Goodwin, Canberra’s premier seniors living organisation, and a not-for-profit with impeccable reputation presents The Central: Stylishly appointed apartments and townhouses, plus exclusive clubhouse and a community of like-minded people. No home maintenance. No stamp duty.

6175 5057
centralbygoodwin.org.au

20 GALORE ST, CRACE
Live a secure, low maintenance lifestyle

With over 30 years experience, Hindmarsh retirement villages are proudly family owned and operated in convenient locations across south Canberra, close to shops, medical facilities and transport.

Each village offers a range of low maintenance 1, 2 and 3 bedroom independent living options to suit different needs, with staff onsite all hours in case of an emergency. We also proudly offer Canberra’s only independent serviced apartments which includes meals prepared by our onsite chef, weekly cleaning including your towels and sheets freshly laundered and changed for you.

Come and see what living in a Hindmarsh community has to offer. Call 1300 884 784 to find out more.

Hindmarsh Retirement

Bellerive | marigal gardens | The Grange Deakin

www.hindmarshretirement.com.au
Foreword

The ACT Seniors Card program continues to offer seniors great discounts on goods and services from local and interstate businesses, and ACT Government concessions.

Canberra has one of the fastest growing populations of people aged 65 years and over in Australia and this growth is set to continue. The ACT Government is committed to keeping Canberra a place where seniors love living and feel valued.

In March 2019, I released the Government’s vision for an Age-Friendly Canberra, which you can access at www.communityservices.act.gov.au or obtain a copy from the Community Services Directorate.

The Government is currently consulting with older Canberrans, service providers and advocacy groups to develop a new Age-Friendly City Action Plan. This plan will be available in the first half of 2020 and will realise this vision and make our city an even better place for seniors.

There are already great initiatives in place to support older Canberrans including the ACT Seniors Card program, managed on the Government’s behalf by the Council on the Ageing (COTA) ACT.

I commend COTA ACT for its long-term work to deliver the ACT Seniors Card program and for producing this valuable Directory.

I encourage all Seniors Card holders to take advantage of the discounts listed. In doing so, you will not only reduce your costs but also make use of goods and services available in Canberra and our broader region - contributing to Canberra being a great place to live.

I would also like to acknowledge the generosity and support of those businesses and organisations that feature in this Directory, offering discounts and valuable consumer information.


Gordon Ramsay MLA
Minister for Seniors and Veterans
2019
PUBLIC TRUSTEE
AND GUARDIAN
WILLS · ESTATES · TRUSTS · GUARDIANSHIP
FINANCIAL MANAGEMENT · ENDURING POWERS OF ATTORNEY

DO YOU HAVE AN UP-TO-DATE WILL AND ENDURING POWER OF ATTORNEY?

Secure your Will with the Public Trustee and Guardian... your professional trustee

The Public Trustee and Guardian provides a free Will service to persons of 60 years and over
(It is a condition that the Public Trustee and Guardian be appointed executor under all Wills prepared by us)

www.ptg.act.gov.au | Tel. 6207 9800
Ground Floor, 221 London Circuit Canberra City

The Capital Region Community Foundation

greater good

“linking good people with good causes”

Philanthropy made easy and everlasting

Leave a bequest in your Will
Create your own family charitable fund
Workplace Giving Scheme

To find out more visit www.greatergood.org.au
Or call our Executive Officer, Fleur Raine on (02) 6207 9800

