

Great gifts for seniors

Every holiday shopper ends up with at least one loved one on their shopping list who they can't seem to find anything for. Some people seem to have it all, while others may be less than forthcoming with regard to items they may need or want.

Many seniors tend to fall into the latter category. Shopping for holiday gifts for seniors can be difficult if shoppers don't know what seniors want. But the following are a handful of gift ideas that might make this holiday season that much more special for seniors.

Books

A 2015 survey from the Pew Research Center found that 69 percent of adults age 65 and over acknowledged reading at least one book in the previous 12 months. That makes books a good bet for shoppers who don't know what to get their 65-and-over loved ones this holiday season. But shoppers might want to opt for more traditional print books rather than e-books, as the survey found that only 15 percent of readers age 65 and over had read an e-book in the previous 12 months.

Gym membership

According to the Office of Disease Prevention and Health Promotion, more than 80 percent of adults do not meet the guidelines for aerobic and muscle-strengthening activities. That can be especially troubling for seniors,

who are at greater risk for osteoporosis, a medical condition in which age-related tissue loss contributes to brittle, fragile bones. Physical activity, including muscle-strengthening activities like weight training, can help combat osteoporosis. Family members stuck on what to get aging loved ones may want to consider gifting a membership to a local gym. Many gyms offer heavily discounted memberships to seniors, and such gyms may even offer senior fitness classes at no additional cost.

Travel gifts

Many retirees love to travel, but not every senior has the means to take off for parts unknown. A 2013 survey from the Transamerica Center for Retirement Studies® found that 25 percent of retirees admitted they wished they would have saved more for retirement travel. Holiday shoppers can light up seniors' smiles by gifting travel gifts this holiday season. One idea is to transfer airline miles to an elderly loved one so he or she can get a free or discounted flight. If that's not a possibility, some new luggage or a Global Hotel Card™ sponsored by Orbitz®, a gift card that can be redeemed at 70,000 hotels across the globe, is sure to please.

Family time

Shoppers who are especially stuck on what to get seniors for Christmas can just resolve to



spend more time with their elderly loved ones. Many seniors genuinely have everything they need, and such men and women may only want to spend more time with their

children and grandchildren. Make a New Year's resolution to spend more time with the special seniors in your life if the perfect gift is eluding you.

Holiday gift-wrapping tips and tricks

After all the holiday presents have been purchased, the task of wrapping can begin. Although some people find wrapping is relaxing and provides a chance to embrace one's artistic flair, many others find

wrapping gift after gift becomes tedious quite fast.

While there are no statistics on just how many gifts the average person purchases over the course of the holiday season, the National Retail Federation says the average consumer will spend around \$800 on all things holiday. That means there will be a lot of gifts to wrap before the big exchange. Those who want to make gift-wrapping less tedious this holiday season can consider these ideas to streamline the process.

Gather all supplies

When the time comes to wrap gifts, there's nothing more frustrating than hunting for wrap-

ping supplies. Have paper, bows, bags, tissue, pens, tape (double-sided tape streamlines the process), scissors, ribbon, and any other wrapping accoutrements at the ready. Set up a folding snack table near your wrapping area to hold the supplies so they don't get in the way.

Choose the right location

Always wrap on a large, flat and sturdy surface. Avoid wrapping on a carpet, which will give gift wrap a wrinkled look and increase the amount of time needed to wrap.

Square it up

If you are a master at wrapping rectangular or square gifts but fail when presents are oddly shaped, place misshapen gifts into boxes and then wrap the boxes. Gift bags also can be used for such gifts, but wrapped boxes may look more appealing under the tree.

Fabric over paper

If you think gift wrap is wasteful, think about repurposing fabric into beautiful wrapping for presents. A square of leftover fabric, a piece of a t-shirt or even a portion of a sweater that has seen better days can be

transformed into an innovative package for gift-giving. Tie the gathered ends into a bow and skip the tape as well. Dress up with ribbon and a tag for extra flair. Fabric bends and moves, making it more forgiving for oddly shaped gifts as well.

Stock up on paper shopping bags

On your next trip to the grocery store or Whole Foods, bring home more than organic produce. Walk away with paper bags and free gift wrap. Craft a DIY stamp roller or hand-made stamps to dress up plain brown bags. Or wrap the gift in twine and add a sprig of evergreen for a rustic look. Children can even use markers or crayons to create their own designs on gifts, personalizing even further.

Diversify gifts

Identify each recipient's gifts by wrapping in a different color or style. Just jot down the key to decoding the wrapping, and you'll save time on individual gift tags.

Wrapping presents doesn't have to be a chore. With some time-saving tips and tricks, the work can be a breeze.



Brown paper bags make for sturdy and versatile wrapping materials.