington	1:30pm	3:30pm	
Wednesday 11 th	Nidd Hall	9:15am	12:30pm	Info on their website
Friday 13 th	Whitegates	9:30am	12:30pm	
Monday 16 th	Mainsgill Farm Shop	1:30pm	4pm	
Wednesday 18 th	Northallerton	9:30am	12pm	
Friday 20 th	Redcar	9:30am	12:30pm	
Monday 23 rd	Dalton Park	1:30pm	4pm	
Wednesday 25 th	Souter Lighthouse & The Leas	9:15am	12:30pm	Info on their website
Friday 27 th	Yarm	10am	12pm	
Monday 30 th	Hardwick Hall & Bolams	1:30pm	4pm	

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	Exercise Class	10-10:20am	Pavilion	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	Exercise Class	10-10:20am	Pavilion	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 5 th & 19 th March
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

Due to the refurbishment of the Restaurant & Conservatory, some activities will have a different location for the first week of March and will be advertised in the

Sway communications email



Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 3 rd March	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Wednesday 4 th March	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 4 th March	New Food Waste Scheme	11am – 12pm	Pavilion	Drop-in session provided by Darlington Borough Council
Thursday 5 th March	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Wednesday 11 th March	Middleton Hall Communion	3-3:30pm	Restaurant	Service held by St George & St Laurence Church
Wednesday 11 th March	Restaurant Evening	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 12 th March	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Saturday 14 th March	Mother's Day Tea & Tipple Tour	1:30pm	Orangery	See poster for more information
Sunday 15 th March	Mother's Day Lunch	1pm & 1:30pm	Restaurant	Please contact the Orangery to book your table
Tuesday 17 th March	The Waterside Coffee Morning	10:30am	Restaurant	No booking required
Wednesday 18 th March	Book Club	2:30pm	Conservatory	Resident Social Group
Saturday 21 st March	Spring Shopping Event	11am – 2:30pm	Restaurant	See poster for more information
Wednesday 25 th March	Restaurant Evening	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 26 th March	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 26 th March	Spring Floral Basket Workshop	10:30am	Restaurant	See poster for more information
Saturday 28 th March	Breakfast with the Easter Bunny	9:30am	Restaurant	Please contact the Orangery to book your place

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

