

2019 Annual Report

Seniors TO STATE PARKS



- KANSAS CITY AREA
- ST. LOUIS AREA
- OTHER STATE PARKS & HISTORIC SITES



Starting in 2015, Missouri State Parks received funding from the Missouri Parks Association to encourage Missouri senior citizens to explore Missouri state parks and state historic sites. The name of this program is Seniors to Parks.

The Seniors to Parks program is funded by an endowment from the Ben and Bettie Breeding family to be, “used exclusively for the establishment of an outreach project which would provide funds for the transportation, assistance and supervision of Missouri elderly and/or disabled persons for day and overnight trips to and from Missouri wildlife conservation and preservation areas and Missouri state parks.”

This report details the successful Seniors to Parks trips that were held throughout the state in 2019.

2019 QUICK SUMMARY

- 24 Total Tours
- 707 Total Participants

Total Budget Allocated	\$ 40,000.00
Amount Spent	\$30,387.02

Remaining Balance	\$9,612.98
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Kansas City Area

8 total trips

242 total participants

193 first time participants

Bruce R. Watkins Cultural Heritage Center

"Jazz Storytellers"

83 participants

Seniors joined us at Bruce R. Watkins Cultural Center for a performance by the Jazz Storytellers. The Jazz Storytellers featured an internationally renowned cast including vocalist Lisa Henry, storyteller Brother John Anderson, bassist Tyrone Clark and drummer Mike Warren. The ensemble performed programs that introduce guests of all ages to the sounds and styles of jazz.

Katy Trail State Park

20 participants

Seniors toured the Katy Trail State Park and Missouri State Fair Grounds in Sedalia, Missouri. An interpreter provided history of the area and train depot on the tour.



Knob Noster State Park

– Shepherd's Center, 13 participants

Knob Noster State Park is a mixture of prairie, open woodland and forest along both sides of a meandering creek in Knob Noster, Missouri. Seniors toured the park by bus, while interpretive staff explained the history and natural resources of Knob Noster State Park.

Katy Trail State Park

"Rock Island Spur"

22 participants

Seniors toured the Rock Island Spur at Katy Trail State Park by bus, exploring the gently sloping farmland and woodlands. Tour participants viewed an abundance of recreation and wildlife, while an interpreter provided history of the area and Rock Island Line, as well as education on local natural resources.

Watkins Woolen Mill State Historic Site

"A Step Back in Time"

– Kansas City Parks, 20 participants

– Shepherd's Center, 28 participants

Seniors took a trip back in time to the 19th century as they stepped onto the grounds of Watkins Woolen Mill State Historic Site. Participants were provided insight into the Watkins family lifestyle and their many business ventures.



Weston Bend State Park

"Fall Colors"

– Weston 16, 34 participants

– Weston 17, 22 participants

Seniors viewed the changing colors of the trees by Fall Color Tram Rides on the Weston Paved Trail around Weston Bend State Park, passing by the historical tobacco barn overlooking the Missouri River.

Katy Trail State Park

4 total trips

92 total participants

20 first time participants

Katy Trail State Park

Four total trips, 92 participants

Seniors experienced Katy Trail State Park from the comfort of a tram coach. Guided tours took place at 10 a.m. and 1:30 p.m. on the first Tuesday of every month in the spring and fall. The tram tours run between different Katy Trail trailheads each month, offering a chance for guests to see stretches of trail that they may not be able to experience otherwise.

Tour dates:

- April 2: Rocheport to McBaine
- Oct. 1: Windsor to Green Ridge

St. Louis Area

5 total trips

146 total participants

106 first time participants

Scott Joplin House State Historic Site

"Let's Get Raggin"

35 participants

Seniors enjoyed a fun filled day of organized activities complete with history, ragtime music on the player piano and a game of black history trivia created by Margaret Williams. A barbeque lunch was catered by Pappy's followed by a special performance by Bobby Norfolk depicting the life and times of Scott Joplin.

QUOTES:

"Norfolk presentation was personable."

Arrow Rock State Historic Site

"Behind the Scene, Bringing History to Life"

26 participants

The day was spent exploring the town of Arrow Rock. A guided tour of Arrow Rock State Historic Site was led by the Friends of Arrow Rock, visiting historic buildings such as the Old Courthouse, Brown Lodge No. 22, J. Huston Tavern and Brown's Chapel.

Scott Joplin House State Historic Site

"St. Louis Black History Expose"

28 participants

Seniors experienced St. Louis black history with a tour of the George B. Vashon Cultural Museum illustrating various past African-Americans and the roles they played in the St. Louis community. The culmination of the tour took place at the Scott Joplin House State Historic Site representing American music contributed by Scott Joplin.

