



Hi fellow Knights, I am Jim Mihalko your representative for Senior Citizens affairs.

If you need any assistance with information please do not hesitate to contact me at

[jimmihalko12@gmail.com](mailto:jimmihalko12@gmail.com)

Please note that lots of businesses give Senior Citizen discounts. AARP grants that a Senior is 50, while other places it is 55, 60, 62, 65 and older. Just ask any business about Senior discounts.

Here are some websites that have Senior Discounts:

<http://www.seniordiscounts.com/>

## Restaurants

- Applebee's: 15% off with Golden Apple Card (60+)
- [Arby's](#): 10% off (55+)
- Ben & Jerry's: 10% off (60+)
- Bennigan's: discount varies by location
- Bob's Big Boy: discount varies by location (60+)
- [Boston Market](#): 10% off (65+)
- Burger King: 10% off (60+)
- Captain D's Seafood: discount varies on location (62+)
- Chick-Fil-A: 10% off or free small drink or coffee (55+)
- Chili's: 10% off (55+)
- CiCi's Pizza: 10% off (60+)
- Culver's: 10% off (60+)
- [Denny's](#): 10% off, 20% off for AARP members (55+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- [Einstein's Bagels](#): 10% off baker's dozen of bagels (60+)
- Fuddrucker's: 10% off any senior platter (55+)
- Gatti's Pizza: 10% off (60+)
- Golden Corral: 10% off (60+)
- [Hardee's](#): \$0.33 beverages everyday (65+)
- IHOP: 10% off (55+)
- [Jack in the Box](#): up to 20% off (55+)
- [KFC](#): free small drink with any meal (55+)
- [Krispy Kreme](#): 10% off (50+)
- Long John Silver's: various discounts at participating locations (55+)
- [McDonald's](#): discounts on coffee everyday (55+)
- [Mrs. Fields](#): 10% off at participating locations (60+)
- Shoney's: 10% off
- Sonic: 10% off or free beverage (60+)
- Steak 'n Shake: 10% off every Monday & Tuesday (50+)

- Subway: 10% off (60+)
- Sweet Tomatoes 10% off (62+)
- Taco Bell: 5% off; free beverages for seniors (65+)
- TCBY: 10% off (55+)
- Tea Room Cafe: 10% off (50+)
- Village Inn: 10% off (60+)
- Waffle House: 10% off every Monday (60+)
- Wendy's: 10% off (55+)
- [White Castle](#): 10% off (62+)

## Retail and Apparel

- [Banana Republic](#): 10% off (50+)
- [Bealls](#): 20% off first Tuesday of each month (50+)
- Belk's: 15% off first Tuesday of every month (55+)
- [Bon-Ton Department Stores](#): 15% off on senior discount days (55+)
- [C.J. Banks](#): 10% off every Wednesday (60+)
- Clarks: 10% off (62+)
- [Dress Barn](#): 10% off (55+)
- Goodwill: 10% off one day a week (date varies by location)
- [Hallmark](#): 10% off one day a week (date varies by location)
- [Kohl's](#): 15% off (60+)
- [Modell's Sporting Goods](#): 10% off
- [Rite Aid](#): 10% off on Tuesdays & 10% off prescriptions
- Ross Stores: 10% off every Tuesday (55+)
- The Salvation Army Thrift Stores: up to 50% off (55+)
- Stein Mart: 20% off red dot/clearance items first Monday of every month (55+)

## Grocery

- Albertson's: 10% off first Wednesday of each month (55+)
- American Discount Stores: 10% off every Monday (50+)
- Compare Foods Supermarket: 10% off every Wednesday (60+)
- DeCicco Family Markets: 5% off every Wednesday (60+)
- Food Lion: 6% off every Monday (60+)
- Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55+)
- Great Valu Food Store: 5% off every Tuesday (60+)
- Gristedes Supermarket: 10% off every Tuesday (60+)
- Harris Teeter: 5% off every Tuesday (60+)
- Hy-Vee: 5% off one day a week (date varies by location)
- Kroger: 10% off (date varies by location)
- Morton Williams Supermarket: 5% off every Tuesday (60+)
- The Plant Shed: 10% off every Tuesday (50+)
- Publix: 5% off every Wednesday (60+; only valid *outside* FL)
- Rogers Marketplace: 5% off every Thursday (60+)
- Uncle Giuseppe's Marketplace: 5% off (62+)

