



## Resident Activities Schedule – May 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
Friday 1 <sup>st</sup>	Arcadia Garden Centre	9:30am	12pm	
Monday 4 <sup>th</sup>	Teesside Park	1:30pm	4pm	
Wednesday 6 <sup>th</sup>	Brimham Rocks	9:15am	12:30pm	<a href="#">Info on their website</a>
Friday 8 <sup>th</sup>	Ben's Plants – Neasham	10am	12pm	<a href="#">Info on their website</a>
Monday 11 <sup>th</sup>	Darlington	1:30pm	3:30pm	
Wednesday 13 <sup>th</sup>	Northallerton	9:30am	12:30pm	
Friday 15 <sup>th</sup>	Norton Conyers House & Gardens	9:30am	12:30pm	<a href="#">Info on their website</a>
Monday 18 <sup>th</sup>	The Vinery – Raby Castle	1:30pm	4pm	
Wednesday 20 <sup>th</sup>	Seaburn Beach	9:15am	12:30pm	
Friday 22 <sup>nd</sup>	Arnison Centre	9:30am	12:30pm	
Monday 25 <sup>th</sup>	Hopetown – Submarine Spitfire on display	1:30pm	4pm	<a href="#">Info on their website</a>
Wednesday 27 <sup>th</sup>	Northallerton	9:30am	12pm	
Friday 29 <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	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
	Estates Volunteer Group	2pm	The Greenhouse	Thursday 14 <sup>th</sup> & 28 <sup>th</sup> May
	Social Sing-Along	6:30-7:30pm	Vision Room	Thursday 7 <sup>th</sup> & 21 <sup>st</sup> May
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**

**A folder with more information about trip locations is available in the library**



## Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Monday 4 <sup>th</sup> May	Bank Holiday Brunch	10:30am	The Orangery	Please contact the Orangery to book your table
Tuesday 5 <sup>th</sup> May	Middleton Woods Coffee Morning	10:30am	Woods Garden Room	No booking required
Wednesday 6 <sup>th</sup> May	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 7 <sup>th</sup> May	D'ton College Wellbeing Day	TBC	TBC	Awaiting final details from college. More info to follow
Thursday 7 <sup>th</sup> May	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 7 <sup>th</sup> May	Seated Pilates Taster	12pm	H&WC Studio	Please book your place in the Health & Wellbeing Centre
Wednesday 13 <sup>th</sup> May	New Food Waste Collections	11am-12pm	Pavilion	Drop-in session with Darlington Borough Council
Wednesday 13 <sup>th</sup> May	Middleton Hall Communion	3-3:30pm	The Drawing Room	Service held by St George & St Laurence Church
Wednesday 13 <sup>th</sup> May	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 14 <sup>th</sup> May	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Tuesday 19 <sup>th</sup> May	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 20 <sup>th</sup> May	Book Club	2:30pm	Vision Room	Resident Social Group
Thursday 21 <sup>st</sup> May	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Monday 25 <sup>th</sup> May	Bank Holiday Brunch	10:30am	The Orangery	Please contact the Orangery to book your table
Wednesday 27 <sup>th</sup> May	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 28 <sup>th</sup> May	Talk – The Hidden Northeast	2:30pm	Vision Room	Please book your place in the Health & Wellbeing Centre

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

