Jan Swaney, a 60-year-old retired physician and resident of Columbia for more than 30 years, wasn’t always politically active. The outcome of the 2016 presidential election changed her ways.

This year, she became a regular at meetings of the Boone County Democratic community group known as the Muleskinners.

“I always thought that democracy would work if you voted,” Swaney said. “Now I think that if you really believe in something, you need to become an activist.”

Adults over 50 represent the largest voting population in America in local, state and federal elections. They are also among the most politically active U.S. citizens. According to the United States Elections project, at least 50 percent of adults over 50 have turned out in every election year since 1984. In fact, citizens over 65 have consistently topped the charts in voter turnout rates for at least the past 33 years.

To put these numbers in perspective, one of the highest voter turnout years in recent history for voters aged 18 to 29 — the 2008 presidential election — had just about 50 percent of young voters showing up at the polls. That same year, 70 percent of voters over 45 cast their ballots.

This contrast in voter turnout among age demographics becomes even more dramatic during non-presidential election years.

In 2010 for example, about 20 percent of young voters between the ages of 18 to 29 participated in local and statewide elections. Compare this to the 60 percent of adults older than 60, and you’ve got a 40 percent discrepancy in voter attendance.

Marvin Overby, a political science professor at MU, explains why this may be so: “Local elections get almost no coverage, and state elections actually get very little coverage.”

Not nearly as many people are going to turn out for local and statewide elections, and those who do tend to be older, he said. “We certainly have theories about why that is, but there’s no single cause. Part of it is that older people tend to be more stable. Voting is a habit, and older people by definition have had more time to develop that habit.”

On March 10, the Muleskinners held a public Q&A forum with candidates.
running for First Ward City Council seats. Members of the audience peppered the Rev. Clyde Ruffin, Pat Kelley and Andrew Hutchinson with questions about community policing, a minimum wage bill proposal and other issues.

"Since the recent election, a lot more people are becoming active," he said. Among those joining the ranks of mature activists are Sue and Ron Hammer, 72 and 70. The married couple has attended monthly meetings for two years and became official members of the Democratic activist group in January. Both say the recent presidential election was a determining factor in their commitment.

"I've become a lot more active since retirement," Sue Hammer said. "I'm really afraid for our country. I don't believe we have true, sound leadership." Her husband said, "We're distressed about the direction that our country is taking," he said.

On March 7, the American Association of Retired Persons, AARP, released a statement to explain how retired people would be negatively affected as a result of the proposed health care bill.

"AARP opposes this legislation, as introduced, that would weaken the Affordable Care Act," the statement read. "Older people are more likely to have pre-existing conditions, which means they need health insurance protection. AARP encourages Congress to support expanded coverage for older adults."

Overby said the increase in activism among the 50-and-over age demographic makes sense, especially as it relates to health care in the U.S.

"You can certainly expect some increased activism related to the attempt to roll back the Affordable Care Act because it's going to affect older voters more," Overby said. "President Barack Obama's health care law essentially mandated insurance coverage, and that meant younger people, who are as a group are healthier, had to apply for coverage, which was supposed to lower the cost for everybody else, he said.

"We're distressed about the direction that our country is taking," he said. "There is nothing, nothing about the current presidential administration that we can support, that we can approve of."

Sue Hammer said that after some time away from political activism, she's ready to go full-throttle. "I protested for civil rights in the 60s," she said. "It's been a long hiatus for me from speaking my mind and protesting."

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"Since the recent election, a lot more people are becoming active," he said. Among those joining the ranks of mature activists are Sue and Ron Hammann, 72 and 70. The married couple is an active member of the Muleskinners, a Columbia civic group that sponsors public meetings. Sue, who has helped organize a number of political events for two years and became official members of the Democratic activist group in January. Both say the recent presidential election was a determining factor in their commitment.

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On March 7, the American Association of Retired Persons, AARP, released a statement to explain how retired people would be negatively affected as a result of the proposed health care bill.

