



## Resident Activities Schedule – April 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
Wednesday 1 <sup>st</sup>	Northallerton	9:30am	12:30pm	
Friday 3 <sup>rd</sup>	Ormesby Hall & Gardens	10am	12:30pm	<a href="#">Info on their website</a>
Monday 6 <sup>th</sup>	Teesside Park	1:30pm	4pm	
Wednesday 8 <sup>th</sup>	South Shields Museum & Art Gallery	9:15am	12:30pm	<a href="#">Info on their website</a>
Friday 10 <sup>th</sup>	Paddock Farm Nursery & Water Gardens	9:30am	12pm	
Monday 13 <sup>th</sup>	Darlington	1:30pm	3:30pm	
Wednesday 15 <sup>th</sup>	Northallerton	9:30am	12:30pm	
Friday 17 <sup>th</sup>	Spilman's Tulip Festival	9:30am	12:30pm	<a href="#">Info on their website</a>
Monday 20 <sup>th</sup>	Strikes - Stokesley	1:30pm	4pm	
Wednesday 22 <sup>nd</sup>	Herrington Country Park	9:30am	12:30pm	
Friday 24 <sup>th</sup>	Yarm	10am	12pm	
Monday 27 <sup>th</sup>	Barnard Castle	1:30pm	4pm	
Wednesday 29 <sup>th</sup>	Northallerton	9:30am	12:30pm	

### 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 / The Drawing Room	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 2 <sup>nd</sup> & 16 <sup>th</sup> April
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	H&WC Studio	Led by an external instructor. £5 per session. Contact H&WC for more details
Sunday	Sunday Sports	2-4pm	Bowls Area	Join fellow residents for an afternoon of outdoor games
	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**

**Bowling Green & Golf Course will reopen on Monday 6<sup>th</sup> April (weather permitting)**



## Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Wednesday 1 <sup>st</sup> April	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 2 <sup>nd</sup> April	Pilates	3pm & 3:45pm	Vision Room	4-week block. Contact the Health & Wellbeing Team to book
Sunday 5 <sup>th</sup> April	Easter Sunday Lunch	1pm & 1:30pm	The Drawing Room	Please contact the Orangery to book your table
Monday 6 <sup>th</sup> April	Easter Brunch	10:30am	The Orangery	Please contact the Orangery to book your table
Tuesday 7 <sup>th</sup> April	Middleton Woods Coffee Morning	10:30am	The Drawing Room	No booking required
Thursday 9 <sup>th</sup> April	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 9 <sup>th</sup> April	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Wednesday 15 <sup>th</sup> April	Book Club	2:30pm	Vision Room	Resident Social Group
Wednesday 15 <sup>th</sup> April	Middleton Hall Communion	3-3:30pm	The Drawing Room	Service held by St George & St Laurence Church
Wednesday 15 <sup>th</sup> April	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Saturday 18 <sup>th</sup> April	Déjà Vu Band	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Monday 20 <sup>th</sup> April	Yoga	5:30-6:30pm	Vision Room	New block of Yoga starts. Contact <a href="mailto:flowandflourishheals@gmail.com">flowandflourishheals@gmail.com</a>
Tuesday 21 <sup>st</sup> April	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Thursday 23 <sup>rd</sup> April	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Wednesday 29 <sup>th</sup> April	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 30 <sup>th</sup> April	Science of Walking	2:30pm	Vision Room	Talk by Dr Diana Hodgins MBE Information poster to follow

More information is available on the 'What's On' page on our website [www.mhrv.co.uk](http://www.mhrv.co.uk)  
& on our social media platforms

[Facebook](#) – Middleton Hall Retirement Village

[Instagram](#) – @Mhretirement [Twitter/X](#) – @MHRetirement

