

## 75 of the Best Senior Discounts for Food, Entertainment, Travel and More

If 65 is the new 45, what is 55? It is old enough to receive what might be called the Not-So-Senior discount.

Retailers, restaurants and travel services will do whatever they can to get people to buy what they are selling, and that includes extending the senior discounts to customers who are 55 years of age or older.

Sometimes, you may need to announce that you are 55 or older to get the best senior discounts. But it can save you money on big purchases or help pay for tips or taxes on the smaller ones. Don't be shy.

For those who prefer to shop online, know that the discounts may only apply in-store.

So let's look at retailers and companies which offer discounts to those "not so seniors" who are 55 and older. (Once you turn 60 years of age, your discount world opens up significantly.)

### Step One: Accept Your AARP Members Status

Around the time you turned 50 years old, you started to receive invitations from the [American Association of Retired Persons](#) (AARP) to join, which you can do at that early age. The incentives include a tote bag, a cool card with your name imprinted on it, and a chance to save 10% to 20% on all sorts of services you may find attractive.

Many discounts for people 55+ require AARP membership to receive the savings, especially in terms of travel and prescription pricing. Hotels and car rental services are more than happy to offer discounts to AARP members.

### Step Two: Don't Be Afraid to Ask About Your Senior Discount

Have you ever worked in retail and had to ask someone if they are old enough to qualify for a senior discount? It's embarrassing whether you guessed right or you guessed wrong!

With the Not-So-Senior discount, it can be even more challenging. Fifty-five years old is simply not "old" anymore, and many people that age do not look as if they deserve any kind of age-related discount.

So don't be afraid to inquire as to whether you can get a discount on the goods or service you are purchasing. Again, it may just cover your taxes or a tip, but every little bit counts.

Without further ado, let's look at the discounts you can get because you are 55 years old.

**It's your birthday and you deserve a gift or two. Check our list of 101 [birthday freebies](#) and get your fair share. If you served in the Armed Forces, we rounded up the best [military discounts](#) for you!**

## Grocery Stores

This is one shopping experience where a Not-So-Senior discount might most be expected.

Many grocery store chains offer discounts to shoppers 55 and older one day a week or month, so make a note of it at your local store.

Also, such offers apply only to certain stores, so you might be best served by calling rather than asking in the store.

Non-chain grocers may be more likely to offer a sizable discount to older shoppers.

Kroger and Wal-Mart discontinued their senior discounts in 2020. Publix, the largest grocery store chain in the Southeast, no longer gives senior discounts.

The [Albertsons](#) chain includes Safeway, Vons, Jewel-Osco, Shaw's, Acme, Tom Thumb, Randalls, United Supermarkets, Pavilions, Star Market, Haggen, Carrs, Kings Food Markets and Balducci's Food Lover's Market. Only Albertsons, Safeway and Vons offer the 55 and older discount.

### Grocery Store Senior Discounts at a Glance

Company	Discount	Age
Albertsons	10%; first Wednesday of month	55 and older
Fred Meyer	5%; first Tuesday of month	55 and older
Harris Teeter	5%; every Thursday	60 and older
Naked Wines	10%; every Wednesday	65 and older
New Seasons	10%; every Wednesday	65 and older
Publix	5%; Wednesdays (select locations)	65 and older
Safeway	10%; first Wednesday of month	55 and older
Stock Yards	20% off meat & seafood	AARP members

Company	Discount	Age
Vons	10%; first Wednesday of month	55 and older
Wolferman's	20% or \$20 off \$79.99	AARP members

### Retail

This covers a lot of area, but any company offering goods for sale could possibly offer a senior discount, especially if it is part of a chain. The question is how they define "senior," which could put you in a position to ask about the discounts for seniors if you are in that 55-plus-but-not-yet-60 range.

Some of the chains which offer discounts to those 55 and older often do so once a week, and the day is different based on the company. If there is a store you regularly visit, inquire as to its senior citizen discount day.

Another odd point about retail senior citizen discounts is that they do NOT advertise these offers. They are available, but you have to ask.

### Retail Senior Discounts at a Glance

Company	Discount	Age
1-800-Baskets	20%	AARP members
Bealls	10%	50 and older
Belk	15%; first Tuesday of month	55 and older
Burkes Outlet	10%	50 and older
Goodwill	15%-25%	55 and older
JOANN	20% on Senior Days	55 and older
Kohl's	5%; every Wednesday	60 and older
Hallmark	10%	60 and older
Michael's	10% off for members	55 and older
Pep Boys	10%	55 and older
Red, White & Blue	50%; every Wednesday	55 and older
Ross Dress for Less	10%; every Tuesday	55 and older
Savers	30%-40%; every Tuesday	55 and older
Valvoline Instant Oil Change	15% off oil change	AARP members

### Dining

The restaurant discounts listed below may be dining room only. Check with each restaurant about discounts for pickup and delivery orders. Restaurants are also more likely than others to limit senior discounts to 60+ or 65+.

Also, restaurants are often franchised, so the discount offers differ from location to location (if listed, they have a discount for 55+; it's just determined by location how much the discount is). For instance, all Arby's locations we contacted offered a senior discount; one was 10% off a la carte items only while another gave a discount on the entire check. Fast-food restaurants like McDonald's have famously offered senior benefits like a free small soda or coffee, check with your local franchise to see what they offer.

