


# *Helpful hints for Older Persons visiting the New York World's Fair*

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1961 New York World's Fair 1964-1965 Corporation

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*Prepared by*  
The National Retired Teachers Association  
and  
The American Association of Retired Persons  
*Sponsors of the*

**Dynamic Maturity Pavilion**

with special comments by

**DR. PAUL DUDLEY WHITE**



**T**HE WORLD'S FAIR can be fun for everyone, especially for older and retired people who have the time to enjoy it leisurely. However, as older persons, we have to take a different approach to living than we did in our twenties or forties. This brief brochure offers you suggestions on how to see the Fair and have a good time without overdoing it.

Certainly no organizations in the world have campaigned more vigorously than the American Association of Retired Persons (AARP) and the National Retired Teachers Association (NRTA) to make life active and rewarding for mature persons. To us, age is no barrier to active living, but we do realize that older people, along with developing new interests, also develop new problems in their later years. For this reason we asked Dr. Paul Dudley White, the eminent Boston heart specialist and consultant to former President Dwight D. Eisenhower, to offer us suggestions that older people can use in planning their Fair visits. These suggestions are in this booklet.

We also extend to you a warm invitation to visit Dynamic Maturity and enjoy its hospitality. It is the first exhibit in the history of World Fairs to be devoted to the older person. Please make it your service center at the Fair. You can relax here and meet people with similar interests from all over the world. At the same time you can learn about the work and programs of our national organizations. Our AARP membership is open to everyone 55 years of age or over, even those not yet retired.

Ethel Percy Andrus, President  
National Retired Teachers Association  
American Association of Retired Persons

## Unique Dynamic Maturity Services to Help You Enjoy Your Fair Visit

**PATIO 55**—A canopied outdoor terrace at the Pavilion with restful benches provides a relaxed atmosphere in the midst of the Fair for older people. Daily programs of special interest to oldsters are held on such subjects as health, housing, travel and personal grooming. Noted celebrities often visit the Patio to chat with visitors. Free refreshments are served daily.

**TOUR SERVICE DESK**—Specially trained consultants provide information for older people on how to tour the Fair. They recommend exhibit features of particular interest.

**NO-WAIT TICKET PROGRAM**—A limited number of tickets will be available every day at Dynamic Maturity for people over 65—on an individual, non-group basis—to enter most of the popular pavilions without waiting. Tickets will be distributed each day on a first-come, first served basis.

**CAMERA OBSCURA**—A replica of an ancient optic instrument provides the viewer with a live moving panorama of the Fair grounds. A large revolving mirror on the pavilion roof reflects the Fair's image onto a disc in the center of the Pavilion.

**NRTA/AARP EXHIBITS**—On view at Dynamic Maturity are exhibits of the work and programs carried out by the over one million NRTA-AARP members in local chapters throughout the country and at national headquarters in Washington, D.C. From these exhibits all visitors can learn the key to happier living in their retirement years.



**DR. PAUL DUDLEY WHITE**, dean of American heart specialists, and author of the recently published book, "Fitness for the Whole Family," suggests that older people follow a few simple guidelines in planning a visit to the Fair. Although the World's Fair is for fun and enjoyment, Dr. White feels a few simple precautions should be taken in touring this vast 646-acre exhibit.

... For those unaccustomed to walking, it would be wise to limit the visit to a half-day, preferably the morning, with a return planned at another time for another half-day. Avoid the over-fatigue that can result from a full day of walking.

[However, if this is inconvenient, a half-day of walking can be combined with a half day at the Dynamic Maturity Pavilion and other restful centers listed on pages 6 and 7 of this brochure.]

... The half-day tour should be broken up by a half-hour rest period. For example, if your visit starts at 10:00 a.m., a rest period should be from 11:30 to 12 noon and the tour should end about 1:30 p.m.

... All tourists, especially older people, should wear comfortable shoes because it is important and necessary to walk while visiting the Fair.

... Elderly people should schedule a special physical examination with their family doctor if their annual checkup will not take place several weeks before the Fair visit.

... If an older person has a disease, such as diabetes or heart block requiring a pacemaker, the visitor should carry a physician's note — where it can easily be found — in case the person becomes ill while visiting the Fair.

