

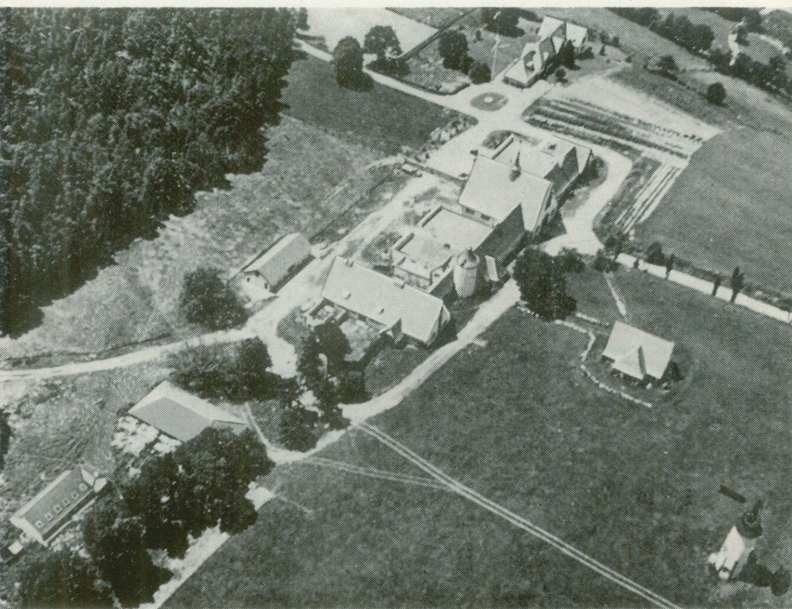
Old age - Education (Adult) ✓

# *Adventures in Retirement*

A DYNAMIC PROGRAM

for

Men and Women Who desire to Retire  
TO Not *FROM* Life in Their Leisure Years



A Descriptive Folder  
on

THE COLD SPRING INSTITUTE  
of

THE WALT FOUNDATION, INC.

Cold Spring-on-Hudson, New York

A Non-Profit Organization

Chartered under the N. Y. State Board of Regents

INSTITUTE OF  
INDUSTRIAL RELATIONS  
LIBRARY

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# A Long Life

*is an exciting CHALLENGE to be met, and the period of retirement can truly be the "best years of our lives." For those are the years—following the disciplined demands of our working career and family raising—that can be spent in more leisured pursuits of our own choosing. Hence, retirement is something to be anticipated with wise planning and to be enjoyed to the fullest.*

THE COLD SPRING INSTITUTE was begun on these sound and constructive premises. It continues as a *place*, a *plan*, and a *program* available to men and women who share the basic belief that retirement is not a withdrawal from active life but rather like another beginning. It can be another beginning which should be followed by new experiences, the discovery of new capacities and exploration of new opportunities.

Former registrants at Cold Spring have found, each in his or her own way, that every individual has such latent capacities. You can do the same.

## The Place

The Cold Spring Institute has an ideal location and excellent facilities for its purposes. Originally developed as a modern, spacious and comfortable country home on a 150-acre farm in the rolling hills of the Hudson Highlands, 60 miles north of New York City, the French Provincial house and large accompanying buildings have been modified to provide ample residential and service facilities for the Institute and its registrants.



**Exterior and interior views of one of the Cold Spring Institute buildings**

The pictures on the cover and elsewhere in this folder are accurate and representative, though only partial evidence of what the Cold Spring Institute is like as a place. Further specific aspects are described in following paragraphs in relation to the various uses which they now serve.

## **The Plan**

The plan of the Cold Spring Institute starts with the belief that mature men and women are highly individual in the tastes, values, desires and objectives which they have developed over the years. It recognizes that there are many postponed goals of learning and doing which they wish to pursue alone, as well as other goals that can best be realized only in company with like-minded older persons.

The plan of the Cold Spring Institute is highly flexible but also patterned so that the individual participant may select from the program and the Institute facilities to suit his or her own desires and aims. The continuing program is not devised as a required curriculum. Instead, as each annual session progresses, the group in residence sets the patterns for a joint adventure in retirement according to their own mutual and individual interests.

Such procedure is easily practical because not more than twenty registrants are included in each annual session of the Institute, which runs from October first through June.

## **The Program**

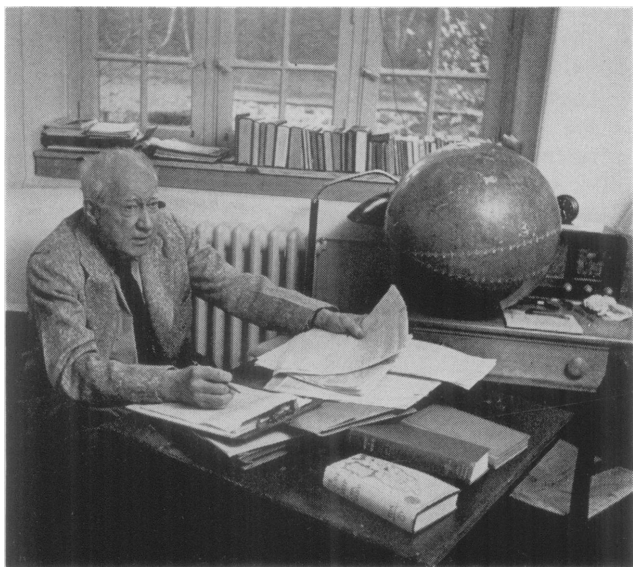
There are facilities for many kinds of activity at Cold Spring—running the gamut from research in the library to tinkering in the fully-equipped shop. The trained Institute staff is augmented by consultants and visiting authorities in many fields of human endeavor and inquiry. Such wide and varied resources afford great flexibility to the Institute program, and make it adaptable to the special interests of the registrants. Each year the early weeks are devoted by the group and the staff to deciding among themselves where to place the emphasis of the program for the ensuing months.