2
<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aged and Disability Support Services</td>
<td>15</td>
</tr>
<tr>
<td>Aged Care Residences</td>
<td>17</td>
</tr>
<tr>
<td>Automotive Services</td>
<td>21</td>
</tr>
<tr>
<td>Book Keeping</td>
<td>25</td>
</tr>
<tr>
<td>Cafes and Restaurants</td>
<td>26</td>
</tr>
<tr>
<td>Car Hire</td>
<td>31</td>
</tr>
<tr>
<td>Clubs</td>
<td>32</td>
</tr>
<tr>
<td>Community Education</td>
<td>34</td>
</tr>
<tr>
<td>Computers and Computer Support</td>
<td>36</td>
</tr>
<tr>
<td>Crafts and Hobbies</td>
<td>37</td>
</tr>
<tr>
<td>Curtains and Blinds</td>
<td>38</td>
</tr>
<tr>
<td>Dental</td>
<td>39</td>
</tr>
<tr>
<td>Dry Cleaners and Laundromats</td>
<td>44</td>
</tr>
<tr>
<td>Electrical Services</td>
<td>45</td>
</tr>
<tr>
<td>Entertainment</td>
<td>46</td>
</tr>
<tr>
<td>Financial Services</td>
<td>48</td>
</tr>
<tr>
<td>Florists</td>
<td>52</td>
</tr>
<tr>
<td>Food Delivery Services</td>
<td>53</td>
</tr>
<tr>
<td>Funeral Directors</td>
<td>56</td>
</tr>
<tr>
<td>Hair and Beauty</td>
<td>58</td>
</tr>
<tr>
<td>Health and Fitness</td>
<td>63</td>
</tr>
<tr>
<td>Hearing Services</td>
<td>72</td>
</tr>
<tr>
<td>Home Help</td>
<td>73</td>
</tr>
<tr>
<td>Home Maintenance and Improvement</td>
<td>77</td>
</tr>
<tr>
<td>Housesitting</td>
<td>88</td>
</tr>
<tr>
<td>Information</td>
<td>90</td>
</tr>
<tr>
<td>Insurance</td>
<td>92</td>
</tr>
<tr>
<td>Interstate Accommodation</td>
<td>95</td>
</tr>
<tr>
<td>Legal</td>
<td>97</td>
</tr>
<tr>
<td>Locksmiths</td>
<td>99</td>
</tr>
<tr>
<td>Medical Services</td>
<td>100</td>
</tr>
<tr>
<td>Mobility</td>
<td>107</td>
</tr>
<tr>
<td>Optometrists</td>
<td>110</td>
</tr>
<tr>
<td>Organising and Decluttering</td>
<td>111</td>
</tr>
<tr>
<td>Pest Control</td>
<td>112</td>
</tr>
<tr>
<td>Pet Care</td>
<td>113</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>114</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>117</td>
</tr>
<tr>
<td>Plumbing and Gasfitting</td>
<td>119</td>
</tr>
<tr>
<td>Podiatry</td>
<td>123</td>
</tr>
<tr>
<td>Real Estate</td>
<td>124</td>
</tr>
<tr>
<td>Recreation and Leisure</td>
<td>125</td>
</tr>
<tr>
<td>Retail</td>
<td>129</td>
</tr>
</tbody>
</table>
Disclaimer

Council on the Ageing ACT (COTA ACT) has acted in good faith in publishing these concessions and discounts, but cannot in any way guarantee the accuracy of the information. COTA ACT is reliant on the good faith of the people and business providing us with the information. This Directory is accurate and up to date at the time of publication. COTA ACT does not accept any responsibility for any errors, omissions or inaccuracies.
Information

**ACT Seniors Card outlets**
New and replacement Seniors Cards and the ACT Seniors Card Discount Directory are available from the following locations:

**Access Canberra Service Centres** 13 22 81
- Belconnen, Swanson Plaza
- Gungahlin, 125 Gungahlin Place
- Tuggeranong, Homeworld Centre
- Woden, Level 3, Cosmopolitan Centre

**Libraries ACT** 02 6205 9000
- Belconnen, 12 Chandler Street
- Civic, Civic Square
- Dickson, Dickson Place
- Erindale, McBryde Crescent
- Gungahlin, Hibberson Street
- Kingston, Giles Street
- Kippax, Hardwick Crescent
- Tuggeranong, Cowlishaw Street
- Woden, Corinna Street
- Fyshwick, 255 Canberra Avenue (ACT Heritage Library)

**COTA ACT** 02 6282 3777
- Hughes Community Centre, Wisdom Street, Hughes

**Aged Care Navigation Assistance**
- For information on navigating the aged care system, or to make a free appointment with a skilled volunteer Aged Care Navigator
- Contact COTA ACT 02 6282 3777

**Housing Options Advisory Service** 02 6282 3777
- Help navigating My Aged Care
- Staying in your own home
- Ways to access equity in your home
- Downsizing to a smaller home
- Retirement Villages
- Residential Aged Care
- Public and private housing options
Who is eligible for an ACT Seniors Card?

To be eligible for an ACT Seniors Card you must:

- have turned 62 years of age,
- be a permanent resident of the ACT, and
- not be in paid employment for more than 20 hours per week.

Note: As of 1 July 2019, eligibility requirements for an ACT Seniors Card changed and applicants need to be 62 years of age to apply. The Card will be available to new applicants who meet the eligibility criteria and were born before 1 July 1958. The change in eligibility will not impact current Seniors Card holders. The eligibility change is a result of a 2016-17 ACT Budget decision to gradually raise the eligibility age to 65 years by July 2025.