First Missouri State Capitol State Historic Site

"Off the FALLin' Path Historic Site Tour"

25 participants

In the heart of historic St. Charles at First Missouri State Capitol State Historic Site, seniors were divided into three groups and rotated between three stations. At station 1, participants made a Dutch apple cobbler from scratch. At station 2, participants created a do-it-yourself fall centerpiece. At station 3, participants made a glass of fresh squeezed lemonade to drink with lunch. Seniors experienced a presentation of historical instruments, a history of hats and a historical coach tour of St. Charles.

QUOTES:

"Thank you for the lovely time."

"Your kindness really made a difference... Your thoughtfulness really touched our hearts... The gratitude we feel really can't be put into words! THANK YOU SO MUCH!"

Route 66 State Park

"Show Me 66"

32 participants

Seniors traveled from the Mary Ryder Home to Route 66, greeted by park staff and provided a brief orientation to the park. Guests then toured the exhibits and returned to the conference room for part I of the video "Show Me 66," followed by a tour of the park and Times Beach. A diner-style lunch was served, followed by part II of the video.

QUOTES:

"Job well done, I am happy to be a part of the fellowship and fun. I enjoyed coming face-to-face with an entirely different era in American history."

"The two ladies put a lot of thought and hard work to keep the theme throughout the day. A great way to end Black History Month!! A message that we should continue each and every day. Thank you."

Scott Joplin House State Historic Site

5 total trips

141 total participants

76 first time participants

Katy Trail State Park

"Senior Katy Bike Ride"

28 participants

The Scott Joplin House State Historic Site took 28 seniors for a bike ride along the historic Katy Trail. First checking in at the Scott Joplin House at 2658 Delmar, then riding by bus to Defiance, Missouri where guests were fitted with a rental bicycle and helmet to ride along the Katy Trail. The guests rode 7.7 miles from the Dutzow trailhead to the Augusta trailhead.

ADDITIONAL INFORMATION:

After the ride, seniors ate a box lunch, traveled to the Defiance Ridge Winery and vineyards where they took in the beautiful Defiance landscape scenery, listened to the Soulard Blues Band, and if they chose to do so, sampled wine. A great day was had by all.

Babler State Park

"Tai Chi, Chair Yoga and a Hike in Babler State Park"

57 participants

Seniors participated in three fitness programs: Tai Chi, an ancient Chinese martial art form with slow and gently flowing movements; Chair Yoga, a gentle form of yoga modified for poses and movements in and around a chair for improved strength, flexibility and mental clarity; and a hike on a Babler State Park trail. Lunch was provided along with a hiking stick, back sack and water bottle.



Cuivre River State Park

"Gone Fishing at Cuivre River State Park"

14 participants

Seniors spent the day fishing at Cuivre River State Park on the scenic Lincoln Lake.

QUOTES:

"I heard about this park and never knew how to get here."

"I have fishing buddies who would love to come here."

Meramec State Park

"Ecology Canoe Trip"

18 participants

Twenty seniors, recruited up by the Scott Joplin House, participated in a 5-mile ecology canoe trip on the Meramec River. Not only did participants enjoy the art of canoeing, they experienced and learned many aspects of the Meramec drainage basin and surroundings from the instructors for the day, Bill and Jody Miles. Participants checked in at the Scott Joplin House at 2658 Delmar at 6:30 a.m. and rode by bus to Meramec State Park. Seniors were provided back sacks, canoes, personal flotation devices, instruction and lunch.

QUOTES:

"It was nice to be able to wind down in the scenic and beautiful surroundings of nature. To witness and see the turkey vultures soar and glide on the thermals, to catch a brief glimpse of the lone osprey flying low over the water and to just feel the calm and peaceful power of the river's waters. Cave hiking, mud sloshing, lunch, discussions..."

"My husband and I greatly appreciated this opportunity to canoe the river, and experience Meramec State Park. Thank you for all you do to welcome visitors like us, close to home. We would heartily support the continuation of such programs in the future."

Missouri Governor's Mansion and Lincoln University

24 participants

Seniors visited two Missouri historical sites, the Missouri Governor's Mansion, built in 1871, and Lincoln University, founded in 1866 by the 62nd Colored Infantry Regiment. Costumed docent led the tour including the portraits of Missouri first ladies and George W. Carver.

QUOTES:

"This was wonderful. I did not know you could tour the mansion."

"The whole trip was wonderfully planned out."

Other Facilities

3 total trips

83 total participants

66 first time participants

Crowder State Park

"Seniors to Parks Bus Tours"

15 participants

In coordination with the Grundy County Library, seniors toured park roads and northern park service roads for views of the Thompson Cemetery and the Thompson House.

