



Prime Time

Activity Week Programme

All North Abingdon residents welcome
**Fun, Food, Friendship
for 50+**



**at Christ Church
Northcourt Road
7-10 August 2018**

Application forms from the
Church Office Tel: 01235 539172



Daily Programme

9.45 am	Welcome and Registration
10.00 am – 11.00 am	Morning Session 1 – Talks and Activities
11.00 am	Coffee
11.20 am	Notices and Thought for the Day
11.45 am – 12.45 pm	Morning Session 2 – Talks and Activities
12.45 pm	Lunch
2.00 pm or earlier	Afternoon – Activities (some leave early)
3.00 pm	Tea may be on offer in the Coffee Lounge

Cost

The cost of **each of the 4 days** (Tuesday to Friday) is **£5**. This includes tea/coffee and a light lunch on the first three days. Please note, there is no lunch provided on Friday so please bring your own picnic or make other arrangements for lunch that day. The cost of the dinner on Friday evening, which includes a glass of wine, is an additional **£10**. The daily charges and dinner cost are payable with the application.

Additional costs

Some activities incur additional costs for entry fees and for drivers' petrol for transport. Please bring payment for these extras with you **on the day** and if a **bus journey** is involved, bring **the fare** or your **bus pass** if you have one.

Cost a problem?

We are able to help those for whom the cost is a problem, for instance anyone on any benefit or receiving only a state pension. Please talk to us if this applies to you.

Applications

Please complete an application form as soon as you can as this helps with the numbers. Many activities have limited numbers, so **include reserve choices** in case the limit has been reached or the activity is cancelled for any reason.

Applications from residents of the Parish of North Abingdon will be given preference. Please do not expect first-come, first served, although we make every effort to accommodate everyone's choices.

Return the application form to the Church Office (01235 539172), with the appropriate payment, by Monday 9th July at the latest.

For further information contact:

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Programme of Talks and Activities

For each session the activities available are described below.

All activities take place at or start from Christ Church, Northcourt Road. For many external trips we **NEED DRIVERS**, so we want people to offer to help with lifts. If it is important for you to travel independently (although this is not encouraged as we want the fewest cars possible), please indicate this on the application form. **All activities and transport are at your own risk.**

Numbers applying have increased each year and we are getting close to the safety limits for the rooms available, so we are very sorry that we may have to turn down some applications. The numbers for some of the activities are specifically **limited**, so some applicants may be unsuccessful. **Such activities** are marked by **Limit** (and its footnote as below) with a provisional number if available; this number may depend on the availability of lifts.

The activities incurring **additional costs, to be paid on the day**, are marked by **+£** (and its footnote as below).

When you fill in your application form, please also mark your choices on your programme brochure and keep it to remind you what you have chosen. Please use a separate application form for each person.

Before the start of Prime Time, you will receive, by email or letter, a response to your application indicating whether you have been allocated your first or reserve choice or neither. **This may also give more details for some activities and any necessary adjustment to leaving times.**

Last minute information and transport details will be put on the Prime Time notice board in the entrance hall of the church during the week.

The information you provide on the application form will be used to produce lists of people taking part in activities and to communicate with you about this Prime Time week and future similar events. It will be shared with those responsible for the activities, lifts and for providing meals. Simple lists of the names of those taking part in each activity will be displayed in the entrance hall during the Prime Time week. **Do not include on the application form any data you regard as sensitive** and please sign on the form that you accept this use of the information you provide, indicating whether you give permission to be contacted again.

Christ Church's Data Protection Policy is displayed at the church.

Limit *The numbers for this activity are limited.*

+£ *This activity incurs additional cost to be paid on the day.*

Monday – 6th August, evening

- 1 Theatre trip – ‘SWEET CHARITY’, a musical comedy, at the Watermill Theatre (Limit 35)
See back page for details. There is a separate theatre application form.