"AARP opposes this legislation, as introduced, that would weaken Medicare, deny preventive care for people of all ages and impose $1 trillion in cuts over 10 years," the statement said. "AARP supports an alternative approach that preserves what is working in the law, strengthens the safety net for those most in need and adds protections against abuse and fraud.

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Claire Rounkles

Members of the Muleskinners, a Boone County Democratic community group, gather for a debate between City Council candidates Arthur Jago and Matt Pitzer on March 17 at the Columbia Country Club.

Medicare, leaving the door open to a voucher program that shifts costs and risks to seniors”, the statement read.

“Medicaid cuts could impact people of all ages and put at risk the health and safety of 17.4 million children and adults with disabilities and seniors by eliminating much-needed services that allow individuals to live independently in their homes and communities.”

Some members of Columbia’s 50-and-over community have been consistent in their political activism since long before the recent election.

Peggy Placier, 69, is the current president of the League of Women Voters of Boone County, a nonpartisan organization which, according to its website, “encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.”

Placier, who has lived in Columbia since 1989, is involved in several community organizations including Race Matters, Friends, as well as the Columbia Center for Urban Agriculture.

The retired MU education professor believes much of successful activism and community involvement has to do with grit, persistence and a desire to see improvement in one's community, “It’s a matter of making the phone calls, sending the emails, writing the letters, even going to the Capitol if you have to,” Placier said. “Younger people are all really stressed to do this, they have jobs and relationships, sometimes children.”

Retired adults are apt to have more free time on their hands. This recreational time, combined with the life experience and dedication of many older residents, makes this demographic a political and community force.

Her advice to anyone who wants to get involved is simple: “I’d just start going to things, go to an event. You could always sit in the back,” Placier said. “Go, see what’s going on and listen in. All of these public events are free.”

“It’s a matter of making the phone calls, sending the emails, writing the letters, even going to the Capitol if you have to. Younger people are all really stressed to do this, they have jobs and relationships, sometimes children.”

— PEGGY PLACIER, president, League of Women Voters of Boone County
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After a long bike ride on the Katy Trail in 2010, Chris Dunn made the decision to quit his job. At the time, he was working in city government as the director of planning and community development in Leavenworth, Kansas. At age 47, he decided to apply to law school.

“I didn’t know if they let people my age into law school,” Dunn said. “So I applied to a lot of law schools.”

He was accepted by the MU School of Law in 2011. During his first year of law school, he started a custom mapping business called GeoVelo. After he graduated in 2014 at the age of 50, he began working out of his home as an attorney specializing in geospatial law. A “cartographer at law,” Dunn calls it.

Geospatial law applies to drones, geographic information systems, GPS navigation software and similar technologies. It includes intellectual property rights, privacy rights, contract issues and open records.

There aren’t many others working in his specialty, he said, and it is not yet seen as a legitimate field. Dunn said he hopes his work will change that.

At GeoVelo, Dunn offers trial services such as 3-D crime scene models and demonstrative exhibits. He also does mapping work to support health care agencies, such as some of the many Federally Qualified Health Centers in Missouri.

Some of the clients from GeoVelo overlap with his private practice, but most are separate. Due to rules of ethics, Dunn must be very clear with his clients that he is not their attorney. With map work as a second form of income, he is able to be more selective when choosing the cases to take as an attorney.

“I’m not into confrontational law,” he said. “I’m mostly into helping people navigate through a complex system.

“I’m a pro-capitalist kind of guy. I love helping people realize their dream of being their own boss and starting their own business.”

Before attending Kansas State University and receiving his bachelor’s and master’s degrees in geography in 1994, Dunn served in the U.S. Army as an explosive ordnance disposal technician. He spent 5½ years on active duty and was discharged after Desert Storm in 1991.

“It was a great job,” he said. “They paid you to go blow things up. How are you going to beat that?”

After college, Dunn worked his way through different city and county government offices around Kansas doing city and water planning, community development, zoning and environmental health.

