



*Seniors also love Cinderella's castle*

Walt Disney World in Orlando is not just for kids. It has something for everyone, and adults can find plenty to see, nibble and experience in the vast Florida empire created by the most innovative entertainment organization in the world.

After you leave your hotel, hop on a bus, walk or ride the monorail. That elevated railway gives you an enjoyable, scenic ride while whipping you just about anywhere you want to go on the Disney property. If you're a history and/or geography buff, you should alight at Epcot's World Showcase, the part of Disney that offers experiences, exhibits and food from all over the world.

Immerse yourself in the China Pavilion, where you'll see examples of old and new China. There are the Terra Cotta warriors, very realistic, life-size stone carvings of soldiers of a thousand years ago who served their emperor. Sample the spicy foods of China's Szechuan and the doughy won ton pot stickers and exotic wines of Shanghai.

If you'd rather try a Shepherd's Pie with a pint of Boddington ale, stop in at the Rose & Crown Pub at the United Kingdom Pavilion. If you want to wander and sample some of the other international foods, displays and souvenirs, you can find them at the pavilions of Mexico, Norway, Japan, Germany, Italy and others. .

If you want to try the rides at Epcot, there's one that would-be astronauts love. Become a crewman on a spacecraft to Mission: Space, where you'll soar through the untracked heavens with realistic sound effects, video and the commanding voice of actor Gary Sinese.

After experiencing all that Epcot has to offer, wander over to Hollywood Studios, a garishly cartoonish playground that imitates those places where movies are made. If you've digested all of those foreign foods from Epcot, you may want to try the Twilight Zone Tower of Terror. Just looking at it from the outside soaring up skyward can scare away the faint of heart and weak of stomach. The shake and roll descent ride inside is even more scary, but that's for you to find out.

Next, make your way to Downtown Disney and Boardwalk. It has the look of vintage Coney Island and Atlantic City, and adults will find it lots of fun. In addition to all kinds of restaurants there, if you're a sports fan, you've found your spot. You can sip a beverage at the ESPN Club bar and watch huge screens showing live and video scenes of sports events going on endlessly all over the world.

Afterward, you can take your significant other or try your luck as a stag to an updated version of Atlantic City's 1940s Steel Pier, called the Atlantic Dance Hall. Benny Goodman, Harry James and Tommy Dorsey are long gone, but you may enjoy some sentimental music and snuggling on the dance floor. For more updated music, go for the House of Blues or Planet Hollywood. If you'd rather sit out the dancing and watch pro dancers and acrobats do it, go to La Nouba, where there's a fantastic Cirque du Soleil show.

Finally, what some tired and retired businessmen and women would love best in adult entertainment at Disney, are the beautiful golf courses. You won't have to venture far from your Disney hotel, because there are four right there on World property. They're the pro-quality Magnolia and Palm courses, and for the rest of us who are not quite that skilled, Osprey Ridge and Lake Buena Vista.

Of course, only a small percentage of Disney things to do for adults has been presented here. There's also the original theme park, the Magic Kingdom, where you may have gone with your folks in the early 1970s. You'll remember fondly back to those days when you watch the daily Main Street Parade, or schmooze once again with Mickey, Minnie, Goofy, Peter Pan, Cinderella and the other costumed characters as they wander the street. And don't forget the feature you enjoyed most all in those days gone by. Be there for the fireworks display every night above Cinderella's Castle. Ah, memories!

When you're making plans to visit Walt Disney World, check with your favorite hometown or online travel agencies for the latest information about the park's features. There are also Disney websites you can check, including [www.wdwinfo.com](http://www.wdwinfo.com) and [disney.go.com](http://disney.go.com). It can get very complicated, so be sure you look carefully into prices, schedules, on-site and off-site hotels, special seasonal events and other necessary facts before you start making your reservations. Whatever your schedule, you're sure to have the time of your life at Walt Disney World.