



EDMONTON
SENIORS
COORDINATING
COUNCIL

Gift Ideas for the Senior(s) in Your Life

For all seniors:

- Membership to a local senior centre, exercise centre, club or service organization
- A voucher for
 - A household cleaning service (see the "House Cleaning" in the Yellow Pages) including windows
 - A yard service – see "Lawn Maintenance" in the Yellow Pages
 - A "Snow Removal Service"- see Yellow Pages for listings
 - Theatre tickets
 - Hair styling at a local beauty salon
 - Dining out (including transportation)
 - A coffee/tea at a local coffee shop
 - A gift honouring their interest
 - "Because you have always been someone who loved the water, I have given clean water to a village in your name." (Unicef or World Vision voucher)
 - Because you have always been kind to animals "I adopted a polar bear in your name with WWF (World Wildlife Fund)" - or an animal at the zoo.
 - Because you love sports we donated to the Special Olympics in your name.
- Buy something that would make their life safer like boot or cane grips (available at the Healthcare and Rehab Specialties Store or see the "Homecare" section in the Yellow Pages.)
- Get them postage stamps or packages of gift cards for all occasions
- Stock their freezer with bakery items, complete dinners that are frozen and just need re-heating, individual servings of desserts.
- Give gifts that keep giving - Subscriptions to magazines, newspapers, cable, internet, once a month delivery of a special food or flowers
- Give them a library card and an introduction to the Library Access Division book delivery service (for those not able to make it to the library.)

For seniors who live far from you:

- A DVD player and then get them their old favourite movies or TV shows on DVD – or even something you like that they might also like.
- Long distance telephone packages with unlimited calling

For seniors who no longer drive:

- Sign them up with one of Edmonton's Volunteer Driving services for rides
- A voucher book for cab rides (Barrel, Yellow, Prestige, Checker and Co-op Cabs)
- A senior's monthly bus pass or 10-pack of tickets. Visit www.takeETS.com
- A gift certificate for rides with Driving Miss Daisy. Visit www.drivingmissdaisy.net for information of how to contact a service provider near your senior

Give them the gift of your own time:

- Create a coupon (or book of coupons) that they can redeem from you. Homemade coupons can make it easier for a senior to ask for your help. The coupons could be for almost anything:
 - To drive them to an appointment
 - To take them shopping or pick-up groceries for them
 - To shovel their sidewalks.
 - To read to them
 - To play their favourite card game or other game with them
 - To watch their favourite TV show or a great movie together
- Even with a coupon, it is hard to ask for time. It may be better to give a gift like "Every first Tuesday afternoon, we will be there to play Hearts with you."
- Or get risky and be their servant for a day (or for 4 hours or 2 hours). Do whatever it is they want or whatever they think would help them be more safe, secure, comfortable and happy.
- The gift of Listening
- The gift of Affection
- The gift of Laughter
- The gift of the Written Note
- The gift of a Phone Call
- The gift of a Compliment
- The gift of a Favour

For more information contact the Edmonton Seniors Coordinating Council at 423-5635.