The following table indicates the age applicants must be to apply:

<table>
<thead>
<tr>
<th>Date of birth</th>
<th>Eligibility age</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 July 1957 to 30 June 1958</td>
<td>61 years</td>
</tr>
<tr>
<td>1 July 1958 to 30 June 1959</td>
<td>62 years</td>
</tr>
<tr>
<td>1 July 1959 to 30 June 1960</td>
<td>63 years</td>
</tr>
<tr>
<td>1 July 1960 to 30 June 1961</td>
<td>64 years</td>
</tr>
<tr>
<td>After 30 June 1961</td>
<td>65 years</td>
</tr>
</tbody>
</table>

ACT Seniors Card and NSW Opal card
ACT Seniors Card holders are able to apply for a Gold Opal card to access concessional fares on the NSW Opal network.

You can apply for a Gold Opal card online
or call 13 67 25 (13 OPAL).

You must carry your ACT Seniors Card when travelling on a concession fare in NSW as proof of your entitlement.

Other Interstate Travel
New South Wales
www.transportnsw.info/tickets-opal/ticket-eligibility-concessions/seniors

Queensland

Victoria

South Australia

Tasmania

Western Australia

Northern Territory

Can I use my ACT Seniors Card overseas?
It is worth taking your Seniors Card with you when travelling overseas as it is often accepted by businesses internationally as a matter of goodwill. All you need to do is ask, particularly in Singapore, Hong Kong, Canada, the USA and the UK.
Access Canberra is here to help you

We’re working to make our services more flexible and accessible so they best meet your needs.

We can help you register your car, renew your driver licence, and issue you with a MyWay and Seniors Card.

Contact us:
• online 24/7 at act.gov.au/accessCBR
• by phone on 13 22 81
• in person at our Service Centres – check website for locations, opening hours, wait times and payment methods
• through our community partnerships

We value your feedback. Let us know how to serve you better.

Easier. Simpler. Here to Help.
Did you know we offer the following services and resources?

- 1-on-1 computer and technology sessions
- Downloadable eResources like eBooks, audiobooks, magazines and music
- Free author talks, seminars and workshops
- Home Library Service
- Issue and renew ACT MyWay Seniors Cards

Please visit any of our library branches or go to our website for more information.

www.library.act.gov.au | 6205 9000
Consumer Advice

When buying goods and services with your Seniors Card, please consider the following:

- Obtain the normal quoted price before showing your Seniors Card and requesting a discount.
- When making an appointment for a service advertised in this directory as “free consultation” or “discounted service”, please mention that you are a cardholder when making the appointment.
- To obtain a discount, you need to present your Seniors Card at the cash register, prior to payment!
- If you have difficulties in obtaining discounts from providers listed in this Directory, please advise the Seniors Card Office so that the matter can be investigated.
- If you discover a business offering discounts to seniors and they are not listed in the Directory, please advise the Seniors Card Office. The businesses can then be contacted and encouraged to register with the scheme.

Seniors can be assured that COTA ACT maintains absolute confidentiality with personal information stored on the Seniors Card Database. If you hold a Seniors Card and don’t yet receive our quarterly e-newsletter, please contact our office on 02 6282 3777 and add your email address to your record.
Seniors MyWay Card

- Discounted travel if you are over 62, an ACT resident and working less than 20 hours a week
- Free travel if you are an ACT resident and over 70
- Discounted travel for Interstate MyWay card holders

Flexible Bus Services

- Free service for over 70s within zones between 9:30am – 1:30pm
- Wheelchair accessible mini-bus
- Local shopping and medical centre drop-off

Off-peak travel

- Free off-peak travel for Senior MyWay card holders between 9am and 4.30pm and after 6pm week days, plus all day Saturday, Sunday and on public holidays

Visit transport.act.gov.au or call 13 17 10 for further information
Using your ACT Seniors MyWay Card on Transport Canberra’s buses and light rail.

The combined ACT Seniors Card and MyWay card, provides easy access for seniors using Transport Canberra bus and light rail services. Seniors under 70 will be required to load money onto their card at participating MyWay recharge agents in order to use it as payment for bus and light rail services. Seniors over the age of 70 can travel free.

Using your MyWay card is the cheapest way to travel on Transport Canberra buses and light rail. Remembering to tag on and off the bus with each travel will ensure you are charged the correct fare. You can save an additional 5% on your already discount fares by topping up using Autoload (direct debit) or BPAY.

