



MIDDLETON HALL
RETIREMENT VILLAGE

**Independent Resident
Activities Schedule - August 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
Monday 1 st	The Courtyard at Thorpe Farm	1:30pm	4pm	
Wednesday 3 rd	Northallerton	9:30am	12:30pm	
Friday 5 th	Seaton Carew	12:30pm	3:30pm	
Monday 8 th	Teesside Park	1:30pm	3:30pm	
Wednesday 10 th	Crook Hall & Gardens	9:30am	12:30pm	£8 admission
Friday 12 th	Darlington	10:30am	12:30pm	
Monday 15 th	Yarm	1:30pm	3:30pm	
Wednesday 17 th	Northallerton	9:30am	12:30pm	
Friday 19 th	Auckland Castle	12:30pm	4pm	£14 admission
Monday 22 nd	Teesside Park	1:30pm	3:30pm	
Wednesday 24 th	Richmond	9:30am	12:30pm	
Friday 26 th	Darlington	10:30am	12:30pm	
Monday 29 th	Mainsgill Farm Shop	1:30pm	4pm	
Wednesday 31 st	Northallerton	9:30am	12:30pm	

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
	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. 4 th & 18 th August.
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 2nd August	Middleton Woods Coffee Morning	10:30 - 11:30am	The Orangery	No booking required
Wednesday 3rd August	Car Valeting Service	9:30am onwards	Main Reception	£5 Car wash £20 Mini valet & wash £40 Full valet & wash
Thursday 4th August	Mindfulness Session	2:30pm	Outdoor Reflection Area	Contact Middleton Spa to book your place
Friday 5th August	Fish 'n' Chip Supper	5:30pm	The Orangery, Collection or Delivery	Contact the Orangery to book your preferred option
Wednesday 10th August	Pie Night	7pm	The Restaurant	Contact the Orangery to book your table
Thursday 11th August	Marketing Team Coffee & Catch Up	2 - 3pm	The Orangery	Join Rachel for a catch up on the monthly news stories
Thursday 11th August	MSG Day Nursery Sports Day	1:30- 3:30pm	The Bowls Area	Spectators & Volunteers Welcome
Tuesday 16th August	The Waterside Coffee Morning	10:30 - 11:30am	The Orangery	No booking required
Wednesday 17th August	Outdoor Gym Class	10 – 10:30am	Woodland Walk Gym Area	An introduction session on the Outdoor Gym Equipment
Tuesday 23rd August	Coach Trip to Malham	9am	Meet near number 2 The Waterside	Contact Tony Dalby for more information
Wednesday 24th August	Indian Night	7pm	The Restaurant	Contact the Orangery to book your table
Thursday 25th August	Independent Resident Sports Day	9:45am – 4pm	The Bowls Area	Further information will be advertised separately

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.