



Resident Activities Schedule – June 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 1 st	Teesside Park	1:30pm	4pm	
Wednesday 3 rd	Dales Countryside Museum	9:15am	12:30pm	Info on their website
Friday 5 th	Sunderland Food & Drink Festival	9:15am	12:30pm	Info on their website
Monday 8 th	Darlington	1:30pm	4pm	
Wednesday 10 th	Northallerton	9:30am	12:30pm	
Friday 12 th	Penshaw Monument, Café & Farm Shop	9:30am	12:30pm	
Monday 15 th	Bedale	1:30pm	4pm	
Wednesday 17 th	Nunnington Hall	9:15am	12:30pm	Info on their website
Friday 19 th	Marske-by-the-Sea	9:30am	12:30pm	
Monday 22 nd	Tees Barrage	1:30pm	4pm	
Wednesday 24 th	Northallerton	9:30am	12:30pm	
Friday 26 th	Yarm	10am	12pm	
Monday 29 th	Guisborough	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 / 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 11 th & 25 th June
	Pilates	3pm	The Drawing Room	Please book your place in the Health & Wellbeing Centre (excluding 25 th June)
New Session	Seated Pilates	3:45pm	The Drawing Room	Please book your place in the Health & Wellbeing Centre (excluding 25 th June)
	Social Sing-Along	6:30-7:30pm	Vision Room	Thursday 4 th & 18 th June
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
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



Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 2 nd June	Middleton Woods Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 3 rd June	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 4 th June	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Saturday 6 th June	Dog Show	10am – 12:30pm	Bowls Area	See poster for more information
Wednesday 10 th June	Middleton Hall Communion	3-3:30pm	The Drawing Room	Service held by St George & St Laurence Church
Wednesday 10 th June	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 11 th June	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Monday 15 th June	Mindfulness Afternoon	2pm	Vision Room	Led by Darlington College students. More info to follow
Tuesday 16 th June	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 17 th June	Book Club	2:30pm	Vision Room	Resident Social Group
Thursday 18 th June	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Sunday 21 st June	Father's Day Lunch	1pm & 1:30pm	Drawing Room	Please contact the Orangery to book your table
Wednesday 24 th June	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 25 th June	Talk – Sacagawea Suffragette or Feminist	2:30pm	Vision Room	Please book your place in the Health & Wellbeing Centre

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

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