While working for the city of Leavenworth, he said the stress of the job began to make him physically ill. That was a sign to find something different.

“I was headed to an early grave,” Dunn said. “Now I live in a bicycle-friendly town, sleep great at night, and I don’t have late meetings.”

— By Marta Payne

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ACHIEVERS

CHRIS DUNN
Lives in: Columbia
Age: 53
Accomplishments: Army explosive ordnance disposal technician; county and city planner; attorney in private practice

Chris Dunn, a private attorney who works from his home, sits at his dining table. Dunn established his private practice in October 2014 and specializes in geospatial law. He left a career in planning to enter law school at age 47.

Monique Woo

— By Marta Payne
Sweat and stretch: Fitness classes tailored to you

Columbia-area fitness centers offer multiple types of classes for all interests, skill levels and ages by Lily Mills

ACTIVITY AND RECREATION CENTER
Location: 1701 W. Ash St.
Membership fee: ages 18-59, $359 for an annual pass; ages 60 and up, $225 for an annual pass
• Deep water aerobics: A class made for any level of experience and to help with cardiovascular health and flexibility. Pre-registration is a requirement for this course, which typically costs $32. Check the Activity and Recreation Center website for class dates and times.
• Gentle yoga for joints: This class, made for experts and beginners alike, is focused on helping joint health and slowing an active mind. Check the group class schedule at the ARC for class times.

ALLEYCAT YOGA
Location: 17 N. Fourth St.
Membership fee: many pass options to choose from; drop-in rates of $13 for 60-minute class and $16 for 75-minute class.
• Kirpalu Yoga: This type of yoga begins with breathing exercises followed by different postures, which follow breathing patterns.
• Gentle Yoga: This yoga form focuses on slow stretches and asana sequences, giving time for students to move from pose to pose.

ANYTIME FITNESS
Two locations in Columbia: 3200 Penn Terrace, Suite 117 and 2101 Corona Road, Suite 103
Membership fee: different options, starting with $29.99 per month
• Group training: Small group workouts tailored to the class are led by fitness trainers. There is a $10 drop-in fee option to attend each class.

CURVES
Location: 3700 I-70 Drive SE, Suite 110
Membership fee: varies; monthly fees typically between $35 to $50.
• Curves does not hold classes; instead, machines are set up for a 30-minute workout, which includes hydraulic machines and a stretch machine.

GOLD’S GYM
Location: 2101 W. Broadway
Membership fee: fees vary by length of membership; all three plans involve a $32.99 per month fee
• Cardio Mix: This class offers a cardio workout for people with all levels of fitness.
• Bodyflow: This class is made to work both mind and body through a mix of tai chi, yoga, and Pilates.

WILSON’S FITNESS CENTERS
Three locations in Columbia: 111 Orr St.; 2902 Forum Blvd.; 2601 Rangeline St.
Membership fee: varies by locations and amenities
• Bodyflow: This workout offers a variety of yoga, tai chi and Pilates in one class to help with strength and flexibility. This class is available at the Rangeline and Forum locations. Check Wilson’s Fitness for exact times.
• Forever Fit: A strength training and aerobics class that is “designed for all who want to be forever fit.” This class is offered at the Rangeline and Forum locations. Check Wilson’s Fitness for exact times.
• Aqua Stretch Fit & Go: A combination of water aerobics and stretching with 15 minutes of post-class stretches. This class is only available at the Forum location. Check Wilson’s Fitness for exact times.
• Aquacise: A one-hour pool workout, which helps strength building and flexibility. This class is only available at the Forum location.

YOGA SOL
Location: 210 Saint James St.
Membership fee: $10 per 60-minute class and $15 for 75 to 90 minute classes
• Flow: This type of yoga focuses on bringing motion together with breathing. The class is taught at all levels (gentle, intermediate and advanced). Beginners at yoga should start with classes labeled “gentle” or “all levels.” It is taught at a variety of times and days during the week.
• Iyengar: Props can be used when necessary to help hold postures. This class is offered a variety of times during the week. Beginners should look for classes labeled “gentle” or “all levels” when signing up.

