



Resident Activities Schedule – July 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 st	Durham Dales Centre	9:30am	12:30pm	Info on their website
Friday 3 rd	Ripon	9:30am	12:30pm	
Monday 6 th	Teesside Park	1:30pm	4pm	
Wednesday 8 th	Northallerton	9:30am	12:30pm	
Friday 10 th	Hartlepool Maritime Museum	9:30am	12:30pm	Info on their website
Monday 13 th	Darlington	1:30pm	4pm	
Wednesday 15 th	Aysgarth Falls	9:15am	12:30pm	Info on their website
Friday 17 th	Crimdon Dene Beach	9:30am	12:30pm	
Monday 20 th	Green Lane Nurseries	1:30pm	4pm	
Wednesday 22 nd	Northallerton	9:30am	12pm	
Friday 24 th	Dalton Park	9:15am	12:30pm	
Monday 27 th	Captain Cook Museum	1:30pm	4pm	Info on their website
Wednesday 29 th	Ampleforth Abbey	9:15am	12:30pm	Info on their website
Friday 31 st	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 (excluding 1 st July)
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 9 th & 23 rd July
	Pilates	3pm	The Drawing Room	Thursday 2 nd , 9 th & 30 th July Please book your place in the Health & Wellbeing Centre
	Seated Pilates	3:45pm	The Drawing Room	Thursday 2 nd , 9 th & 30 th July Please book your place in the Health & Wellbeing Centre
	Social Sing-Along	6:30-7:30pm	Vision Room	Thursday 2 nd & 16 th July
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
Wednesday 1 st July	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 2 nd July	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Tuesday 7 th July	Middleton Woods Coffee Morning	10:30am	The Garden Room	No booking required
Wednesday 8 th July	Middleton Hall Communion	3-3:30pm	The Drawing Room	Service held by St George & St Laurence Church
Wednesday 8 th July	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 9 th July	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Monday 13 th July	Sports Day Event Practice	11am-12pm	Bowls Area	Residents' vs Co-owners Golf - Closest to Pin & Putting
Wednesday 15 th July	Book Club	2:30pm	Vision Room	Resident Social Group
Saturday 18 th July	National Garden Scheme	11am-4pm	Middleton Hall Estate	Guided Tours at 11:15am & 2pm
Tuesday 21 st July	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Friday 24 th July	Sports Day Event Practice	11am-12pm	Bowls Area	Residents' vs Co-owners Bowls
Monday 27 th July	Walking Football	11am-12pm	Bowls Area	Football rules, but no running
Wednesday 29 th July	Summer BBQ	6:30pm	The Orangery	Please contact the Orangery to book your table
Thursday 30 th July	Stay Safe Online Talk by Dave Dean	2:30pm	Vision Room	Please book your place in the Health & Wellbeing Centre
Thursday 30 th July	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed

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

