

DAY TRIPPERS' SAMPLE WEEKLY AGENDA (NEWTON GROUP)

Seniors Helping Seniors® Greater Boston and MetroWest

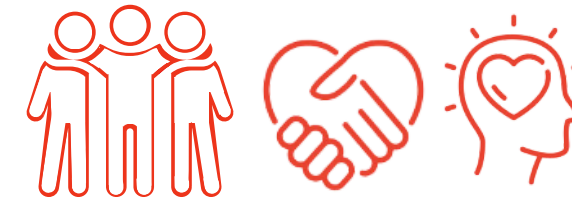
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Seniors *Helping* Seniors®



TUESDAY

10AM:

Meet at Newton Senior Center

10:30AM - 11:30AM:
Muscle, Movement & Balance

12:00PM - 1:15PM:
Lunch at Farm & Grill Rotisserie

1:30PM - 2:30PM:
Swing Band Concert
Newton City Hall

3:00PM:
Newton Senior Center Pickup

WEDNESDAY

10AM:

Meet at Newton Senior Center

10:30AM-11:30AM:
Walk around Burlington Mall

12:00PM-1:30PM:
High Tea at The Vintage Tea & Cake Company

2:00PM - 3:00PM:
Classical Music Lecture

3:00PM:
Newton Senior Center Pickup

THURSDAY

10AM:

Meet at Newton Senior Center

10:15AM - 10:45AM:
Coffee & Chat

11:15PM - 12:15PM:
Guided Tour of the Isabella Stewart Gardner Museum

12:30PM - 1:45PM:
Lunch at Cafe G

3:00PM:
Newton Senior Center Pickup

FRIDAY

10AM:

Meet at Newton Senior Center

10:30AM - 11:15AM:
Dance Fit Class @ YMCA

11:30AM - 12:30PM:
Pizza at Comella's

12:45PM - 2:45PM:
Movie at West Newton Cinema

3:00PM:
Newton Senior Center Pickup