*Paul D. White*

## Notes On Other Pavilions From the Older Person's Viewpoint

- **AVIS ANTIQUE CAR RIDE**—Operate antique cars reminiscent of the ones we used to drive. Personnel trained to render special assistance to older individuals.
- **CLAIROL COLOR CAROUSEL**—Delightful chance for the older woman to check her approach to makeup.
- **COCA COLA PAVILION**—Easy ground-level walk through exhibit depicting "Trip Around the World." Even easy for persons confined to wheel chairs.
- **DU PONT PAVILION**—Wonderful musical review of interest to all ages. Be prepared to stand for 15 minutes.
- **EQUITABLE LIFE PAVILION**—Delightful picnic area can be found at rear of this exhibit and the grandstand seating arrangement facing the Pool of Industry offers a fine place to rest.
- **HOUSE OF GOOD TASTE**—Model homes with fresh ideas for those planning new homes or apartments after retirement. All on ground level with easy access.
- **INTERNATIONAL PAVILIONS**—For the most part interesting exhibits that are easy to walk through at one's own leisurely pace.
- **KODAK PAVILION**—Must walk through gallery of world's finest photographs; but comfortable seats for movie, "The Searching Eye."
- **NCR PAVILION**—Teletype machines automatically give interesting information on cities around the world, recipes, birthdays, etc., simply by entering the date.
- **NEW YORK STATE THEATERAMA**—Exciting new concept in film projection. The 360 degree screen surrounds you with the film's activity and motion. Viewers stand in middle of floor, so be prepared with friend to lean on.
- **JOHNSON'S WAX PAVILION**—The fascinating motion picture, "To Be Alive" is a real must. Shown on three large screens, we suggest you remain seated a few minutes at end to avoid dizziness.
- **PARKER PEN PAVILION**—Sixty comfortable writing desks, and free postcards and stationery are available for your leisurely use in sending home souvenir notes and cards. An International Penfriend program, containing many names of older people, might lead to rewarding international correspondence.
- **PAVILION OF AMERICAN INTERIORS**—Delightful second floor lounge area open to public, with chairs and coffee machines.
- **RCA PAVILION**—See yourself on color television. Courteous guides lead your tour over gently sloping ramps. Quiet air-conditioned rooms where you can rest and watch closed circuit TV programs on Fair grounds or relax in the stereo listening rooms.
- **RHEINGOLD'S LITTLE OLD NEW YORK**—The nostalgic return to the turn of the century eating place as it would have existed in a quaint section of New York City in 1904.
- **SCHAEFER PAVILION**—Weekend visits by sports personalities often include old timers such as former Yankee pitcher Lefty Gomez and football Hall-of-Fame quarterback Sid Luckman.
- **SCOTT PAPER PAVILION**—Designed for elderly to tour easily from beginning to end. Trip into the enchanted forest tells story of paper from tree to product.
- **SIMMONS PAVILION**—Adjustable, comfortable Simmons beds in private alcoves for catch up on rest or snooze are provided for 50¢ per half-hour.
- **TOWER OF LIGHT**—New swivel seats from which to see 15-minute musical show featuring original score and elaborate scenes. Three dimensional animated figures tell the story of electricity.

Many popular pavilions—Bell System, Chrysler, Festival of Gas, Ford, General Electric, General Motors and Pepsi Cola — have moving stairs, ramps or platforms. If you have any trouble at all in walking, we suggest you take a younger person along when visiting these pavilions.

**DYNAMIC MATURITY** is located directly opposite the Lunar Pool on the Avenue of Europe.

**DYNAMIC MATURITY**

telephone number.....AR 1-4848

Other telephone numbers you may find useful in your tour of the Fair:

World's Fair Information .....888-1212

World's Fair Housing Bureau ...CI 7-0100

Emergency Medical Assistance.WF 4-2276

Atomedic Hospital .....WF 4-4810

Long Island Railroad

Information .....RE 9-4200

New York Subway Information.UL 2-5000

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For complete information on the non-profit American Association of Retired Persons and the National Retired Teachers Association, write:

AARP/NRTA  
Dupont Circle Building  
Washington, D.C.