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Every Tuesday, for six weeks in the spring, at least nine women ranging in age from 60 to 81 meet at the Osher Lifelong Learning Institute for MU Extension. They are determined to learn more about using handheld Apple devices. The class, led by Sue Worsowicz, 56, lasts about 90 minutes per session. It covers an array of helpful tips and tools students can employ when using their iPhones and iPads. The course teaches students how to be comfortable and confident with technology, Worsowicz said.

“I got into this because I saw my mother struggling with her iPhone,” she said.

According to the Pew Research Center, just over half of adults aged 50 to 64 own smartphones and only 27 percent of adults over 65 use them. While it is often a common assumption that members of these two age groups have little-to-no knowledge when it comes to modern technology, the number of smartphone owners among them has increased steadily. According to the same Pew survey, the number of senior smartphone owners rose by eight points between

Yvonne Skouby browses a collection of images sent to her from her son, who is currently hiking the Appalachian Trail. Skouby was taking part in a technology class at the Hillcrest Community Center. She said she was impressed with the quality of images she could take and share with her new iPad.

Instructor Sue Worsowicz, center, shows students Judy Heidlage, left, and Carol Headley how to find the Maps app on an iPhone 6S Plus at the Hillcrest Community Center. Worsowicz holds a weekly class in the community center to teach students over the age of 50 how to use different apps on their cell phones and tablets.
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ABOVE: Carol Headley, left, and Judy Heidlage enter an address into the Maps app on Heidlage’s iPhone in a class during April at the Hillcrest Community Center. The lesson covered the use of Apple’s Maps, Safari and Notes apps.

LEFT: Bonnie Ahrens, left, practices a Google Image search as instructor Sue Worsowicz, center, shows student Marie Scruggs how to open the Safari app on her iPhone at the Hillcrest Community Center. Worsowicz works at an animal shelter when she isn’t teaching the class.

The two-month class at the Osher Institute covers topics including how to use Facetime, how to set up the “Find my iPhone” service and what buttons need to be pressed to take a screenshot.

Worsowicz, who has a bachelor’s degree in civil engineering, said she not only shows them various techniques but also lets the students practice the steps themselves.

“I will touch over the app that they need to touch, or the action that they need to do, but I have them do it,” Worsowicz said. “I am not going to set up an appointment to do it for us, but this class actually instructs you on how to do it.”

Bonnie Ahrens, 70, lives in Martinsburg, Missouri, and has made the 48-mile trip every week since her children upgraded her flip phone to a more modern device as a gift.

When she first held her new iPhone, suffice to say that she was a bit intimidated.

“All I knew how to do was how to send a call,” she said. “And it was really amusing calling calls when I first got the phone.”

Ahrens said the class has helped her “keep up with the times,” she said.

Throughout the class, Worsowicz wonders from student to student to ensure that everyone is keeping up.

Amid the technical questions, a few students asked the instructor how technology relates to privacy and world politics.

One student wondered whether a government could demand that phones be unlocked, even if they were password-protected.

Yvonne Shadybegan taking the class after her children gave her an iPad. She wanted to learn how to use the new gadget to connect with friends and family across state lines.

“I want to use it to contact my family in Ohio,” she explained.

According to the Pew survey, 47 percent of smartphone owners use their phones to participate in a video call or chat.

Ahrens said she shares the class material with her husband when she returns to Martinsburg.

“He has Parkinson’s, so he can’t leave the house,” she said.

“I tell him what I learned when I go back home.”
The two-month class at the Osher Institute covers topics including how to use Facetime, how to set up the “Find my iPhone” service and what buttons need to be pressed to take a screen shot.

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“All I knew how to do was how to make a call,” she said. “I even had trouble answer- ing calls when I first got the phone.” Ahrens said. “The class has helped her “keep up with the times,” she said.

“Everybody keeps saying ‘it’s in the cloud.’ I’m used to things being on a thumb drive,” she said.