Alternatively you can still access concession cash fares by presenting your co-branded Seniors/MyWay Card to the driver when boarding a Transport Canberra bus, or purchase a cash concession ticket, from a ticket vending machine located on the light rail platforms prior to boarding the light rail.

For Seniors Card holders who hold a Seniors Card from another Australian state or territory, an Interstate Seniors/MyWay Card is available to access concessional travel on Transport Canberra buses and light rail. An Interstate Seniors/MyWay Card can be:

- Applied for via email by emailing seniorscard@cotaact.org.au
- Applied for in person at:
  - COTA ACT – Hughes Community Centre, Wisdom St Hughes
  - The Canberra Region Visitors Centre, Regatta Point
  - Access Canberra Service Centres

Don’t forget you should always ensure you have your Seniors Card with you when you travel as proof of your concessional entitlement.

For further information about bus and light rail travel in Canberra, including concessional fares, please call the Transport Canberra information line on 13 17 10 or go to www.transport.act.gov.au
Choose ActewAGL to stay comfortable and on budget.

Find the best plan for your needs call 13 14 93 or visit actewagl.com.au
EXPERIENCED TECHNICIANS
LOCALLY OWNED & OPERATED
WE COME TO YOU 7 DAYS A WEEK
ALL TECHNICIANS ARE POLICE CHECKED
NO TECHNOBABBLE, JUST PLAIN ENGLISH

INTERNET & EMAIL SETUP
VIRUS & MALWARE REMOVAL
NEW COMPUTERS & ACCESSORIES
REPAIRS & UPGRADES - ALL MAKES

15% DISCOUNT FOR SENIOR CARD HOLDERS

WHY CHOOSE US?

HOW CAN WE HELP?

6112 8380
Unit 3 / 15 Darling St Mitchell ACT
Shop 39 Homeworld Tuggeranong
Aged and Disability Support Services

Aged Care Navigation Assistance
For information on navigating the aged care system, or to make a free appointment with a skilled volunteer Aged Care Navigator.

Contact COTA ACT 02 6282 3777

Australian MedicAlert Foundation
More than an ID.
MedicAlert membership has been protecting Australians for almost 50 years.
Save 20% on MedicAlert Membership and 10% on all products when using code ‘SENIORS’.

1800 882 222
enquiry@medicalert.org.au
www.medicalert.org.au/seniors-card
11 King William Street, Kent Town SA

BaptistCare at home
Because we should all have a little fun. If you or someone you love is looking for help with laundry, cleaning around the home or in the garden, getting out and about, design your home care package today at YouChoose.org.au. To discuss your plan at any time for a FREE in-home consultation call our Customer Engagement Centre on 1300 275 227. Because we care.

1300 275 227
www.baptistcare.org.au
14 Wormald Street, Symonston ACT

IRT at Home
Free consultation on home help with transport, maintenance, carer support, help around the home, shopping, personal care and social support.

1800 024 915
customerservice@irt.org.au
www.irt.org.au

All participant’s discounts are open to all Australian-issued Seniors Card holders.
HOUSING OPTIONS

If you need help with housing issues we can advise on:

- Navigating My Aged Care
- Staying in your own home
- Ways to access equity in your home
- Downsizing to a smaller home
- Retirement Villages
- Residential Aged Care
- Public and private housing options

For more information and booking contact the COTA ACT Housing Options Advisor on 02 6287 3777
All participant’s discounts are open to all Australian-issued Seniors Card holders.

Aged Care Residences

**BaptistCare Residential Aged Care**

Our Residential Aged Care Centres provide the highest quality aged care within our warm and friendly communities in Red Hill and Griffith.

📞 1300 275 227

www.baptistcare.prq.au
45 Blaxland Crescent, Griffith ACT
111 Carnegie Crescent, Red Hill ACT

**Goodwin Aged Care Services**

Live-in care focussed on quality of life, with quality clinical oversight and 24/7 inhouse nursing. The better life choice.

www.goodwin.org.au
Residential care sites at Ainslie, Farrer and Monash
02 6175 5192
Home care services and day clubs
02 6175 5650
Independent living at Ainslie, Farrer, Monash and Crace
02 6175 5000

‘I choose award-winning aged care’

Since 1954, providing quality ‘live-in’ care. Award winning facilities, 24/7 onsite nursing and clinical care services in a home-like environment.