Not only the shaping of the program, but the program itself is developed through group discussions, lectures, activities and individual conferences with the staff and consultants. While the program is adjusted to the preferences of the group, each individual is enabled to work out a creative and satisfying plan for living, learning and doing based on his or her own unique capacities, experience and interests.

While the Cold Spring Institute is not a school, a residence home, a club or a recreation center, its program takes on pleasant associations from all of these and more. At the same time the Institute has many characteristics all

its own, because each group of registrants adds its own new ideas, and undertakes new adventures in dynamic retirement living.

Former registrants, besides taking part in the group program, have pursued such unique objectives as: writing books, studying astronomy, learning foreign languages, painting the beautiful landscape that stretches in all directions, and practicing new and unusual arts such as bee-keeping.



**"Just the place to write a book"** . . . and two registrants have written books during their stay at Cold Spring. It is a good place to achieve a lot of long-postponed plans and projects.

## **Some Interesting Details**

Since all facets of so unusual an Institute cannot be covered adequately in a brief general pamphlet, persons interested in participating in future programs at Cold Spring are invited to address specific inquiries to the Director. Past experience indicates that the following information about the Institute is of particular interest:

### **Eligibility**

Men and women 60 years of age or older who by education, experience or interests are capable and desirous of making constructive use of their later years, and who will enjoy contributing to, as well as drawing from, such a program are eligible. In the case of couples attending the Institute, if the husband or wife is 60, the spouse is eligible if over 50. While college training is desirable, its equivalent in experience and breadth of personal interest is ample preparation.

Registrants must be generally healthy, physically and mentally. While no special emphasis is placed on physical therapy, we find that registrants on departing from Cold Spring are virtually unanimous in declaring that they "feel better than ever." We are satisfied to believe that most of all they feel more than ever that life is a rewarding experience throughout its years. We find that the registrants greatly enjoy special work in *Rhythms and Movement*, designed to give older persons renewed confidence in their ability to use their bodies.

## **Recreational and Cultural Facilities**

The program affords much latitude for pursuit of individual recreational interests. There are abundant facilities for pursuit of special activities such as hunting, fishing, golf, horseback riding, swimming, skating, hiking, gardening, nature study, etc. There are also comfortable lounges with radio, record playing and television facilities.

In addition, the convenient location of the Institute with respect to cultural centers and activities in New York City and neighboring college communities is such that many registrants enjoy visits to the theatre, art centers, lectures and special events such as sessions of the U.N., while they are in residence at Cold Spring. Registrants are at liberty to pursue outside interests when and where they wish.

## **Accommodations**

In addition to private rooms, for single or double occupancy, plus ample bathrooms, there are spacious living and sitting rooms where many of the informal sessions are held, a large library, a laboratory, a dark room, studios for painting and ceramics, shops for wood and metal working, a greenhouse and a variety of outdoor facilities for work and recreation.

Garage space is available for automobiles. Visitors can be accommodated at the Institute or in nearby facilities, depending on number, length of stay and prevailing circumstances.

Food at the Institute is excellent and planned with the desires and needs of older persons in mind.

All food and lodging costs are included in the Institute fees with these exceptions: registrants are requested to supply their own bed linens, blankets and towels. Personal laundry and other commercial services are locally available.

Personal beverages and special supplies are the concern of the individual. There are no rules in such matters other than custom and propriety. Special materials for artistic work or construction materials for use in the wood shop, etc. are to be purchased individually.



**Ample Facilities**—*The spacious carriage room behind this portal now provides protective garage space for the cars of registrants and their visitors. The facilities of all types at Cold Spring are ample and convenient for the limited annual registration.*

## Costs

The fee, which includes both participation in the Institute program and all living expenses, with the exceptions noted above, is \$250 per month. In the case of a husband and wife sharing a room, a reduction of \$750 will be allowed in their combined fees for the 9-month program.

Where necessary, adjustments in schedules of payments to fit individual needs can be made. Limited scholarships are available from special funds, and occasionally are supplied by former employers of registrants, or other sources. Since the fees do not, in any case, meet the per capita cost to the Institute, which is operated on a non-profit basis by THE WALT FOUNDATION, the Foundation will be glad to receive the difference whenever individuals wish to make such a contribution. No registrant is obligated however beyond the general fee of \$250 per month.

## Staff

The resident staff at Cold Spring Institute includes the Director, Assistant Director, House Manager, Plant Manager and necessary maintenance and operating personnel. All inquiries should be addressed to DR. RUTH ANDRUS, *Director*, Cold Spring Institute, Cold Spring-on-Hudson, New York.

In addition to the resident staff, the program of the Institute has available to it the services of a large consulting staff of professional persons from many branches of the arts, sciences, medicine, enterprise and human affairs. The program each year is further amplified by the participation of a series of guest lecturers from many fields.

By reason of access to such a roster of talent and the accessibility of the Institute to Metropolitan New York and other surrounding centers of varied human activity, the Institute is able each year to provide a program which is closely integrated with the dynamism of day-to-day American life.

There is nothing remote nor artificial about the pattern of life at Cold Spring. In spite of its picturesque suburban privacy, the Institute headquarters are only four miles off the Taconic State Parkway and sixty miles from New York City. It is also near the New York Central trunk lines that parallel the Hudson River, six miles distant.



**Outdoors at Cold Spring** — Several former Institute registrants have satisfied the latent human curiosity about the honey-making process . . . while others were taking the edge off their curiosity by some binocularized birdwatching.





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