

# Carolinians' Guide to Senior Discounts

Produced by Drink A Bull LLC

We are providing this guide  
to help our fellow  
Carolinians that may be  
feeling financial pressures as  
they reach their senior years.



## **Carolinas Senior Savings Guide**

Verified discounts and practical savings for North and South Carolina residents, age 55 and up.

### **How to Use This Guide**

- Look for your regular stores first, then mark new ones to try.
- Check the day and age. Many deals apply on Tuesday or Wednesday and begin at age 55, 60, or 62.
- Stack savings. Combine senior day with store rewards if allowed.
- When in doubt, call ahead. Policies can vary by location.
- Bring this booklet or take a picture of the page for quick reference.

### **Verification Legend**

- Verified – Confirmed via official brand site or policy.
- Potential – Reported by local or regional sources, may vary by store.
- Speculated – Anecdotally reported or unconfirmed; verify locally.

## Grocery & Pharmacy

Retailer	Discount	Day	Eligibility	Region	Verification
Harris Teeter	5% off	Thursday	60+ with VIC card	NC & SC	Verified
Publix	5% off	Wednesday	60+ with ID (store participation varies)	NC & SC	Potential
Piggly Wiggly	5% off	Wednesday	60+ (franchise-dependent)	SC & Eastern NC	Potential
Compare Foods	~10% off	Tuesday/Wednesday	60+ (store-specific policy)	Select NC/SC cities	Potential
Walgreens (Senior Day)	Up to 20% off	Monthly	55+ or AARP (myWalgreens)	NC & SC	Verified
Rite Aid Senior Day	10%+ off	Designated senior days	55+ (wellness+ account)	Selected NC/SC markets	Potential

## Retail & Department Stores

Retailer	Discount	Day	Eligibility	Region	Verification
Belk	15% off	First Tuesday	62+ with ID	NC & SC	Verified
Kohl's	15% off	Wednesday	60+ with ID	NC & SC	Verified
Hamrick's	10% off	Tuesday	60+ (exclusions may apply)	NC & SC	Verified
Michaels	10% off daily	Daily	55+ with Rewards + ID	NC & SC	Verified
Ross Dress for Less	10% off	Tuesday	55+ (ask at register)	NC & SC	Potential
Burkes Outlet / Bealls Outlet	10% off	Tuesday	50+ (store policy)	NC & SC	Potential
Clarks Outlet	10% off	Ongoing	62+ (ask locally)	Charlotte / Myrtle Beach area	Potential

## Thrift & Resale

Retailer	Discount	Day	Eligibility	Region	Verification
Goodwill	10%–25% off	Senior Day varies	55+ or 60+ depending on region	NC & SC	Verified
Salvation Army Family Stores	10%–50% off	Senior Day varies	55+ with ID	NC & SC	Potential
Savers / Value Village	10%–30% off	Tuesday (often)	55+ with ID	Charlotte metro area	Potential

## Dining & Restaurants

Retailer	Discount	Day	Eligibility	Region	Verification
Denny's	15% off (AARP) / Senior menu	Daily	55+ or AARP	NC & SC	Verified
IHOP	Senior menu pricing	Daily	55+	NC & SC	Verified
Golden Corral	Senior pricing / early bird	Varies	60+ typical	NC & SC	Potential
Applebee's	10%–15% off	Daily at many locations	60+ (ask server)	NC & SC	Potential
Hardee's	10% off or senior drink	Daily	55+ (franchise discretion)	NC & SC	Speculated
Chili's	~10% off	Daily (some locations)	55+ (unadvertised)	NC & SC	Speculated
Chick-fil-A	Free small drink or 10% off	Daily (some stores)	55+ or 60+ (owner discretion)	NC & SC	Speculated
KFC	10% off or free drink	Daily (some stores)	55+ (franchise discretion)	NC & SC	Speculated
McDonald's	Discounted or free coffee/soft drink	Daily (many stores)	55+ or 60+ (manager discretion)	NC & SC	Speculated
Wendy's	10% off or free drink	Daily (many stores)	55+ (franchise discretion)	NC & SC	Speculated
Captain D's	Senior menus or day specials	Often Wednesday	55+ or 62+ (market-dependent)	NC & SC	Potential
Fuddruckers	Senior platter special	Tuesday often	55+	NC & SC	Speculated

