MIDDLETON HALL
RETIREMENT VILLAGE
HEALTH & WELLBEING CENTRE

Resident Activities Schedule – November 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 2nd	Teesside Park	1:30pm	4pm	
Wednesday 4th	Thirsk	9:15am	12:30pm	
Friday 6th	Stokesley	9:30am	12pm	
Monday 9th	Darlington	1:30pm	4pm	
Wednesday 11th	Tennants Auctioneers (including free tour)	9:30am	12:30pm	Info on their website
Friday 13th	Northallerton	9:30am	12:30pm	Moved days for this week only
Monday 16th	Windlebridge Garden Nurseries	1:30pm	4pm	Info on their website
Wednesday 18th	York Christmas Market	9am	12:30pm	
Friday 20th	Yarm	10am	12pm	
Monday 23rd	Bowes Castle / Barnard Castle	1:30pm	4pm	
Wednesday 25th	Northallerton	9:30am	12pm	
Friday 27th	Dalton Park	9:15am	12:30pm	
Monday 30th	Velveteen Rabbit – Great Ayton	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 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
	Pilates	3pm	The Drawing Room/Vision Room	Please book your place in the Health & Wellbeing Centre
	Seated Pilates	3:45pm	The Drawing Room/Vision Room	Please book your place in the Health & Wellbeing Centre
12th & 19th	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 3rd November	Middleton Woods Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 4th November	Car Valeting Service	9:30am onwards	Main Reception	£7 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 5th November	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 5th November	Bonfire Night	6pm	Car Park	See poster for more information
Wednesday 11th November	Middleton Hall Communion	3-3:30pm	The Drawing Room	Service held by St George & St Laurence Church
Thursday 12th November	Women's Institute	2-4pm	Pavilion	Visitors & New Members Welcome
Tuesday 17th November	The Waterside Coffee Morning	10:30am	The Drawing Room	No booking required
Wednesday 18th November	Book Club	2:30pm	Vision Room	Resident Social Group
Wednesday 18th November	Restaurant Evening	6:30pm	The Drawing Room	Please contact the Orangery to book your table
Thursday 19th November	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Friday 20th November	Christmas Lights Switch On	4-5pm	Main Reception	See poster for more information
Saturday 21st November	Christmas Fair	10:30am-3pm	Main Reception	See poster for more information
Tuesday 24th November	Tennants Valuation Day	11am-3pm	The Drawing Room	See website for more info
Thursday 26th November	Newcastle Building Society	2:30pm	Vision Room	Talk about banking scams. Keeping your money safe!
Thursday 26th November	Pub Quiz Night	6pm	The Orangery	Please contact the Orangery to book your table
Friday 27th November	DCOT Nail Care (free of charge)	2pm	The Drawing Room	Please contact the Health & Wellbeing Centre to book
Saturday 28th November	Christmas Wreath Workshop	10:30am	The Drawing Room	See poster for more information

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 LinkedIn - @mhretirement