Tuesday – 7th August

Morning Session 1 at 10.00 am

- 1 "Domes and Minarets" – Islamic World Mosques
Prof. James Allen, expert on Islamic Art, will give an illustrated talk on different styles of mosques, minarets and domes and their rich designs.
- 2 My Role as a Motor Sports Marshall
Simon Furlong will share his experiences at Silverstone.
- 3 Homelessness
Steven Moore has many years’ experience at the Luther Street Medical Centre, where homeless people are welcome. He will share what is happening in Oxford, the issues and challenges faced by the homeless.
- 4 Table Tennis 1 (Limit 12)
Come and play, led by Alyson Mason. For beginners and experienced players, all welcome. *She runs the bi-monthly table tennis sessions too.*

Morning Session 2 at 11.45 am

- 1 The Life and Works of the Artist, Edward Hopper
John Earwicker will give an illustrated talk on the early 20th century works of the American artist Edward Hopper.
- 2 Dogs for Good
Karen Williams, a disabled lady, is coming with her dog, Iggy, to tell us how the dog has transformed her life and that of her mother. Ken McIver, a puppy socialiser, will also come.
- 3 "Gateway to Heaven" - Sobell House
Erik Cornish will talk about the Charity, life stories, and care before and after death.
- 4 Quilting
Come and have a go at hand sewing with Judy Harris and Ann Jennaway. *Materials are provided.*

Lunch is provided

Limit *The numbers for this activity are limited.*

+£ *This activity incurs additional cost to be paid on the day.*

Tuesday – 7th August

Afternoon at 2.00 pm unless another time is shown

Most activities need lifts – please offer if possible

- 1 **Blewbury** (+£)
A short walking tour, with Peter Butler, of Blewbury village, including the church. Then Peter and Anne Saunders will show you their lovely home and garden, called Charity School House.
Cost on the day: £2 for the driver. *Walk affiliated to HF Holidays.*
- 2 **Visit Cookham and the Stanley Spencer Gallery** (Limit 19) (+£)
Leave at 1.10pm, with picnic from the Hall provided by Prime Time.
Join John Earwicker for a visit to the village immortalised by British master painter, Stanley Spencer. Included is entry to the Gallery, a talk from an expert and a guided tour of the village, including the locations of some of his paintings. *Not suitable for disabled in a wheelchair.*
Cost on the day: Entry £10 + £4.50 for the driver.
- 3 **Visit the Diamond Light Source** (+£)
Diamond is an electron accelerator at the Harwell Campus, which creates intense beams of light to study the atomic and molecular structure of materials, from viral proteins to engine parts and ancient texts. Andy Dent will give you a talk and guided tour.
Cost on the day: £1.50 for the driver. *Return about 5.00-5.30pm.*
- 4 **Visit Abingdon Police Station** (Limit 20)
Tour starts at 2.15pm with PCSO Richard Osborn.
A guided visit for those who have not been previously.
- 5 **Guided Wild Life Walk around Thrupp Lake** (Limit 15)
A guide from Earth Trust will lead this walk with the possibility of visiting an orchid area. *The walk will not take more than one hour.*
Walk affiliated to HF Holidays.
- 6 **Croquet for Beginners plus Cream Tea** (Limit 24)
This session of simple croquet is for those who are beginners or inexperienced but would like to try the game and sit in Judy and Spencer White's lovely garden in Picklers Hill.
Lifts will be provided if you cannot walk to Picklers Hill.
- 7 **Scrabble on Site**
Indoor Game: Play Scrabble with Jackie and John Tattersall.
- 8 **Bridge on Site**
Laury Conn and Viola Crowe will lead those who know how to play.

Limit *The numbers for this activity are limited.*

+£ *This activity incurs additional cost to be paid on the day.*

Wednesday – 8th August

Morning Session 1 at 10.00 am

1 Hidden Treasures of Italian Art

Urbino and Beyond: an illustrated talk by John Earwicker about this beautiful Italian UNESCO World Heritage city and its art.

2 Update on Wills and Power of Attorney

What is Power of Attorney, how often do you need to update your will and help on other life decisions and finances - a talk by Caroline Sanderson, with opportunity for questions and answers.

3 Classical Music

An hour of classical music with Sally Mears.

4 Making Special Occasion Cards

(Limit 12) (+£)

Make and take away birthday, wedding or thank-you cards, with Christine Lees Baxter. *All materials supplied.*

Cost on the day: £2 for the materials.

