



## **Resident Activities Schedule – March 2024**

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

### **Independent Resident Trips**

Pick up at main entrance of your property.

Date	Location	Depart MH	Depart Location	Click links for info
Friday 1 <sup>st</sup>	Durham	9:30am	12pm	
Monday 4 <sup>th</sup>	Teesside Park	1:30pm	3:30pm	
Wednesday 6 <sup>th</sup>	Kipling Hall	9:30am	12:30pm	<a href="#">Info on their website</a>
Friday 8 <sup>th</sup>	Darlington	10am	12pm	
Monday 11 <sup>th</sup>	Ormesby Hall	1:30pm	4pm	<a href="#">Info on their website</a>
Wednesday 13 <sup>th</sup>	Northallerton	9:30am	12:30pm	
Friday 15 <sup>th</sup>	RSPB Saltholme	9:30am	12:30pm	<a href="#">Info on their website</a>
Monday 18 <sup>th</sup>	Teesside Park	1:30pm	3:30pm	
Wednesday 20 <sup>th</sup>	Danby Lodge National Park Centre	9:30am	12:30pm	<a href="#">Info on their website</a>
Friday 22 <sup>nd</sup>	Yarm	10am	12pm	
Monday 25 <sup>th</sup>	Redcar	1:30pm	4pm	
Wednesday 27 <sup>th</sup>	Northallerton	9:30am	12:30pm	
Friday 29 <sup>th</sup>	Middleham Open Day	9:30am	12:30pm	<a href="#">Info on their website</a>

### **Beauty Therapy at the Health & Wellbeing Centre**

Every Wednesday plus Saturday 23rd with Helen

### **Calming Soul Reiki at the Health & Wellbeing Centre**

1st, 4th, 15th, 21st, 22nd, 23rd, 24th & 26th with Andy

### **Hairdressing at the Health & Wellbeing Centre**

Thursdays with Karen & Fridays with Anita

### **Chiropody at the Health & Wellbeing Centre**

Friday 8th & 22nd with Karen

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	Outdoor Exercise Class	10-10:20am	Bowls area	In the event of bad weather, the class will be cancelled
	Table Tennis	2-4pm	Pavilion	Enjoy some table tennis games with fellow residents
	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	Contact the H&WC if you haven't attended before
	Beginners Pottery	2-4pm	Art Studio	Contact Les Simpson for availability
Wednesday	Table Tennis	5:30-7:30pm	Pavilion	Join Colin for a session of coaching and games
Thursday	Outdoor Exercise Class	10-10:20am	Bowls area	In the event of bad weather, the class will be cancelled
	Knit & Natter	2-4pm	Middleton Grove reading room	Knit in the company of others. Own materials required
	Volunteer Group	2:15pm	Contact Estates	Get involved around the Middleton Hall Estate
	Social Sing-Along	6:30-7:30pm	Vision Room	14 <sup>th</sup> & 28 <sup>th</sup> March
Friday	Chair Based Exercise Class	10-10:20am	Middleton Woods	Contact the H&WC if you haven't attended before
	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 advertised weekly
Saturday	Tai Chi	3-4pm	H&WC Studio	Led by an external instructor. £5 per session. Contact Spa for more details
Sunday	Sunday Social	2-4pm	Orangery	Join fellow residents round a table to play a variety of board games

### Library Opening Times

Monday-Friday: 8am-6pm

Saturday: 8am-3pm

Sunday: 8:30-11:30am

### April Dates for your Diary

Tuesday 9<sup>th</sup> - 'No Added Sugar' Choir Performance 6:30pm

Monday 15<sup>th</sup> - New 6-week block of Yoga begins

Saturday 20<sup>th</sup> - Spring Shopping Event



## Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Tuesday 5 <sup>th</sup> March	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Wednesday 6 <sup>th</sup> March	Car Valeting Service	9:30am onwards	Main Reception	£6 Car wash £22 Mini valet & wash £45 Full valet & wash
Thursday 7 <sup>th</sup> March	Pop Up Shop	10am-1pm	Orangery	Temple Spa with Karen Pearson
Saturday 9 <sup>th</sup> March	Mother's Day Afternoon Tea	2pm	Restaurant	Please contact the Orangery to book your table
Sunday 10 <sup>th</sup> March	Mother's Day Lunch	1pm	Restaurant	Please contact the Orangery to book your table
Wednesday 13 <sup>th</sup> March	American Night	6:30pm	Restaurant	Please contact the Orangery to book your table
Wednesday 13 <sup>th</sup> March	Middleton Hall Communion	3-3:30pm	Conservatory	Service held by St George & St Laurence Church
Thursday 14 <sup>th</sup> March	Tech Drop-In	2-3pm	Art Studio	Help and advice around technology, the internet, emails, social media & more
Thursday 14 <sup>th</sup> March	Women's Institute	2-4pm	Pavilion	A monthly WI meeting with members from the local community
Thursday 14 <sup>th</sup> March	Cooking Demonstration	2pm	Restaurant	Paella by our Head Chef Ian. Please book your place in the Orangery
Tuesday 19 <sup>th</sup> March	The Waterside Coffee Morning	10am	Restaurant	No booking required
Wednesday 20 <sup>th</sup> March	Community Walk	11am	Reception	To be led by students from Darlington College
Wednesday 20 <sup>th</sup> March	Book Club	2:30-4pm	Restaurant	Resident Social Group
Thursday 21 <sup>st</sup> March	Coffee Club	11am-12pm	Vision Room	Chat and games with our Marketing Team Ellie & Rachel
25 <sup>th</sup> – 31 <sup>st</sup> March	Easter Trail	All week	Woodland Walk	Collect your trail sheet from Reception
Wednesday 27 <sup>th</sup> March	Indian Night	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 28 <sup>th</sup> March	Music Medley	11:30am- 12:30pm	Middleton Grove Reading Room	Music requests played and discussed
Sunday 31 <sup>st</sup> March	Easter Sunday Lunch	1pm	Restaurant	Please contact the Orangery to book your table

More information is available on the 'What's On' page on our website [www.mhrv.co.uk](http://www.mhrv.co.uk)  
& on our social media platforms

[Facebook](#) – Middleton Hall Retirement Village

[Instagram](#) – @Mhretirement

[Twitter](#) – @MHRetirement

