



Resident Activities Schedule – August 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 3rd	Teesside Park	1:30pm	4pm	
Wednesday 5th	Northallerton	9:30am	12:30pm	
Friday 7th	Dorman Museum	9:30am	12:30pm	
Monday 10th	Darlington	1:30pm	4pm	
Wednesday 12th	Danby Show	9:15am	12:30pm	<u>Info on their website</u>
Friday 14th	Durham	9:30am	12:30pm	
Monday 17th	Great Ayton	1:30pm	4pm	
Wednesday 19th	Northallerton	9:30am	12:30pm	
Friday 21st	Whitby	9:15am	12:30pm	
Monday 24th	Lordstones Country Park	1:30pm	4pm	
Wednesday 26th	Saltwell Park - Gateshead	9:30am	12:30pm	<u>Info on their website</u>
Friday 28th	Yarm	10am	12pm	
Monday 31st	The Headland – Hartlepool	1:30pm	4pm	<u>Info on their website</u>

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 6 th & 20 th August
	Pilates	3pm	The Drawing Room	Thursday 13 th 20 th & 27 th August Please book your place in the Health & Wellbeing Centre
	Seated Pilates	3:45pm	The Drawing Room	Thursday 13 th 20 th & 27 th August Please book your place in the Health & Wellbeing Centre
	Social Sing-Along	6:30-7:30pm	Vision Room	Thursday 13 th August
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 4 th August	Middleton Woods Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 5 th August	Classic Car Show	10:30am- 3pm	Bowls Area	See poster for more information
Thursday 6 th August	Sports Day	10:30am	Bowls Area	Please register your attendance in the Health & Wellbeing Centre
Thursday 6 th August	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 12 th August	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 13 th August	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 13 th August	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Tuesday 18 th August	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 19 th August	Book Club	2:30pm	Vision Room	Resident Social Group
Tuesday 25 th August	Vintage Vehicle Show	6-8pm	Bowls Area	See poster for more information
Wednesday 26 th August	Tennants Valuation Day	11am-3pm	The Drawing Room	See website for more information
Wednesday 26 th August	Restaurant Evening	6:30pm	The Orangery	Please contact the Orangery to book your table
Thursday 27 th August	Valley of the Kings Talk by Carol Dean	2:30pm	Vision Room	Please book your place in the Health & Wellbeing Centre
Thursday 27 th August	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Monday 31 st August	Bank Holiday Brunch	10:30am	The Orangery	Please contact the Orangery to book your table

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