## Travel

- [Alaska Airlines](#): 10% off (65+)

- [Alamo](#): up to 25% off for AARP members
- [American Airlines](#): various discounts for 65 and up (call before booking for discount)
- [Amtrak](#): 15% off (62+)
- [Avis](#): up to 25% off for AARP members
- [Best Western](#): 10% off (55+)
- [Budget Rental Cars](#): 10% off; up to 20% off for AARP members (50+)
- Cambria Suites: 20%-30% off (60+)
- [Clarion](#): 20%-30% off (60+)
- [Comfort Inn](#): 20%-30% off (60+)
- [Comfort Suites](#): 20%-30% off (60+)
- Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations
- [Dollar Rent-A-Car](#): 10% off (50+)
- [Econo Lodge](#): 20%-30% off (60+)
- [Enterprise Rent-A-Car](#): 5% off for AARP members
- Greyhound: 5% off (62+)
- Hampton Inns & Suites: 10% off when booked 72 hours in advance
- [Hertz](#): up to 25% off for AARP members
- [Holiday Inn](#): 10%-30% off depending on location (62+)
- Hyatt Hotels: 25%-50% off (62+)
- [InterContinental Hotels Group](#): various discounts at all hotels (65+)
- [Mainstay Suites](#): 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)
- [Marriott Hotels](#): 15% off (62+)
- [Motel 6](#): 10% off (60+)
- Myrtle Beach Resort: 10% off (55+)
- National Rent-A-Car: up to 30% off for AARP members
- [Quality Inn](#): 20%-30% off (60+)
- [Rodeway Inn](#): 20%-30% off (60+)
- [Sleep Inn](#): 20%-30% off (60+)
- [Southwest Airlines](#): various discounts for ages 65 and up (call before booking for discount)
- Trailways Transportation System: various discounts for ages 50 and up
- United Airlines: various discounts for ages 65 and up (call before booking for discount)
- U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

## Activities & Entertainment

- [AMC Theaters](#): up to 30% off (55+)
- [Bally Total Fitness](#): up to \$100 off memberships (62+)
- Busch Gardens Tampa: \$3 off one-day tickets (50+)
- Carmike Cinemas: 35% off (65+)
- Cinemark/Century Theaters: up to 35% off
- U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)
- Regal Cinemas: 30% off
- Ripley's Believe it or Not: @ off one-day ticket (55+)
- SeaWorld Orlando: \$3 off one-day tickets (50+)

## Cell Phone Discounts

- AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)
- [Jitterbug](#): \$10/month cell phone service (50+)

- [Verizon Wireless](#): Verizon Nationwide 65 Plus Plan \$29.99/month (65+)

### Miscellaneous

- Great Clips: \$3 off hair cuts (60+)
- Super Cuts: \$2 off haircuts (60+)

Since many senior discounts are not advertised to the public, our advice to men and women over 55 is to **ALWAYS** ask a sales associate if that store provides a senior discount. Also, please note that **some senior discounts vary by region**. That way, you can be sure to get the most bang for your buck.! This will help you enjoy your Senior Days!