Morning Session 2 at 11.45 am

1 Walking in the Wings

Susan Cuthbertson will talk about her experiences visiting prisons and the Campsfield House Immigration Centre.

2 The Mary Rose - 16th Century Warship

Bob Foster will tell you about the history of this ship over 500 years, its raising and conservation, and pass round some replica artefacts.

3 Garden Design

Sam Mallett from Notcutts will talk on bedding design with an emphasis on well-being in gardens.

4 Painting the Aboriginal Way

(Limit 15)

Joy Williams will return to take a fun session painting animals, traditional symbols etc. Have a go at something different using acrylics or gouache. *Materials provided.*

5 Gentle Exercise

Monica Watkins will take a Keep Fit session (mainly seated) suitable for all.

Lunch is provided

Limit

The numbers for this activity are limited.

+£

This activity incurs additional cost to be paid on the day.

Wednesday – 8th August

Afternoon at 2.00 pm unless another time is shown

Most activities need lifts – please offer if possible

- 1 **Garden Party 1 - at the home of Sue and Dick Richards** (Limit 40)
Time: 2.30-4.00pm. Leave at 2.15pm.
Wander round their garden on Picklers Hill, relax and have tea. *You can go to a garden party on Wednesday or Thursday but not both days. Lifts will be given if you are unable to walk there.*
- 2 **Hidcote Gardens NT** (Limit 20) (+£)
Leave by 1pm, pick up picnic provided by Prime Time from the Hall.
Visit one of the country's great gardens in the north Cotswolds.
Cost on the day: Entry £12 (free for NT members) and £3 for the driver.
- 3 **Victorian Architecture** (+£)
A guided tour with Philip Addison, an Oxford guide and enthusiast, to buildings in Oxford - including, time permitting, the Natural History Museum, Keble College, the Science area noting the development of science in Oxford, Rhodes House and the C.S.Lewis/Tolkien pub. *You need to walk 2-3 miles. There can be entrance fees, depending on route.*
Cost on the day: Bus fares if you do not have a pass.
- 4 **Dorchester Abbey and Tearoom** (+£)
Enjoy an afternoon in Dorchester looking round the Abbey, going to the tea rooms if you wish and walking through the village. Just do what you can manage.
Cost on the day: £1 for the driver.
- 5 **Outdoor Bowls at ABC** Time: 2.15-4.00pm (Limit 20) (+£)
A visit to the Abingdon Bowling Club for a chance to try bowling (Tuition given!) A drink will be provided. *Take suitable flat shoes and appropriate clothing. Lifts will be given if required.*
Cost on the day: £3.00 for the Abingdon Bowling Club.
- 6 **Croquet for Players** (Limit 12)
This session at the home of Spencer and Judy White in Picklers Hill is for those who like to play a proper game.
- 7 **Beetle Drive in the Lounge**
Relax with a Beetle Drive. Chat and tea with Elizabeth Chown.
- 8 **Nail Painting in the Lounge**
Come and have your nails painted by Emma Bell and friends. Chat and tea with Elizabeth Chown and maybe join the Beetle Drive.

Limit The numbers for this activity are limited.

+£ This activity incurs additional cost to be paid on the day.

Thursday – 9th August

Morning Session 1 at 10.00 am

1 From Mao's China to Zimbabwean Liberation

Tim Pearce has been a foreign correspondent with Reuters for many years. He will talk about his work in three continents, the excitement of breaking news and the technological changes in bringing news.

2 Growing Older in Style

An interactive session with Tim Jack, former Consultant and Clinical Director at the Oxford Pain Relief Unit, on facing life as we get older.

3 Quiz Session

With Chris and Di Bryan - join a team and see how you go. *We will try to make teams balanced with questions in different categories.*

4 Talk Together

(Limit 8)

Come and chat with Nessa Watts, curate at Christ Church, in a small group. (You can ask her anything, e.g. you could chat to her about difficulties in forgiving someone or does God really exist.)

Morning Session 2 at 11.45 am

1 Life is a Box of Chocolates

Emil Jeeveratnam and John Earwicker will share hilarious and hapless moments from their lives in a chat show (guaranteed laughter!)