Throughout the class, Worsowicz wonders from student to student to ensure that everyone is keeping up. Amid the technical questions, a few students asked the instructor how technology relates to privacy and world politics.

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Walking trails foster enjoyable fitness activities

Whether it’s a neighborhood path or a trail across town, these are good places to get outdoors by Lily Mills

**MKT TRAIL**
This popular trail connects with the statewide Katy Trail. Check como.gov for the latest trail updates.
**Distance:** 8.9 miles, with 4.7 miles in Columbia.
**Surface:** Limestone, which is easier on joints.
**Trailhead:** Flat Branch Park at Fourth and Cherry streets; MKT Plaza, 501 S. Providence Road; Martin Luther King Jr. Memorial at Battle Garden, 800 W. Stadium Blvd.; Forum Nature Area, 2701 Forum Blvd.; Scott Boulevard, 3800 Scott Blvd.
**Amenities:** Drinking fountains, restrooms, fitness stations.

**GRINDSTONE CREEK TRAIL**
Walk or run this trail to enjoy the views of Grindstone Creek.
**Distance:** 1.3 miles.
**Surface:** Concrete.
**Trailhead:** Trail begins at the Grindstone Nature Area, 2011 Old Highway 63 S.
**Amenities:** Parking and restrooms; benches along trail.

**SCOTT’S BRANCH TRAIL**
This trail has a connector through Fairview Park so children can safely walk to Fairview Elementary School. However, no dogs are allowed near the Columbia Audubon Nature Sanctuary and the Bonnie View Nature Sanctuary. Check the Scott’s Branch Trail Map on como.gov to see where dogs are allowed on this trail.
**Distance:** 1.3 miles.
**Surface:** Concrete.
**Trailhead:** Fairview Park/School Connector; Bray Avenue Connector; Columbia Audubon Nature Sanctuary, 2607 Bray Ave.; Dublin Park, 4101 Dublin Ave.; Scott Boulevard; Chapel Hill Road.
**Amenities:** Shelter, restrooms and drinking fountain at the head of the trail in the Bonnie View Nature Sanctuary.

**STEPHENS LAKE PARK TRAIL**
Check out the view around the lake.
**Distance:** 0.6 miles.
**Surface:** Concrete.
**Trailhead:** Swimming beach parking lot at 100 Old 63 N.; Riechmann Pavilion parking lot, 2300 E. Walnut St.; 2001 E. Broadway.
**Amenities:** Benches; boardwalk to cross the lake; sheltered picnic tables.

**ROCK BRIDGE MEMORIAL STATE PARK**
• Grassland Trail
This trail gives hikers the opportunity to see wetland plants. Mountain biking is also allowed when the trail is dry.
**Distance:** 2 miles.
**Surface:** Dirt with the possibility of roots, gravel or fallen plant limbs.
**Trailhead:** Southern section of Rock Bridge Memorial state park off Rock Bridge Lane near Highway 163.
**Amenities:** Parking near the trailhead.
• Karst Trail
On this trail, hikers can see a mix of grasslands and woodlands. Mountain biking is also allowed when the trail is dry.
**Distance:** 1.75 miles.
**Surface:** Dirt with the possibility of roots, gravel or fallen plant limbs.
**Trailhead:** South Fox Lane near Highway 163.
**Amenities:** Parking near the trailhead.

**HINKSON CREEK TRAIL**
MU and the city of Columbia combined efforts to make this trail possible.
**Distance:** 4.25 miles, with 2 miles controlled by the city. 2.25 miles by MU.
**Surface:** Limestone.
**Trailhead:** City: Capen Park, 1600 Capen Park Drive; Grindstone Nature Area, 2011 Old 63 S. MU: Student Rec Center; Memorial Stadium, 600 Stadium Blvd.; Epple Field; Hinkson Creek Recreation Area.
**Amenities:** Parking and restrooms.