## Table of Contents

- [Health Care](#)
  - Consumer information & license verification service
  - Disease prevention & health protection services
  - Health care proxy
  - Hospital patients' rights
  - Complaints about hospitals and diagnostic and treatment centers
  - Patients' rights for Medicare & Medicaid participants
  - Long Term Care Ombudsman Program (LTCOP)
- [Health Insurance](#)
  - Balanced billing
  - Elderly Pharmaceutical Insurance Coverage (EPIC)
  - Health Insurance Information, Counseling & Assistance Program (HIICAP)
  - Long Term Care Insurance Education & Outreach Program
  - New York State Partnership for Long Term Care
  - Medicaid
  - Medicare
  - Medicare Buy-In Programs
  - Reporting Medicare or Medicaid fraud
  - Medicare preventive health screening test and benefits
- [Nutrition Information](#)
  - Congregate Meals
  - Home Delivered Meals
  - Food Stamps
  - Senior Farmers Market Nutrition Program
  - Determine Your Nutritional Health
- [Fitness & Wellness](#)
  - HIV & AIDS
  - Alcohol and substance abuse
  - Exercise clubs
- [Legal Assistance](#)
  - Age Discrimination
  - Consumer Issues
  - Estate Planning
  - Guardianship
  - Mediating disputes to avoid court
  - Medicaid Eligibility
  - Powers of Attorney
  - Prison Families of New York
  - Professional Misconduct & Unlicensed Practice
- [Financial Assistance](#)
- [Taxes](#)
  - Real Property Tax Credit
  - Local Real Property Tax Exemption
  - School Tax Relief (STAR)

- [Local Support Services](#)
  - NY Connects: Choices for Long Term Care
  - Alzheimer's Disease or other dementias
  - Caring for minor children
  - Elder Caregiver Support Program
  - Eldercare Locator
  - Expanded In-home Services for the Elderly Program (EISEP)
  - Home Care Services
  - Hospice Services
  - Long-distance caregiving
  - Respite services
  - Senior centers
  - Social adult day services
  - Supportive Services
  - Telephone Reassurance & Friendly Visiting
- [Housing Information](#)
  - Active-Adult Community
  - Accessory Apartments
  - Adult Home (New York State licensed)
  - Assisted Living Program
  - Continuing Care Retirement Communities
  - Dementia Care Facility or Wing/Unit
  - Enriched Housing
  - Enriched Housing Program or Adult Home with Limited Licensed Home Care Agency
  - Intergenerational Housing
  - Naturally Occurring Retirement Communities (NORCs)
  - Senior Housing (with no services)
  - Shared Living Residences
  - Supportive Senior Housing
  - Single Room Occupancy (SRO)
  - Subsidized Housing
  - Private Pay (Market Rate) Housing
- [Energy](#)
  - Home Energy Assistance Program (HEAP)
  - Utility Rights
  - Weatherization Referral and Packaging Program (WRAP)
  - Other assistance with utility emergencies
  - Public Service Commission
  - Energy Conservation
- [Transportation](#)
  - Transportation to appointments
  - Transportation discounts
  - Older Driver Family Assistance Project
  - Personal Identification Card
- [Disasters & Emergencies](#)
- [Employment](#)
  - Older American Community Service Employment Program (SCSEP)
  - Workforce Investment Act (WIA)
- [Crime](#)
  - Crime prevention

- Crime victims' protection
- Elder abuse prevention
- [Services for Older Immigrants & Refugees](#)
  - SSI Eligibility Concerns
- [Recreation](#)
  - Federal Golden Age Passport
  - Federal Golden Access Passport
  - New York State Parks' Golden Park Program
  - New York State Sporting License
  - Exercise Clubs
  - Empire State Senior Games
- [Volunteering](#)
  - Long Term Care Ombudsman Program (LTCOP)
  - Foster Grandparent Program
  - Health Insurance Information, Counseling & Assistance Program (HIICAP)
  - Senior Companion Program
  - Retired & Senior Volunteer Program (RSVP)
- [Veterans Information & Benefits](#)
  - Blind Annuity
  - Burial
  - Disability Compensation & Pension
  - Health Care
  - New York State Sporting License
  - Property Tax Exemption
  - High School Diplomas for World War II Veterans
- Don't Hesitate to Call
  - [Your Local Veterans' Office](#)
  - [United States Government](#)
  - [New York State Office of Alcoholism and Substance Abuse Services](#)
  - [New York State Government](#)
  - [Your Local Social Services Districts](#)
  - [Your County Health Department](#)
  - [Alzheimer's Disease Assistance Centers & Programs](#)
  - [Toll-free helplines & other important numbers](#)
  - [Your County Mental Health Department](#)

## **Toll-free helplines & other important numbers**