2 A Mayor's Year – 2015-16

Helen Pighills, local Lib Dem councillor and former-mayor, will talk about these civic roles, with some historical background and how she became a councillor. *This will be a non-party political talk.*

3 Living with Loss

Debbie Flint will talk about life being full of loss, which can feel overwhelming, especially when a partner dies. Her husband had dementia for years, the last 4½ in hospital and care homes.

4 Cha Cha and Jive

Have a go at two simple dances, the cha cha and jive, with Alyson Mason (guaranteed to be a laugh, no partner needed).

5 Material Brooch

Make a material brooch to wear or attach to a bag, with Sue Porter.
All materials provided.

Lunch is provided

Limit *The numbers for this activity are limited.*

+£ *This activity incurs additional cost to be paid on the day.*

Thursday – 9th August

Afternoon at 2.00 pm unless another time is shown

Most activities need lifts – please offer if possible

1 Garden Party 2 - at the home of Sue and Dick Richards (Limit 40)

Time: 2.30-4.00pm. Leave at 2.15pm.

Wander round their garden on Picklers Hill, relax and have tea. *You can go to a garden party on Wednesday or Thursday but not both days. Lifts will be given if you are unable to walk there.*

2 Stowe Gardens NT (Limit 25) (+£)

Leave by 1pm, pick up picnic provided by Prime Time from the Hall.

Explore the amazing gardens at Stowe, where 18th-century garden designer ‘Capability’ Brown learnt his trade under the patronage of Lord Cobham. *You need to be active but scooters could be preordered.*

Cost on the day: Entry £11.20 (free for NT members) + £3 for the driver.

3 Pendon Model Railway Museum (Limit 16) (+£)

A visit to the museum in Long Wittenham with John Earwicker, to view their fine model Vale scene landscapes and railway layouts. There is likely to be one layout in operation. *Audio guides are an extra 80p.*

Cost on the day: Entry £6.50 (£7.50 for under 60s) + £1.50 for the driver.

4 Wallingford Museum (Limit 20) (+£)

Browse in Wallingford Museum - see an Agatha Christie display and the inside story of Wallingford Castle. A museum guide will be on hand. *Some disabled limitations, 20 steps.*

Cost on the day: Entry £5 and £2 for the driver.

5 Looking for Butterflies

A lovely nature walk in Bernwood Forest with Michael Chown, looking for butterflies. *No more than 2-3 miles.*

Cost on the day: £1.50 for the driver. *Walk affiliated to HF Holidays.*

6 Long Walk (Limit 15) (+£)

Leave by 1pm, pick up picnic provided by Prime Time from the Hall.

David and Elizabeth Wadham will lead a 7.5 mile circular walk at the Devil’s Punchbowl and Segsbury Camp. *Please wear sturdy shoes or boots and bring water to drink and a sunhat if the weather is hot.*

You will not be back in Abingdon until 6.30 at the earliest.

Cost on the day: £3 for the driver. *Walk affiliated to HF Holidays.*

7 Making Cards (Limit 10)

On Site Creativity: Making cards with Sue Porter.

Limit *The numbers for this activity are limited.*

+£ *This activity incurs additional cost to be paid on the day.*

Friday – 10th August

Morning Session 1 at 10.00 am

1 Artificial Intelligence

An AI revolution comparable with the Industrial Revolution?

Drawing on her research in Oxford, Penny Smith will talk about how AI has developed, how it works and some applications e.g. cancer detection and driverless cars.

2 A Trip to New Zealand

‘The Land of the Long White Cloud.’ - Tony and Alison Price have recently retired and are enjoying travel. They will talk about exploring the geography, history and culture of New Zealand.

3 Weaving

A talk on Coral Newton’s new hobby with a demo. She will bring home-made looms and samples of weaving.

4 Table Tennis 2

(Limit 12)

Come and play, led by Alyson Mason. For all abilities, all welcome.

Morning Session 2 at 11.45 am

1 Just Paul

Paul Wright's performance - it's nostalgic, it's funny, it's songs.

