



Resident Activities Schedule - May 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
Wednesday 1 st	Northallerton	9:30am	12:30pm	
Friday 3 rd	Piercebridge - Roman Fort & Farm Shop	9:30am	12pm	
Monday 6 th	Teesside Park	1:30pm	4pm	
Wednesday 8 th	Helmsley	9:30am	12:30pm	
Friday 10 th	Arnison Centre	9:30am	12:30pm	
Monday 13 th	Coulby Newham	1:30pm	4pm	
Wednesday 15 th	Northallerton	9:30am	12:30pm	
Friday 17 th	Saltburn	9:30am	12:30pm	
Monday 20 th	Darlington	1:30pm	3:30pm	
Wednesday 22 nd	Ushaw House & Gardens	9:30am	12:30pm	Info on their website
Friday 24 th	Yarm	10am	12pm	
Monday 27 th	Teesside Park	1:30pm	4pm	
Wednesday 29 th	Northallerton	9:30am	12:30pm	
Friday 31 st	Sutton Bank National Park	9:30am	12:30pm	Info on their website

Beauty Therapy at the Health & Wellbeing Centre

Every Wednesday plus Saturday 25th with Helen

Calming Soul Reiki at the Health & Wellbeing Centre

7th & 21st with Andy

Hairdressing at the Health & Wellbeing Centre

Thursdays with Karen & Sundays with Anita

Chiropody at the Health & Wellbeing Centre

Friday 3rd 17th & 31st 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	2pm	Contact Estates	11 th & 25 th April. Sowing seeds, potting up & plant care.
	Social Sing-Along	6:30-7:30pm	Vision Room	2 nd & 23 rd May
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 to play a variety of board games
	Sunday Sports	2-4pm	Bowls Area	Join fellow residents for an afternoon of sporting activities

Library Opening Times

Monday-Friday: 8am-6pm

Saturday: 8am-3pm

Sunday: 8:30-11:30am

Upcoming Dates for your Diary

8th June - Beatles Tribute Band

13th June - Picnic at the Pavilion

20th June - David Nieper Fashion Show



Monthly Events & Activities

Date	Activity/Event	Time	Location	More Info
Wednesday 1 st May	Car Valeting Service	9:30am onwards	Main Reception	£6 Car wash £22 Mini valet & wash £45 Full valet & wash
Tuesday 2 nd May	Pop Up Shop	10am-1pm	Orangery	Jean Rowland Cards & Gifts
Monday 6 th May	Golf Course Open Day	10:30am-12pm	Golf Course	A few light-hearted games to mark the opening of the course
Tuesday 7 th May	Middleton Woods Coffee Morning	10:30am	Middleton Woods Garden Room	No booking required
Wednesday 8 th May	Walk & Coffee Morning	10:30am	Pavilion & Restaurant	Hosted by Darlington College
Wednesday 8 th May	Middleton Hall Communion	3-3:30pm	Restaurant	Service held by St George & St Laurence Church
Thursday 9 th May	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Thursday 9 th May	Women's Institute	7-9pm	Pavilion	Visitors & New Members Welcome
Wednesday 15 th May	Spanish Night	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 16 th May	Tech Drop-In	2-3pm	Art Studio	Help and advice around technology, the internet, emails, social media & more
Tuesday 21 st May	The Waterside Coffee Morning	10am	Restaurant	No booking required
Wednesday 22 nd May	Book Club	2:30-4pm	Restaurant	Resident Social Group. This is a week later than usual this month
Thursday 23 rd May	Music Medley	11am-12pm	Middleton Grove Reading Room	Music requests played and discussed
Wednesday 29 th May	Stir Fry Night	6:30pm	Restaurant	Please contact the Orangery to book your table
Thursday 30 th May	Northdale Horticulture Talk	2:30pm	Restaurant	A talk about the charities gardening and community projects. Visit their website here £5 payable in the H&WC which will be donated to the charity

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](#) - @MHRetirement

