



Guest Writer JSW, Scranton PA: I love cruise ships and always recommend cruising as a great option, whether you're 25 and looking for a non-stop party, or 85 and seeking a peaceful journey. Today's giant ships can accommodate both on the same cruise.

On a large cruise ship, you have all the amenities of a five-star resort, one that travels to different exotic locations around the world. You enjoy the ocean, port cities, landscapes and other exciting sights. Typically, senior cruisers have attained the age where comfort and luxury are more important than excitement. In planning, check out cruises that specifically include activities for seniors. However, be aware that the same ships may also be full of young adults dedicated to having a noisy, nightly good time. Also aboard will be families with little kids who're determined to do the same throughout the day.

Cruises, including senior-exclusive ones, are attractive because they deliver luxury comparable to a posh resort, but at much lower costs. In our travels, we've found the average cost to stay at an upscale resort or big-city hotel is between \$200 and \$400 a day. This just covers the fee for the room, with nothing else is included.

The average cruise costs between \$100 and \$200 a day per person. It includes a comfortable cabin, all meals, Broadway-style entertainment, ever-changing ocean and coastal scenery, and visits ashore. Aboard large cruise ships there are roomy elevators that whisk everyone up and down to within steps of cabins, dining rooms, music clubs, casino, theater, spa, pools, viewing decks, shopping and other on-board facilities.

Cruises with features for seniors are also designed for those no longer as spry as they once were. Special conveniences make the experience as pleasant as possible for passengers who are elderly, as well as those with physical limitations or confined to wheelchairs or scooters.

For seniors concerned about their health while away from home, large-ship cruises sail with medical staffers. They're available 24 hours at sea for necessary treatments, medications and emergency services.