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**NEIGHBORHOOD PARKS**
Trails range from 0.2 miles (Dublin and Shepard Park Trails) to 0.66 miles (Wilson Park Trail). The trail surfaces are concrete, limestone, sidewalk or dirt. Check como.gov/ParksandRec/Trails/ to see which trail is close to your neighborhood.

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**Distance:** 1.3 miles.
**Surface:** Concrete.
**Trailhead:** Fairview Park/School Connector; Bray Avenue Connector; Columbia Audubon Nature Sanctuary, 2607 Bray Ave.; Dublin Park, 4101 Dublin Ave.; Scott Boulevard; Chapel Hill Road.
**Amenities:** Shelter, restrooms and drinking fountain at the head of the trail in the Bonnie View Nature Sanctuary.

**STEPHENS LAKE PARK TRAIL**
Check out the view around the lake.
**Distance:** 0.6 miles.
**Surface:** Concrete.
**Trailhead:** Swimming beach parking lot at 100 Old 63 N.; Riechmann Pavilion parking lot, 2300 E. Walnut St.; 2001 E. Broadway.
**Amenities:** Benches; boardwalk to cross the lake; sheltered picnic tables.

**ROCK BRIDGE MEMORIAL STATE PARK**
• Grassland Trail
This trail gives hikers the opportunity to see wetland plants. Mountain biking is also allowed when the trail is dry.
**Distance:** 2 miles.
**Surface:** Dirt with the possibility of roots, gravel or fallen plant limbs.
**Trailhead:** Southern section of Rock Bridge Memorial state park off Rock Bridge Lane near Highway 163.
**Amenities:** Parking near the trailhead.
• Karst Trail
On this trail, hikers can see a mix of grasslands and woodlands. Mountain biking is also allowed when the trail is dry.
**Distance:** 1.75 miles.
**Surface:** Dirt with the possibility of roots, gravel or fallen plant limbs.
**Trailhead:** South Fox Lane near Highway 163.
**Amenities:** Parking near the trailhead.

**HINKSON CREEK TRAIL**
MU and the city of Columbia combined efforts to make this trail possible.
**Distance:** 4.25 miles, with 2 miles controlled by the city. 2.25 miles by MU.
**Surface:** Limestone.
**Trailhead:** City: Capen Park, 1600 Capen Park Drive; Grindstone Nature Area, 2011 Old 63 S. MU: Student Rec Center; Memorial Stadium, 600 Stadium Blvd.; Epple Field; Hinkson Creek Recreation Area.
**Amenities:** Parking and restrooms.

**GRINDSTONE CREEK TRAIL**
Walk or run this trail to enjoy the views of Grindstone Creek.
**Distance:** 1.75 miles.
**Surface:** Concrete.
**Trailhead:** Trail begins at the Grindstone Nature Area, 2011 Old Highway 63 S.
**Amenities:** Parking and restrooms; benches along trail.

**SCOTT’S BRANCH TRAIL**
This trail has a connector through Fairview Park so children can safely walk to Fairview Elementary School. However, no dogs are allowed near the Columbia Audubon Nature Sanctuary and the Bonnie View Nature Sanctuary. Check the Scott’s Branch Trail Map on como.gov to see where dogs are allowed on this trail.
**Distance:** 1.3 miles.
**Surface:** Concrete.
**Trailhead:** Fairview Park/School Connector; Bray Avenue Connector; Columbia Audubon Nature Sanctuary, 2607 Bray Ave.; Dublin Park, 4101 Dublin Ave.; Scott Boulevard; Chapel Hill Road.
**Amenities:** Shelter, restrooms and drinking fountain at the head of the trail in the Bonnie View Nature Sanctuary.

**STEPHENS LAKE PARK TRAIL**
Check out the view around the lake.
**Distance:** 0.6 miles.
**Surface:** Concrete.
**Trailhead:** Swimming beach parking lot at 100 Old 63 N.; Riechmann Pavilion parking lot, 2300 E. Walnut St.; 2001 E. Broadway.
**Amenities:** Benches; boardwalk to cross the lake; sheltered picnic tables.

