



Resident Activities Schedule – September 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 2 nd	Northallerton	9:30am	12:30pm	
Friday 4 th	Richmondshire Museum (opens 10:30am)	9:30am	12:30pm	Info on their website
Monday 7 th	Teesside Park	1:30pm	4pm	
Wednesday 9 th	York Bird of Prey Centre	9:30am	12:30pm	Info on their website
Friday 11 th	Ripon	9:30am	12:30pm	
Monday 14 th	Darlington	1:30pm	4pm	
Wednesday 16 th	Northallerton	9:30am	12:30pm	
Friday 18 th	Glady's Tea Room – Seaton Carew	9:30am	12:30pm	
Monday 21 st	Whitegates	1:30pm	4pm	
Wednesday 23 rd	Helmsley	9:15am	12:30pm	
Friday 25 th	Yarm	10am	12pm	
Monday 28 th	Arnison Centre	1:30pm	4pm	
Wednesday 30 th	Northallerton	9:30am	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	Vision Room / Pavilion	7 th & 14 th in the Vision Room 21 st & 28 th in the Pavilion
	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 3 rd & 17 th September
	Social Sing-Along	6:30-7:30pm	Vision Room	Thursday 10 th & 24 th September
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 1 st September	Middleton Woods Coffee Morning	10:30am	The Drawing Room	No booking required
Friday 4 th September	Grand Lunch	12:30pm	Marquee	Tickets available from Reception
Saturday 5 th September	Village Show	11am-4pm	Marquee	See poster for more information
Tuesday 8 th September	Coffee Morning	10:30am- 12pm	Marquee	Please contact Reception to reserve your place
Wednesday 9 th September	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 9 th September	Head Safe Football Lunch	12:30pm	Marquee	Tickets available from Reception
Wednesday 9 th September	Middleton Hall Communion	3-3:30pm	The Drawing Room	Service held by St George & St Laurence Church
Thursday 10 th September	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 10 th September	Women's Institute	2-4pm	Drawing Room	Visitors & New Members Welcome
Tuesday 15 th September	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 16 th September	Book Club	2:30pm	Vision Room	Resident Social Group
Wednesday 23 rd September	Restaurant Evening	6:30pm	The Orangery	Please contact the Orangery to book your table
Thursday 24 th September	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 24 th September	Talk by Neil Crathorne	2:30pm	Vision Room	Former Prison Governor talks about His life & His books

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