LIVE-IN CARE
AINSLIE, MONASH, FARRER
6175 5192
GOODWIN.ORG.AU
Burrangiri Aged Care Respite Centre
The Burrangiri Aged Care Respite Centre caters to the needs of frail elderly people in the community when the carer or the caring support system is in need of temporary relief. We can provide a place to stay as a short term break or other programs as support for when you need it most. Burrangiri is a place where the carer and the person that they care for can participate in social and recreational activities with like-minded people. It is also a time when independence is encouraged and overall wellbeing is facilitated. For the carer it is a time that allows a break from the demands of caring, to relax and possibly attend to other tasks.

☎ 02 6288 1488
acp.enquiries@aue.salvationarmy.org.au
www.agedcareplus.salvos.org.au
1-7 Rivett Place, Rivett ACT

Downsize to a stunning new home in a supportive and friendly community.

These two and three-bedroom townhomes allow for independent living for those looking to retire in style.

azurevillage.com.au | 255 Goyder St Narrabundah
We understand that at times, caring can be both physically and emotionally demanding. Short-term respite care can help lighten the load for both the carer and the person being cared for. We will ensure your time with us is restorative, positive and enjoyable.

02 6288 1488
Mountain View Age Care Centre
Mountain View Aged Care Centre is a warm and inviting aged care centre that offers all levels of care including short term respite care. The Centre is located just minutes away from public transport, central Canberra, Manuka and local health services.

02 6295 1044
acp.enquiries@au.salvationarmy.org
www.agedcareplus.salvos.org.au
Cnr Goyder Street and Leahy Close, Narrabundah ACT

St Andrews Village
Aged Care Residences offering residential aged care, independent living units and respite care.

02 6283 4999
info@sav.org.au
www.standrewsvillage.org.au
95 Groom Street, Hughes ACT

- Village Accommodation with single ensuite rooms for all
- Qualified care staff and Registered Nurses
- Person Centred Care
- Additional Services Rooms

*St Andrews Village Person Centred Care is based on the principle that the wishes of the older person should be central to the care provided. Care is guided by the utmost respect for the older person, and by treating the older person as an equal partner.*
Automotive Services

**Autobarn**
15% off any full priced item, first Tuesday of the month only.

📞 02 6214 0600
sales@tuggeranong.autobarn.com.au
Block 2, 310 Anketell Street, Greenway ACT

**Autoco**
Free oil, water and tyre pressure check anytime. Plus 7.5% discount on all vehicle servicing and repairs.
philip@autoco.com.au
www.autoco.com.au
Belconnen 02 6264 7700
Tuggeranong 02 6293 5000
Phillip 02 6281 9899

**Bridgestone Select**
Free wheel alignment check anytime. Plus 7.5% discount on any vehicle servicing.
tuggeranong@bselectact.com.au
www.bridgestoneselect.com.au
Belconnen 02 6201 8000
Tuggeranong 02 6282 9022
Phillip 02 6281 9899

**JAX Tyres**
10% off mechanical repairs, 5% off tyres.
📞 1300 367 897
marketing@jax.com.au
38 Gladstone Street, Fyshwick ACT 02 6228 1533
10-12 Winchcomb Court, Mitchell ACT 02 6150 5565
58-60 Colbee Court, Phillip ACT 02 6213 9965
149-165 Soward Way, Greenway ACT 02 6293 2238

**Pedders**
7.5% discount on all vehicle repairs. Free on roller brake test anytime.
philip@pedders.com.au
www.pedders.com.au
Belconnen 02 6253 1755
Phillip 02 6217 0670

All participant’s discounts are open to all Australian-issued Seniors Card holders.
Seniors Offer
For Seniors Card Holders

5% off Tyres
10% off Mechanical Repairs

Tyres Wheels Suspension
Brakes Alignment Balancing

Fyshwick
38 Gladstone Street 6228 1533
Mitchell
10-12 Winchcombe Court 6150 5565
Phillip
58-60 Colbee Court 6213 9965
Tuggeranong
149-165 Soward Way Greenway 6293 2238

jax.com.au

Go to actseniorscard.org.au to see all current and new discount offers
AuToMoTiVE SERViCES

All participant’s discounts are open to all Australian-issued Seniors Card holders.

Rolfe Subaru

10% off total invoice cost for servicing.

☎ 02 6208 4333
servicing@rolfesubaru.com.au
www.rolfesubaru.com.au
142 Melrose Drive, Phillip ACT

Solartint Belconnen

10% discount.

☎ 02 6251 8750
solartint@smartchat.net.au
www.solartintact.com.au
Unit 4/11 Walder Street, Belconnen ACT

Star Car Wash

Tuesday Seniors Day. $10 off all star washes, $15 off all platinum washes, $20 off star polishes and $45 off all details.

