

# THE SENIOR TIMES

44th YEAR AS  
CENTRAL OHIO'S  
NEWS MAGAZINE  
FOR SENIORS

OCTOBER 2025

Volume 44 - Issue 10

## FEATURING



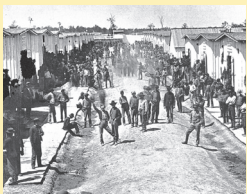
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## FROM COPENHAGEN TO COLUMBUS

### Seniors enjoy 'Cycling Without Age'

By Mary Anne White

In 2012, Ole Kassow was bicycling in Copenhagen, Denmark when he noticed an older man with a walker sitting on a bench outside a senior assisted living apartment building. As he pedaled past, Kassow and the older man exchanged nods and greetings. Bicycling has long been a popular mode of transportation in Denmark—and it occurred to Kassow that it had probably been a long time since the gentleman with the walker had been able to enjoy a bicycle ride.

This thought was Kassow's inspiration to purchase a trio bike. Also known as a trishaw—this three-wheeled cycle has a seat built for a person to pedal (complete with a battery-powered motor assist) that is located behind a bench seat built to carry two people in the front.

Once he had the trishaw, Kassow pedaled it up to a senior residence and inquired if anyone would be interested in taking a ride. An assistant at the senior residence and a resident named Gertrude accepted Kassow's offer. The trio cycled through areas familiar to Gertrude in her younger years about which she shared comments. Everyone ended the ride with smiles.

The following day, Kassow received a phone call from the senior residence staff member. He was told that Gertrude had not been talking in recent months, but after the trishaw ride, she had shared her experience with other residents—and now all the other residents wanted to go on a ride, too.

This was the beginning of Cycling Without Age—a movement to keep elder seniors involved and active in



"The ride might take only 15 minutes, but the riders always return to their residence having experienced the feel of wind in their hair!"

the community by providing them with opportunities to engage with others while experiencing nature and the city in which they live—one cycle ride at a time. Generosity, slowness, storytelling, and building intergenerational relationships are the principles on which it is based. As of January 2025, there are now more than 39,000 trained volunteer "pilots" pedaling the 4,900 trishaws being used in over 3,050 chapters located worldwide.

One of those Cycling Without Age chapters is in Columbus, Ohio. In 2017, after 13 years as a rabbi at Temple Israel in Columbus, Rabbi Misha Zinkow was considering retirement and engaging in an encore career. "My wife first told me about Cycling Without Age. She read an article about it online and thought it might interest me because I enjoy riding a bicycle."

After watching an online video of Ole Kassow sharing his story, Rabbi Zinkow was definitely interested in creating a Columbus chapter. By 2019, he had contacted Cycling Without Age, filed the necessary paperwork to create a non-profit Columbus chapter, applied for and

received grants to purchase and import the trishaw, presented the idea of Cycling Without Age to Wexner Heritage Village, Creekside, and Bickford Senior Living staff, and began a quest for volunteers. Covid-19 interrupted life and plans, but eventually, the Cycling Without Age—Columbus chapter was in motion.

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One major benefit each rider enjoys is being seen.



Misha Zinkow, retired rabbi and founder of the Columbus Chapter.



Volunteer trishaw pilots offer 15- to 30-minute rides through the quiet streets of Bexley and Berwick.