## Technology & Online

Retailer	Discount	Day	Eligibility	Region	Verification
Amazon Prime Access	Prime for \$6.99/month	Anytime	Qualifying (SNAP, Medicaid, SSI)	Online	Verified
T-Mobile 55 Plans	Discounted unlimited plans	Anytime	55+ (best with two lines)	NC & SC	Verified
Lifeline / ACP	Subsidy on phone or internet	Anytime	Income-based / program eligibility	NC & SC	Verified

## Travel & Transportation

Retailer	Discount	Day	Eligibility	Region	Verification
Amtrak	10% off fares	Anytime	65+ with ID	NC & SC routes	Verified
Greyhound	5% off fares	Anytime	62+ with ID	Nationwide	Verified
National Parks Senior Pass	Senior Pass / free entry	Anytime	62+	Nationwide	Verified
Hertz	Up to 20% off	Anytime	50+ (senior rate)	NC & SC (major locations)	Verified
Choice Hotels	Up to ~10% off	Anytime	60+ or AARP (brand & property dependent)	NC & SC	Verified
Marriott	Senior rate (~15% off)	Anytime	62+ (varies by property)	NC & SC	Verified
Hilton	Senior rate	Anytime	65+ (brand policy varies)	NC & SC	Potential

## Membership Based Offers

AARP Highlights:

- Denny's 15% off
- Avis/Budget up to 35% off rentals
- Hotel partners 10% off
- UPS Store 5% off shipping, 15% off products
- Dining partners 10% off (Outback, Carrabba's, Bonefish)

AMAC Highlights:

- Hotel and rental car discounts comparable to AARP
- Consumer Cellular plan savings
- Retail coupons via member portal

Membership Disclosure: Memberships are optional. Many senior discounts listed are open to anyone 55+ with ID.

## Quick Tips

- Apply for state property tax relief and utility assistance programs.
  - **In North Carolina, homeowners 65+ (or totally disabled) may qualify for the Property Tax Homestead Exclusion, reducing taxable home value by up to \$25,000. Apply through your county tax office.**
  - **In South Carolina, seniors 65+ can claim a \$50,000 homestead exemption on their primary residence.**
  - **Both states offer Low-Income Energy Assistance Programs (LIEAP/LIHEAP) to help with winter heating costs. Call NC DHHS (866-231-2513) or SC DSS (800-616-1309) for details.**

- Ask politely, many stores quietly honor discounts if you simply request them.  
**Cashiers can often apply senior pricing manually even if the discount isn't posted. Always carry photo ID and mention your age or senior status at checkout.**
- Combine senior days with loyalty or rewards programs when allowed.  
**For example, linking your Harris Teeter VIC card or Walgreens myWalgreens account ensures discounts stack automatically and you earn points on top of your savings.**
- Review insurance policies annually.  
**Request a "safe driver review" for auto insurance and check if your insurer offers senior completion discounts from defensive driving courses (e.g., AARP Smart Driver). Many carriers lower premiums up to 10% for graduates.**
- Bundle essential services under senior-friendly plans.  
**Seniors on fixed incomes can save by combining Internet + phone under Lifeline or ACP, or switching to T-Mobile's 55+ plan with no hidden fees.**
- Protect your credit and identity.  
**Freeze your credit at Equifax, Experian, and TransUnion for free to block new accounts from being opened in your name. It does not affect existing credit cards.**

## Avoid Scams & Traps

- **Skip websites that demand your ZIP code or personal data before showing prices.**  
Many "discount" or "insurance" portals exist only to harvest personal information for spam calls or marketing lists. Instead, use trusted brand sites or well-known comparison tools such as **NerdWallet**, **Insurify**, or **AARP's Smart Driver portal** directly.
- **Avoid "Gold IRA" pitches, miracle debt relief programs, or celebrity investment endorsements.**  
Legitimate investment firms and debt assistance agencies do not advertise with emotional slogans or celebrity faces. Before engaging with any financial product, verify its registration at **Investor.gov** or check for licensing through the **NC Department of Insurance** or **SC Department of Consumer Affairs**.
- **Be cautious of online "home repair eligibility quizzes" or "free bathroom upgrades."**  
These are often lead-generation scams designed to collect your data and resell it to contractors or telemarketers. Instead, contact your **local Area Agency on Aging (AAA)** or **county housing department** to learn about legitimate home improvement assistance or weatherization grants.
- **Consult a HUD-approved housing counselor before considering a reverse mortgage or equity loan.**  
HUD maintains a free directory of certified counselors who can help you understand loan terms, fees, and potential risks. Find one near you at [hud.gov/counseling](https://hud.gov/counseling) or call **800-569-4287**.