



MIDDLETON HALL
RETIREMENT VILLAGE

**Independent Resident
Activities Schedule - July 2022**

Bookings must be made in advance via Reception, unless otherwise stated.

Trips

Pick up at the main entrance of your property.

Day	Location	Depart MH	Depart Location	Info
Friday 1 st	Saltburn	12:30pm	4pm	
Monday 4 th	Teesside Park	1:30pm	3:30pm	
Wednesday 6 th	Northallerton	9:30am	12:30pm	
Friday 8 th	RSPB Saltholme Nature Reserve	9:30am	12pm	£4 admission
Monday 11 th	Yarm	1:30pm	3:30pm	
Wednesday 13 th	Mount Grace Priory	9:30am	12:30pm	£9 admission
Friday 15 th	Darlington	10:30am	12:30pm	
Monday 18 th	Paddock Farm	1:30pm	3:30pm	
Wednesday 20 th	Northallerton	9:30am	12:30pm	
Friday 22 nd	Hartlepool Marina	9:30am	12:30pm	
Monday 25 th	Teesside Park	1:30pm	3:30pm	
Wednesday 27 th	Darlington	10am	12pm	
Friday 29 th	Thorp Perrow Arboretum	1pm	4pm	£12.05 Admission

If you have any suggestions of places to visit, please contact the Healthy Living Team

**Beauty Therapy at Middleton Spa
Every Saturday and Wednesday**

Therapies by Helen Cunliffe & Paula Clark

To book an appointment please contact Middleton Spa

01325 528187

Weekly Timetable

Day	Activity	Time	Location	More Info
Monday	Outdoor Exercise Class	10 - 10:20am	The Bowls Area	If you haven't attended a class before, please contact the Spa
	Table Tennis	2 - 4pm	The Pavilion	Enjoy some table tennis games with fellow residents
	Aqua Class	3 – 3:30pm	The Spa	Instructor led exercise class in the pool Booking Required
Tuesday	Chair Based Exercise Class	10 - 10:20am	Middleton Woods	If you haven't attended a class before, please contact the Spa
	Beginners Pottery	2 - 4pm	The Art Studio	Contact Les Simpson for availability
Wednesday	Knitting Group	2 - 4pm	The Art Studio	Resident Social Group. Own Materials Required
	Silver Swan Ballet	3:15 – 4:15pm	Pavilion or Vision Room	6-week course started 15 th June. Course ends 20 th July
	Table Tennis	5:30 - 7:30pm	The Pavilion	Join Colin for a session of coaching and games
Thursday	Outdoor Exercise Class	10 - 10:20am	The Bowls Area	If you haven't attended a class before, please contact the Spa
	Estates Volunteer Group	2:15pm	Various Locations	Get involved around the Middleton Hall Estate. Contact the Estates Team for the weekly activity and meeting location
	Old School of Rock Choir	6 – 7:30pm	Vision Room	Join Gail Jones for a sing along through the ages
Friday	Chair Based Exercise Class	10 - 10:20am	Middleton Woods	If you haven't attended a class before, please contact the Spa
	Bridge	2:30 – 4:30pm	Conservatory	Resident Social Group
	Pottery	2 - 4:30pm	Art Studio	Contact Les Simpson for availability
	Cinema Night	7 - 9pm	Vision Room	Films will be advertised weekly
Saturday	Tai Chi	3 – 4pm	Spa Studio	Led by an external instructor. £5 per session. Contact the spa for more details
Sunday	Sunday Sports Session	2 – 4pm	Bowls Area	Join fellow residents for an afternoon of fun and games. No booking required

If you are interested in starting a Resident Social Group for an activity that you enjoy, please contact the Healthy Living Team

Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 5th July	Middleton Woods Coffee Morning	10:30 - 11:30am	The Orangery	No booking required
Wednesday 6th July	Car Valeting Service	9:30am onwards	Main Reception	£5 Car wash £20 Mini valet & wash £40 Full valet & wash
Thursday 7th July	Mindfulness Session	2:30pm	Outdoor Reflection Area	Contact Middleton Spa to book your place
Friday 8th July	Fish 'n' Chip Supper	5:30pm	The Orangery, Collection or Delivery	Contact the Orangery to book your preferred option
Wednesday 13th July	Greek Night	7pm	The Restaurant	Contact the Orangery to book your table
Thursday 14th July	Marketing Team Coffee & Catch Up	2 - 3pm	The Orangery	Join Rachel for a catch up on the monthly news stories
Thursday 14th July	Women's Institute	7 - 9pm	The Pavilion	A monthly WI meeting with members from the local community
Tuesday 19th July	The Waterside Coffee Morning	10:30 - 11:30am	The Orangery	No booking required
Wednesday 20th July	Outdoor Gym Class	10 – 10:30am	Woodland Walk Gym Area	An introduction session on the Outdoor Gym Equipment
Wednesday 20th July	Beauty Therapy Open Evening	6:30 – 8pm	The Conservatory	A chance to meet our new Beauty Therapists, Helen & Paula, to find out more about the treatments they offer
Saturday 23rd July	National Garden Scheme	10am – 4pm	Middleton Hall Estate	Annual Charity Event
Tuesday 26th July	Middleton One Row – Low Dinsdale	9:45am	Meet near number 2 The Waterside	Contact Tony Dalby for more information
Wednesday 27th July	Hawaiian Night	7pm	The Restaurant	Contact the Orangery to book your table

Library Opening Times

Monday – Friday: 8am - 6pm

Saturday: 8am - 3pm

Sunday: 8:30 - 11:30am

Thank you to everyone who has donated books to the library, they are very much appreciated. We continue to welcome new books, in a good condition. Please drop them into the basket in the library at your convenience.