

KEEP ON ROLLING

Like a cruise trip on wheels, day tours offer seniors adventure and good company

Angela Chin Tom is active in her church and is always surrounded by people in her bustling Kensington Market neighbourhood. Even in her eighth decade, she still loves to meet new people. "I like to talk to everybody," she says.

Like many people her age, time hasn't slowed her desire for adventure. So Chin Tom has started signing up for seniors' day trips — guided tours that are a growing trend among mature adults. The outings include bus trips to the countryside, a theatre show or outlet mall, with a stop for lunch and the chance to meet and mingle with other travellers.

"If you are active and interested, you still want to get out and meet new people and have new experiences," says Patrick Byrne, creator of Canadian Day Trippers — a premium bus cruise program for seniors.

Chin Tom discovered Canadian Day Trippers after reading about it in the newspaper. She called them up for a list of upcoming events and signed up for a trip to Ripley's Aquarium. "It was so close to home that I walked there," she says. "And I would have walked home, but they said: 'Angela, let us take care of you!' And I got to meet people from all over Toronto."



Canadian Day Trippers offers a fun way for people to take their parents out. Mary Grace Morgan

Fun and sophisticated

Canadian Day Trippers' mission is to provide mature adults and seniors with a variety of fun-filled activities in a sophisticated setting. Its trips include plays, live music, concerts, museum tours and boat cruises. You don't need to be a member of a specific seniors' or church group — you can sign up as a single, bring a friend or even use the company's resources to organize a fun day out for your organization, community centre or cultural, religious or business group.

Canadian Day Trippers takes care of all the details, a big part of its appeal for seniors like Ron Penrose. "I still drive but I prefer the bus" says Penrose, referring to the luxury coach that picks up travellers at one of two easy to reach locations in the morning and drops them off in the late afternoon. Penrose has travelled with the company on trips to Stratford and Etobicoke's Rib Fest, where the group was treated to a special performance by Elvis impersonator Matt Cage. He enjoys these trips as a chance for a new and unique experience.

With lunch organized by Canadian Day Trippers' professionally trained staff, Penrose and the other travellers have more time to socialize. He's also a fan of the first-class treatment. "Lunch at



Bus cruise outings are a great way for singles to meet and mingle with other travellers. Mary Grace Morgan

Rib Fest was superlative," says Penrose. "And when we went to A Chorus Line, we could see the other tour groups sitting way in the back."

The VIP treatment

Such tours are more than just a fun experience. Researchers at the Harvard School of Public Health have found that for the average person over age 75, staying socially active can help the brain stay active, too.

Byrne says his service differs from other tour groups because it isn't tied to bulk travel packages or purchases. Each event can be tailored for a unique experience. And the VIP treatment doesn't cost a lot more than discounted tours. "The excursions are reasonably priced, so you won't be blowing the kids' inheritance," says Byrne. "In fact, it's a great opportunity for adult children to take their mom or dad on a day trip and have some fun with them."

It's also a chance for adventurers to go it alone. Both Penrose and Chin Tom have already signed up for Canadian Day Trippers' Oktoberfest tour in Kitchener later this month. "That's me, I like to be happy," says Chin Tom. "I always have a smile on my face."



JOIN US ON OCTOBER 12 FOR AN Oktoberfest Celebration



Location: Kitchener Waterloo

Package Includes: Admission, Buffet Lunch, Transportation

- Mid Town Toronto Pick Up: York Mills Subway Station - West End Toronto Pick Up: Islington Subway Station

\$119

Leave Toronto at 11:00 AM
Lunch and Matinée 12:30 PM
Leave Kitchener at 3:30 PM

GROUP DISCOUNTS AVAILABLE



JOIN US ON OCTOBER 20 FOR A DAY AT ST. JACOBS FARMERS MARKET



Canada's Largest Year Round Farmers Market!
Package Includes: Luxury Coach Transportation

- Mid Town Toronto Pick Up: York Mills Subway Station - West End Toronto Pick Up: Islington Subway Station

SHOP AT YOUR OWN PACE!

\$75

Leave Toronto at 9:00 AM
Leave Kitchener at 2:30

GROUP DISCOUNTS AVAILABLE



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