2 "Pushed to the Edge"- Orangutans

Nigel Hicks, a vet, will describe the orangutan, its plight, the work done at the rehabilitation centres and will discuss the problems of palm oil and conservation.

3 Mercy Ships

Gabrielle Dent worked on a Mercy Ship in Cameroon for 8 weeks, providing health care. She will share her experiences and some of the transforming operations that change people’s lives.

4 Vegetarian Food

Jean Jones, a former Home Economics teacher, will give a talk and supply some recipes, especially for those with osteoporosis.

5 Are You a Baker? Working Flour Mill in Wantage **(Limit 12) (+£)**

Tour begins at 12.15 pm. Leave at 11.30am, so you cannot choose any afternoon activity. This mill is alive and kicking, a fascinating trip.

You need to climb steep stairs. You will be able to buy flour at the end.

Cost on the day: £1.50 for the driver.

Lunch - bring your own picnic or make other arrangements.

Limit *The numbers for this activity are limited.*

+£ *This activity incurs additional cost to be paid on the day.*

Friday – 10th August

Afternoon at 2.00 pm unless another time is shown

Most activities need lifts – please offer if possible

- 1 **St John's College Oxford** (Limit 28) (+£)
Tour starts at 2.00pm. Leave at 1.20pm.
The college archivist, Michael Riordan, hopes to take you round the historic and modern quadrangles, the hall and chapel. Note there are building works which may restrict entry to some areas.
Mainly flat except a few stairs to some gardens. ½ mile from the bus.
Please do not choose this if you get tired at the end of the week.
Cost on the day: £2 for the College + bus fares if you do not have a pass.
- 2 **Abingdon Museum** (+£)
The museum aims to present the history of Abingdon and the locality in the most informative, exciting and accessible manner possible. The group will be accompanied by Judy White. *Only accessible by stairs: galleries 37 steps, rooftop terrace 100 steps from ground level.*
Cost on the day: Voluntary donation plus £2 for the roof terrace + bus fares if you do not have a pass.
- 3 **Iffley Church** (+£)
Visit Iffley Church with Michael Chown to look around and see the lovely stained glass windows.
Cost on the day: £1 for the driver.
- 4 **Visit War Graves** (+£)
A visit to the War Graves in Botley. After last year's talk about the Commonwealth War Graves Commission, Dick Richards will take those interested to these local war graves.
Cost on the day: £1 for the driver.
- 5 **Painting with Pastels**
Time 1.30-3.00pm
On Site Art: Painting using soluble oil pastels with Joy Williams.
All equipment provided.
- 6 **Indoor Bowls**
On Site Game: Have a go at indoor bowls on site with David Turner.

PTO

Limit The numbers for this activity are limited.

+£ This activity incurs additional cost to be paid on the day.

Friday – 10th August

Evening Arrive for drinks from 6.00pm for a 6.15pm start.

Dinner (Limit 140)

Join us for the usual PIG ROAST with salads, desserts, wine and soft drinks. There will be a vegetarian option.

The cost of this meal is £10, payable with the application.

Sunday – 12th August

All Prime Timers will be very welcome at the 11.15am service.

Cover design by **John Minns**.

Walks are affiliated to HF Holidays

hf holidays
walking and activity holidays

*Prime Time Theatre Trip
to
The Watermill Theatre, Newbury*

SWEET CHARITY

*Book by Neil Simon; Music by Cy Coleman and Lyrics by
Dorothy Fields*

Monday 6th August 2018 at 7.30pm

*This iconic American musical comedy includes showstoppers
“Big Spender”, “If My Friends Could See Me Now” and
Rhythm of Life”. It will be performed by The Watermill’s highly
talented actor musicians.*

*We have a block booking of 35 forward facing seats on the
ground and upper floors.*

Transport is by volunteer car drivers direct from Christ Church.

Cost: £23(includes booking fee) + £4 transport = £27

(All drivers will be reimbursed based on total number in car)

*Please return booking form (with cash/cheque payable to North
Abingdon PCC Christ Church) by Sunday 1st July 2018 to:*

Diana Bryan (via pigeon hole or c/o Church Office)