



Resident Activities Schedule – October 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 2nd	Team Valley Retail World	9:15am	12:30pm	Info on their website
Monday 5th	Teesside Park	1:30pm	4pm	
Wednesday 7th	Eggleston Hall & Gardens	9:30am	12:30pm	Info on their website
Friday 9th	Danby Lodge National Park Centre	9:15am	12:30pm	Info on their website
Monday 12th	Darlington	1:30pm	4pm	
Wednesday 14th	Northallerton	9:30am	12:30pm	
Friday 16th	The Auckland Project	9:30am	12:30pm	Info on their website
Monday 19th	Locomotion - Shildon	1:30pm	4pm	
Wednesday 21st	The Light – Durham	9:30am	12:30pm	Info on their website
Friday 23rd	Yarm	10am	12pm	
Monday 26th	Arcadia Garden Centre	1:30pm	4pm	
Wednesday 28th	Northallerton	9:30am	12:30pm	
Friday 30th	MIMA – Turner Prize 2026	9:30am	12:30pm	Info on their website

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 a game of Table Tennis with fellow residents
	Aqua Class	3-3:30pm	Swimming Pool	Instructor led exercise class in the pool
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
15 th 22 nd 29 th	Pilates	3pm	The Drawing Room	Please book your place in the Health & Wellbeing Centre
15 th 22 nd 29 th	Seated Pilates	3:45pm	The Drawing Room	Please book your place in the Health & Wellbeing Centre
8 th & 29 th	Social Sing-Along	6:30-7:30pm	Vision Room	Resident Social Group
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 Social	2:30-4pm	Orangery	Join fellow residents to play a variety of board games

Residents are hoping to start a Whist Group, with days and times to be confirmed
Please contact the Health & Wellbeing Centre to register your interest



Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 6 th October	Middleton Woods Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 7 th October	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Wednesday 7 th October	Restaurant Evening	6:30pm	The Orangery	Please contact the Orangery to book your table
Thursday 8 th October	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 8 th October	Women's Institute	2-4pm	Drawing Room	Visitors & New Members Welcome
Wednesday 14 th October	Middleton Hall Communion	3-3:30pm	The Drawing Room	Service held by St George & St Laurence Church
Tuesday 20 th October	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 21 st October	Book Club	2:30pm	Vision Room	Resident Social Group
Wednesday 21 st October	Restaurant Evening	6:30pm	The Orangery	Please contact the Orangery to book your table
Thursday 22 nd October	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 29 th October	The Robinson House Speakers	2:30pm	Vision Room	Local Authors Gillie Hatton & Ken Braithwaite discuss Writing, Flash Mob & Round Robin 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

