

NEWS RELEASE



Waterford on West Century

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Holiday gift ideas for seniors focus on fitness of mind and body

BISMARCK, N.D. — Some holiday gifts are easier to find than others. Toys are usually a hit with toddlers; dad loves golf and mom appreciates a refill on her favorite perfume. But what kind of gifts best suit grandma and grandpa?

Gifts to keep the brain and body active are excellent choices for older adults, according to Kaye Knudson, life enrichment director of Waterford on West Century, a retirement community for people 55-plus in Bismarck.

“We’ve all heard that keeping our brains active as we age is as important as keeping our bodies healthy,” Knudson says. “New research shows that puzzle games like Sudoku and word finds are great for brain health.”

People also are more focused on keeping physically fit as they age. “The new Activity Guidelines for Americans stress the importance of aerobic activity and strength training, something we’ve been offering for sometime now to help people maintain their physical fitness,” Knudson says.

The holidays are a great time to look into some of the new items that focus on either physical or mental health, and they work well for the older adults in our lives. Ideas include:

- Nintendo Wii
- Sudoku book
- Word-find, anagram or tangram puzzles
- Fruit basket with nuts (especially almonds and walnuts)
- A book of poetry
- Walking poles
- Pedometer
- Walking shoes
- Exercise bands
- A month (or more) of Internet usage
- Massage
- Health club membership

- more -

Knudson notes that the Waterford Health & Fitness Club caters specifically to the needs of active, 40-plus adults, and membership is open to all residents of the greater Bismarck-Mandan area. “People appreciate the low-key nature and the specialized equipment and training available,” she says.

The Club includes heated indoor pool and spa, exercise room with specialized equipment, professional staff plus personalized programs and classes.

Other gift themes appreciated by older adults include Internet assistance that will help them keep in touch with families and grandchildren, books and hairstyling gift certificate.

For more information about Waterford Health & Fitness Club or Waterford on West Century visit www.WaterfordBismarck.com.