☎ 02 6251 1007
www.starcarwash.com.au
Canberra Centre
Gungahlin Marketplace
Tuggeranong Hyperdome
Westfield Belconnen
Westfield Woden
Canberra Outlet
Manuka Terrace
Chisholm Village

All participant’s discounts are open to all Australian-issued Seniors Card holders.
Transtate Tyres
5% discount off all transactions.
☎ 02 6253 2244
belconnen@transtate.com.au
www.transtate.com.au
2 Egan Court, Belconnen ACT
1/347 Reed Street, Tuggeranong ACT
141 Uriarra Road, Queanbeyan NSW

Waves Carwash
$5 off any valet wash service everyday. $10 off any valet wash service on Tuesday Seniors Double Discount Day.
www.wavescarwash.com.au
Waves Gungahlin
5 O’Brien Place, Gungahlin ACT
Waves Braddon
17 Lonsdale Street, Braddon ACT
Bookkeeping Bureau
MYOB/XERO/QUICKBOOKS Training and Bookkeeping 10% off hourly rate.
0404 464 276
vicky@jgms.com.au

All participant’s discounts are open to all Australian-issued Seniors Card holders.
1882 Bar and Grill
10% discount Tuesday - Friday 12pm to 2.30pm.
events@1882barandgrill.com.au
1882barandgrill.com.au/
13 Gladstone Street, Hall ACT

Ainslie Football & Social Club
Ask about our special offers for ACT Seniors Cardholders.
02 6248 8422
ainslie@ainsliegroup.com.au
52 Wakefield Avenue, Ainslie 2602 ACT

Caffe Luxxe
$0.30 discount on coffee and tea.
0421 440 658
caffeluxxe@hotmail.com
G-058 Tuggeranong Hyperdome, Anketell Street, Tuggeranong ACT

Chifley’s Bar & Grill
Seniors Lunch Discount Monday to Thursday. 10% off Chifley’s Bar and Grill Express Lunch between 12noon and 2pm. $3.00 coffees all day.
02 6234 4444
chifleys@hotelkurrajong.com.au
8 National Circuit, Barton ACT

Delikase Filipino Cuisine
10% discount to Seniors Card holders. Not available with any other offer. Minimum spend of $50.00.
delikaseresto@gmail.com
delikase-filipinocuisine.com.au
Shop 8, Goldcreek Cultural Centre, 39 O’Hanlon Place, Nicholls ACT
**CHiLada**

10% off storewide with Seniors Card.
info@chilada.com.au
www.chilada.com.au

**Chilada Airport**
Shop 19, Majura park shopping centre, 18-26 Spitfire Avenue, Canberra Airport ACT
Tel: 02 6262 7887
Trading Hrs: Mon - Fri 9-5:30 Sat 9-5 Sunday & Public holiday 10-4

**Chilada Mitchell**
Shop 5, 83-101 Lysaght Street Mitchell ACT
Tel: 02 6262 0080
Trading Hrs: Mon - Sat 10-4 Sunday & public holiday close

**Chilada Gungahlin**
Shop G2/48 Gungahlin place, Anthony Rolfe Avenue, ACT
Tel: 02 6242 4190
Trading Hrs: Mon - Sat 10-5 Sunday & public holiday 10-3

**Everbean Café**

All food and beverages receive 10%. Occasionally extra promotions are available. See in store.

📞 0406 375 292
everbean@bigpond.com
Shop 95, Lower Level (near centre stage), Benjamin Way, Belconnen ACT

**Gungahlin Lakes Golf and Community Club**

Ask about our special offers for ACT Seniors Card holders.

📞 02 6242 6283
lakes@ainsliegroup.com.au
ainsliegroup.com.au/venues/gungahlin-golf-club/
Cnr Gundaroo and Gungahlin Drives, Nicholls ACT
Go to actseniorscard.org.au to see all current and new discount offers

Great savings with your Seniors Card

International Cuisine
Oriental & Chinese BBQ
Traditional Roast Carvery
Sushi, Dessert Table, Fondue
and lots more.....

www.starbuffet.com.au
8 Kett Street, Kambah ACT 2902
(inside the Burns Club) Tel: (02) 6296 3045
Lollipops Playland and Café Canberra
Free grandparent entry and tea/coffee voucher when bringing a full paying grandchild.