**ROCK BRIDGE MEMORIAL STATE PARK**
• Grassland Trail
This trail gives hikers the opportunity to see wetland plants. Mountain biking is also allowed when the trail is dry.
**Distance:** 2 miles.
**Surface:** Dirt with the possibility of roots, gravel or fallen plant limbs.
**Trailhead:** Southern section of Rock Bridge Memorial state park off Rock Bridge Lane near Highway 163.
**Amenities:** Parking near the trailhead.
• Karst Trail
On this trail, hikers can see a mix of grasslands and woodlands. Mountain biking is also allowed when the trail is dry.
**Distance:** 1.75 miles.
**Surface:** Dirt with the possibility of roots, gravel or fallen plant limbs.
**Trailhead:** South Fox Lane near Highway 163.
**Amenities:** Parking near the trailhead.

**NEIGHBORHOOD PARKS**
Trails range from 0.2 miles (Dublin and Shepard Park Trails) to 0.66 miles (Wilson Park Trail). The trail surfaces are concrete, limestone, sidewalk or dirt. Check como.gov/ParksandRec/Trails/ to see which trail is close to your neighborhood.
As a kid, he was told to play by the rules. These days he’s making his own. We’ll work to keep you doing what you do.

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Restaurant discounts for people 50 and older

These restaurants offer discounts ranging from price cuts to free items based on age group. by Lily Mills

This is a sampling of discounts for people 50 and older at restaurants in Columbia. The discount is applied daily unless otherwise noted. Bring an ID to verify. Restaurants that would like to be added to this list can send information to news@columbiamissourian.com.

AGE 50+

Shakespeare’s Pizza: Boomer Tuesday deal: $2.25 off 12-inch pizza; $3 off 16-inch pizza

JJ’s Café: Senior menu (technically available for any age)

AGE 55+

Arby’s: 10% senior discount
Chili’s: 10% senior discount
Denny’s: 10% senior discount

Fuddrucker’s: 10% off certain items on menu

IHOP: Special menu for seniors

KFC: Free small drink with purchase of meal

Long John Silver’s: 10% senior discount

McDonald’s: Discount on coffee (available at locations on Stadium and Nifong boulevards, Business Loop 70 E and Clark Lane). The Smiley Lane location has a special coffee for seniors to purchase.

Popeye’s Louisiana Kitchen: 10% senior discount

Taco Bell: 5% senior discount at Providence Road and Bernadette Drive locations

Wendy’s: 10% senior discount (available at Nifong Boulevard location). 25-cent value drink for seniors (available at Clark Lane and Bernadette Drive locations)

AGE 60+

Applebee’s: 10% senior discount

Burger King: 10% senior discount on drinks (available at Business Loop 70 East location)

Cici’s Pizza: Free drinks for seniors

Culver’s: 10% senior discount

Sonic: 10% senior discount (available at St. Charles Road, Rangeline Street and Bricketton Road locations)

Waffle House: 10% senior discount (available at Providence Road location)

Smokin’ Chicks BBQ: 10% senior discount (catering not included)

AGE 65+

Auntie Anne’s Soft Pretzels: 10% senior discount

Golden Corral: Specific dollar amount deducted depending on mealtime

Jack in the Box: 50-cent discount on drinks

Grand Cru Restaurant: 15% off early bird special from 5 to 6 p.m. every day

Teppanyaki Grill Buffet: 10% senior discount

Lee’s Famous Recipe Chicken: 10% senior discount

Oasis Café: 20% senior discount or buy three sandwiches, get fourth free

Olive Branch Café: 10% senior discount

Perche Creek Café: 10% senior discount

Ranch House BBQ: 10% senior discount

Families and friends eat at the newly-renovated Shakespeare’s Pizza during a private party in August 2016. The restaurant is one of many that offers senior discounts.

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DIRECTIONS: Forum to Chapel Hill one mile West on Chapel Hill turn on Face Rock Court.