First Missouri State Capitol State Historic Site

"Play 'Til the Cows Come Home"

45 participants

Organized similar to a summer day camp for seniors, participants chose from three to four programs each hour throughout the day with lunch provided. Seniors registered in advance, choosing their schedule for the day based on interest. Activities included workshops, historic crafts and skills, demonstrations and other historic activities.

Sam A. Baker State Park

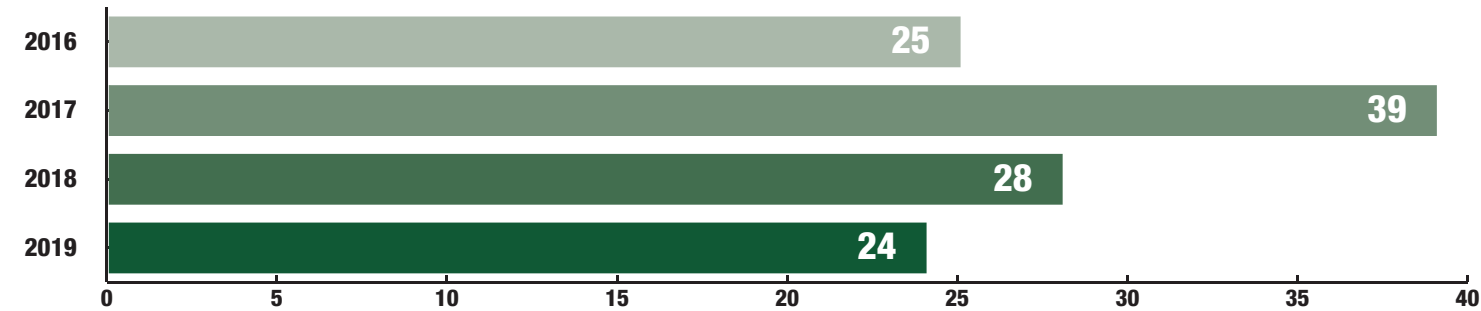
23 participants

Seniors explored the natural and cultural resources with a behind-the-scenes tour of Sam A. Baker State Park. The tour included a trip to the visitor center, an exclusive ride to the historic fire tower on Mudlick Mountain, lunch at the Mudlick Mountain Grill and an interpretative program on the history of Sam A. Baker State Park.

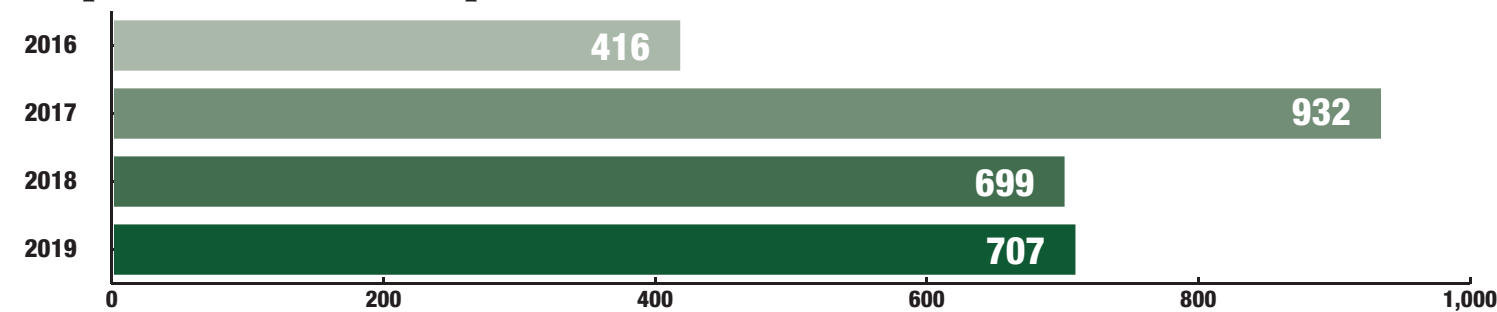
QUOTES:

"It was well put together!"