02 6257 6012
canberra@lollipopsplayland.com.au
www.canberra.lollipopsplayland.com.au

Mirchi Indian Restaurant
10% discount on dine-in or takeaway (maximum discount to the value of $100). Not available on special orders, catering and discount dinner packs. Not available with any other discounts.

02 6241 0011
chefsseby@hotmail.com
Shop 10 and 11, 4 Riley Close, Ngunnawal ACT

Moon Rock Cafe & Gift Shop
10% on all food and drinks purchases during weekdays.

02 6281 2190
moonrockcafe.canberra@gmail.com
421 Discovery Drive, Tidbinbilla 2620 ACT

Muffin Break
10% off your order (not valid with any other offer or discount).

02 6251 6602
info@muffinbreak.com.au
Westfield Belconnen, Benjamin Way, Belconnen ACT

Siam Twist
5% discount.

02 6249 1386
contact@siamtwist.com.au
www.siamtwist.com.au
1/5 Hackett Place, Hackett ACT

Star Buffet
Discounted meals for Seniors Card holders.

02 6296 3045
Burns@starbuffet.com.au
www.starbuffet.com.au
Canberra Burns Club, 8 Kent Street, Kambah ACT
Thai Basil Erindale
5% discount on meal and beverages.

☎ 02 6231 2365
Unit 1B, 38 Gartside Street, Wanniassa ACT

Thai Chiang Rai Restaurants
10% off (up to the value of $20.00). Dine in only. Not valid with any other offer. Maximum of one card per table.

☎ 02 6253 4999
thaichiangrai@yahoo.com
www.thaichiangrai.com
102 Emu Bank, Belconnen ACT

Vibe Café & Juice Bar
Small coffee and cake for $7.00 on Tuesdays.
Macquarie Shopping Centre, Lachlan Street, Macquarie ACT

Wheat and Oats
10% off for Seniors Card holders

☎ 02 6282 6828
wheatandoat@gmail.com
Unit 2 22/24 Colbee Court, Phillip ACT 2606
All participant’s discounts are open to all Australian-issued Seniors Card holders.

**Avis**
Discount plus 5th day free* of the base rate. Quote AWD P374900 plus TPPA026 for your free day. *Terms and conditions apply.

☎ 13 63 33
reservations@avis.com.au
National Offer

**Budget**
Great rates or $20 off* for 3+ days rentals. Quote BCD D795803 with coupon MPNZ066 for money off. *Terms and Conditions apply.

☎ 1300 362 848
reservations@budget.com.au
Valid Australia Wide

**Towncars Networks Australia**
10% off all Towncars services and an additional $10.00 off on your first trip PROMO CODE: TOWN65.

☎ 1300 869 627 or 02 8874 5000
bookings@towncarsaust.com.au
www.towncarsaust.com.au
CLUBS

Clubs

Ainslie Football & Social Club
Ask about our special offers for ACT Seniors Card holders.

📞 02 6248 8422
ainslie@ainsliegroup.com.au
52 Wakefield Avenue, Ainslie 2602 ACT

Burns Club - Star Buffet
Discounted meals for Seniors Card holders.

📞 02 6296 3045
flo.starbuffet@gmail.com
www.starbuffet.com.au

The Juniors Kingsford
Special seniors’ discounted menu.

📞 02 9349 7555
www.thejuniors.com.au
558A Anzac Parade, Kingsford NSW

Gungahlin Lakes Golf and Community Club
Ask about our special offers for ACT Seniors Card holders.

📞 02 6242 6283
lakes@ainsliegroup.com.au
ainsliegroup.com.au/venues/gungahlin-golf-club/
Cnr Gundaroo and Gungahlin Drives, Nicholls ACT

The Tradies
Complimentary seniors’ morning tea every Tuesday morning.

📞 02 6162 5656
ContactUs@thetradies.com.au
www.thetradies.com.au
2 Badham Street, Dickson ACT
The Tradies has been a Canberra institution for over 50 years, operating a licensed community club in Dickson

JUST A PEEK AT WHAT’S ON

Seniors’ Morning Tea
Tuesdays 9.30am - 11.30am

$12 Lunch
Weekdays 12pm to 2pm

The Dickson Tradies
2 Badham St, Dickson ACT, 2602
thetradies.com.au  ||  02 6162 5656

For the information of members and their invited guests. Responsible service of alcohol rules apply.

All participant’s discounts are open to all Australian-issued Seniors Card holders.
COTA ACT
Community education sessions on issues relevant for people over 50.

