

Ideas for the auction: Make a Bid for Healthy Aging!

Who do you know that might be willing to donate?

The General Auction Categories on Bidding For Good are:

Antiques, collectibles, art,	Home, garden, auto
Books, cds, dvds, video games	Clothing and accessories
Computers and electronics	Restaurants
Food wine and gourmet items	For your pet
Golf and sports gear	Health and fitness
Handbags and jewelry	Memorabilia
Services	Spa and beauty
Tickets - entertainment, sports	Toys
Travel	Unique experiences and products

[Click here for our Auction Donation Form](#)

Think creatively! Some ideas:

Gift certificates to just about anything...

Gym membership, Sports equipment

Passes for Bowling, golf, skiing, other activities

Restaurants

Book Stores

Tickets to sporting events, theater, etc

Spa treatments

Trips

Get-away weekends

Hotel stays

Vacation home stays

Dinner parties

Enrichment classes

Security alarms, Lojack devices

Medical alerts, Lifeline

Relaxation strategies

Time with and/or an item from a celebrity (entertainers, authors, athletes, professionals in their field, etc)

*Please...nothing used (unless promoted as vintage or memorabilia)