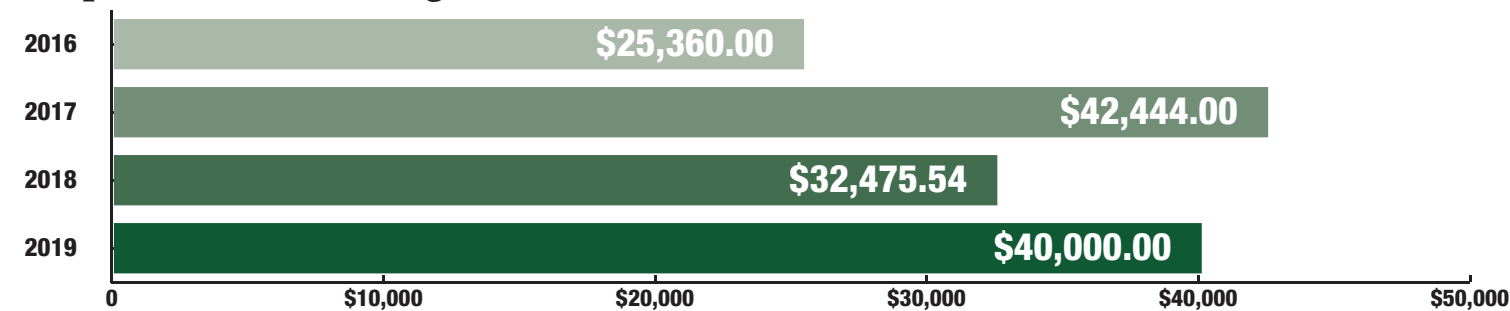
Comparison of Total Trips in 2016, 2017, 2018 and 2019



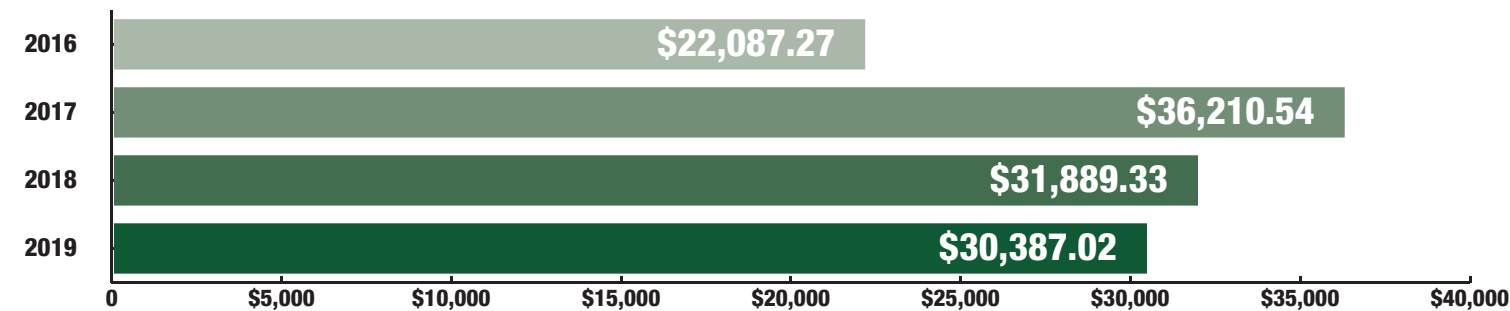
Comparison of Total Participants in 2016, 2017, 2018 and 2019



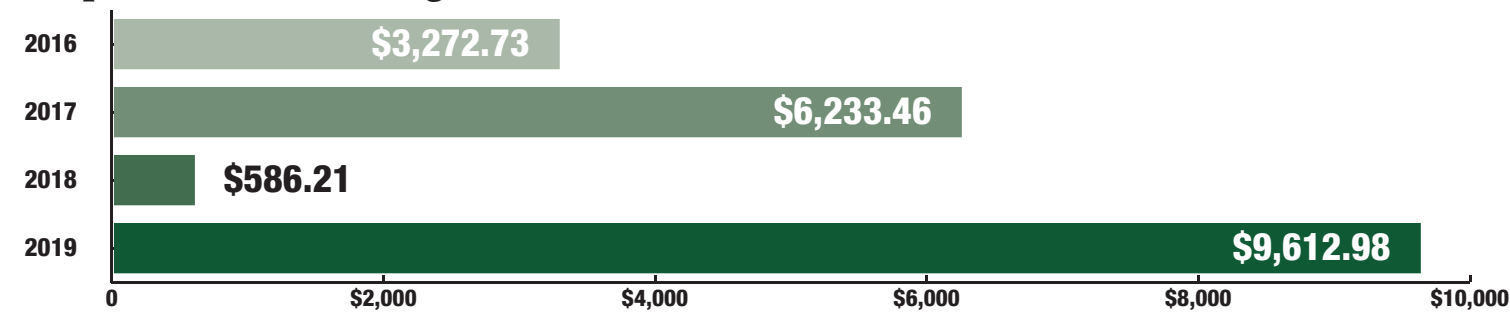
Comparison of Total Budget Allocated in 2016, 2017, 2018 and 2019



Comparison of Total Amount Spent in 2016, 2017, 2018 and 2019



Comparison of Remaining Balance in 2016, 2017, 2018 and 2019





MISSOURI
DEPARTMENT OF
NATURAL RESOURCES

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