



WDW is not just for kids. It has something for everyone, and seniors can find plenty to see, nibble and enjoy in the vast Disney Florida empire. Be aware that things are always changing at WDW, and you can expect to encounter new features on every visit.

Once settled in at one of the many great hotels at WDW, hop a bus, walk or ride the monorail. It gives a high, scenic ride, while whipping you everywhere in the World. You may start your adventure at Epcot's World Showcase. Immerse yourself in the China Pavilion, where you'll see examples of old and new China. There are the Terracotta warriors, realistic, life-size stone carvings of soldiers from thousands of years ago. Sample the foods and exotic wines of Shanghai.

Try a Shepherd's Pie with a pint of Boddington ale in the Rose & Crown Pub at the United Kingdom Pavilion. Sample other international foods, displays and souvenirs at the pavilions of Mexico, Norway, Japan, Germany, Italy and others.

At Epcot, become a crewman on a spacecraft to Mission: Space. There you'll soar through the untracked heavens with realistic sound effects, video and the commanding voice of actor Gary Sinese.

Wander over to Hollywood Studios, a cartoonish playground that imitates places where movies are made. Try the Twilight Zone Tower of Terror. The shake and roll descent ride inside is scary fun.

Make your way to Downtown Disney and Boardwalk. It has the look of vintage Coney Island and Atlantic City, and nostalgic seniors will find it lots of fun. At the ESPN Club bar watch huge screens show endless live and video scenes of sports events from all over the world.

In the evening, go to a replica of Atlantic City's Steel Pier, the Atlantic Dance Hall. Benny Goodman and Tommy Dorsey are long gone, but you'll enjoy sentimental 1940s music and dancing. For more updated music, go for the House of Blues or Planet Hollywood. Watch pro dancers and acrobats at La Nouba, and a fantastic Cirque du Soleil show.

Senior golfers don't have to venture far from Disney hotels, because there are four right there on World property. They're the pro-quality Magnolia and Palm courses, and more at Osprey Ridge and Lake Buena Vista.

There's also the original theme park, the Magic Kingdom, where the much younger you may have gone in the 1970s. Remember fondly back to those days at the daily Main Street Parade.

Mix 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!

Of course, these are just a very few Disney senior activities. When planning to visit Walt Disney World, check with your favorite hometown or online travel agencies for the latest information about the park's features. Also check www.wdwinfo.com and disney.go.com.