Other restaurant chains like IHOP offer a senior discount through a special menu. You'll find discounted items, however, the menus are limited.

From coffee to coconut oil to diapers, here's the ultimate list of our favorite free stuff online.

### Dining Senior Discounts at a Glance

Company	Discount	Age
Arby's	10%	65 and older
Bubba Gump Shrimp Co.	10%	AARP members
Carrabba's Italian Grill	10%	AARP members
Chart House	10%	AARP members
Corner Bakery	10%	AARP members
El Pollo Loco	10% (up to \$1)	60 and older
IHOP	55+ menu	55 and older
Outback Steakhouse	10%	AARP members

### Health Care

Seniors with eligible Medicare plans can sign up with SilverSneakers and get free access to thousands of gyms across the country. Signing up for a prescription discount card like GoodRX is another way to save on health care, though this isn't necessarily limited to seniors.

Most drug stores like CVS have shifted away from senior discounts in favor of a savings club that anyone can use. However, Rite Aid and Walgreens do offer some benefits for seniors, though they too require you to sign up for the savings club.

AARP has teamed up with Walgreens, Rite Aid, Walmart, and Kroger to provide members with discounted prescriptions. Simply register for the prescription card; when you show it to the pharmacist you'll save money on medication.

### Health Care Senior Discounts at a Glance

Company	Discount	Age
CVS Pharmacy	Discount varies by RX	AARP members with RX card
Kroger Pharmacy	Discount varies by RX	AARP members with RX card
Lenscrafters	10-50% off select items	AARP member
Rite Aid	Free RX consultations	Wellness65+ members 65+
Walgreens	20%; first Tuesday of month	55 and older or AARP member
Walmart Pharmacy	Discount varies by RX	AARP members with RX card

### Travel

AARP has the travel industry locked up in terms of discounts. Airlines and hotels will offer discounts to AARP members they won't offer otherwise. With AARP membership available at the young age of 50, frequent travelers may want to consider paying the annual membership fee.

Otherwise, most airlines and hotels do not consider you to be worthy of a senior citizen discount until you are in your 60s. AARP members do get 30 percent off rentals at Avis and Budget, a 5 percent off at Payless. They also get \$65 off of British Airway flights in some seating levels, and 5 to 15 percent off of stays at Best Western hotels. Hilton, Radison and Wyndham hotels offer 10 percent off their "best available rates" to AARP members.

If you're interested in a Zipcar membership, seniors save over 40% on a membership.

Cruise lines offer discounts of all sorts all the time. If you have a choice of cruise lines heading to your preferred location, a phone call to the company reservations line would be the best idea.

### Travel Senior Discounts at a Glance

Company	Discount	Age
National Park Service	\$80 Lifetime Senior Pass	62 and older
Advantage car rental	10%	55 and older
Alamo car rental	15%+	50 and older
Amtrak	10%	65 and older
Aqua Aston	up to 15%	50 and older
Avis car rental	30%	AARP members
Best Western	5-15% off best rate	55 and older
British Airlines	\$65-\$200 off flights	AARP members
Budget car rental	35% off PAY NOW rates	AARP members
Carnival Cruise Line	Ask about exclusive deals	55 and older
Choice Hotels	Up to 10% off best rate	AARP members
Hertz car rental	20% off base rates	50 and older
InterContinental Hotels Group	4-6%	62 and older
Marriott	5-20%	62 and older
Motel 6	8% off	60 and older
Norwegian Cruise Line	\$100 or 5% off cruises	55 and older
Omni	5-10%	60 and older
Payless car renta	5%	AARP members
Red Roof Inn	10%	AARP members
Royal Caribbean	Up to 15%	55 and older
Sixt car rental	10%	50 and older
Thrifty car rental	10% off time and mileage	50 and older
Wyndham Hotels	10%	60+ or AARP member

Company	Discount	Age
Zipcar	\$40 membership + \$40 credit	AARP members

## Entertainment

You can get discounted tickets to movies from major national companies like AMC and Regal Cinemas. If you're looking for a night of live music or theater, Ticketmaster offers discounted tickets and special offers on select shows for AARP members.

### Entertainment Senior Discounts at a Glance

Company	Discount	Age
AMC Theaters	10-15% off	60 and older
Cinemark Theaters	\$1-\$3.50 off tickets	62 and older
Friday Marcus Theatres and Movie Tavern	\$6 tickets before 5:30 p.m.	60 and older
Regal Cinemas	50 cents-\$4 off tickets	60 and older
Ticketmaster	50% off deals and more	AARP members

## Technology

Cell phone providers like T-Mobile, Verizon and Consumer Cellular offer a discount on plans for seniors, giving discounted monthly rates. If you're not really glued to your phone, T-Mobile has a bare-bones 55+ plan that costs just \$27 a month. There are more expensive tiers that offer more data and even a free Netflix subscription!

### Technology Senior Discounts at a Glance

Company	Discount	Age
Consumer Cellular	10%	AARP members
Mint Mobile	40%	55 and older
Norton 360	16%-25% off plans	AARP members
SimpliSafe Home Security	15% off new system	AARP members
T-Mobile	\$27-\$45 a line	55 and older
UPS Online Printing	20% off online printing	AARP members
Verizon	Up to \$40/mo	55 and older

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