02 6282 3777
events@cotaact.org.au
www.cotaact.org.au
Hughes Community Centre, 2 Wisdom Street, Hughes ACT

St John Ambulance Australia (ACT) Inc
15% off accredited courses and first aid kits, 10% off non-accredited courses. Free basic first aid session.

02 6282 2399
schools@stjohnact.com.au
www.stjohnact.com.au
14 Thesiger Court, Deakin ACT
COMMUNITY EDUCATION

COTA offers guest speakers to talk to groups on issues that are relevant to people over 50.

Community Education Sessions Are:

• FREE
• Available across Canberra
• Delivered by trained volunteer educators
• Structured with a practical focus providing simple strategies to deal with issues raised
• Designed to be interactive
• For groups small or large
• 45 minutes to an hour in duration

For information on available topics and bookings contact the COTA ACT Community Education Manager on 02 6282 3777 or email communityed@cotaact.org.au
Computers and Computer Support

Crawford’s Computer Service
15% discount for Seniors Card holders.
10am to 6pm Monday to Friday. Weekend and after hours appointments available.

📞 02 6112 8380
seniors@crawfords.network
3/15 Darling Street, Mitchell ACT 2911 and Shop 39, Homeworld Tuggeranong ACT 2900 (opening soon)

PE Computers & Software Solutions
20% discount for Seniors Card holders off our call out fee.

📞 0419 014 774
peter@pecomputers.com.au
5 Colborne Place, Spence ACT

Retupmoc
15% discount of all training and labour charges for repairs and service.

📞 02 6160 4454
enquiry@retupmoc.com.au
www.retupmoc.com.au
CRAFTS AND HOBBIES

Crafts and Hobbies

**ACT Stamp Artists - Stamping & Papercraft Club**

First two visits free (non members) then $12 per session. Meetings at Turner Senior Citizens Centre last Sat of each month, Jan to Nov, 12:30-4:30pm.

actstampartists@gmail.com

PO Box 273, Dickson ACT

**Philatelic Society of Canberra Inc**

Free advice on disposing of stamp collections.

02 6251 7435

ian.mcmahon4@bigpond.com

www.canberrastamps.org.au

Room 2.05 Griffin Centre, Genge Street, Canberra City ACT

With a fantastic variety of events, activities and exhibitions for all seniors, Seniors Week is a week packed with fabulous activities!

In 2020

Seniors Week - 23-29 March 2020

Seniors Week Expo - 26 March 2020

In 2021

Seniors Week - 15-21 March 2021

Seniors Week Expo - 18 March 2021

PLUS

Keep up to date with what's happening for older people in the ACT - visit our website www.cotaact.org.au, sign up to our monthly E-News or like us on Facebook!
Curtains and Blinds

Apollo Blinds ACT
10% off (excluding sale items).
☎ 02 6280 4900
canberra@apolloblinds.com.au
www.apolloblinds.com.au
1/6 Wiluna Street, Fyshwick ACT

Modern Shade Solutions
10% off our complete range of outdoor blinds and free interstate freight.
☎ 1300 862 744
sales@modernshadesolutions.com.au
www.perthoutdoorblinds.com.au
Unit 4, 53B Dixon Road, Rockingham WA

ACT Seniors Information Line
02 6282 3777

The Seniors Information Line is a Canberra-wide information and referral service for ACT seniors, families, friends, grandparents and carers.

We can help you with Seniors Cards and discounts, social activities, aged care and retirement options, household assistance, transport, community and government services – and more!

E: contact@cotaact.org.au
or Ph: 02 6282 3777.
Australian Dentists Clinic
10% discount on general and preventative dental treatments. This can include dental services such as examinations, x-ray, clean and fillings.

📞 03 9088 0257
australiandentistsclinic@gmail.com
dentistsclinic.com.au
Level 3 620 Bourke Street, Melbourne VIC

Everything Dentures Hawker
Complimentary consultation. Want to know more about our procedures, materials, treatment plans and costs. Take advantage of our complimentary consultation with one of our denture professionals.

📞 02 6281 0099
wecare@everthingdentures.com.au
Suite 6, Playoust Building, Hawker Shopping Centre, Hawker ACT

Everything Dentures Phillip
Complimentary consultation. Want to know more about our procedures, materials, treatment plans and costs. Take advantage of our complimentary consultation with one of our denture professionals.

📞 02 6281 0099
wecare@everthingdentures.com.au
65 Colbee Court, Phillip ACT

Franklin Dental Care
10% discount on all dental treatment.

📞 02 6170 1405
reception@franklindentalcare.com.au
Unit 129B, 1 Clare Burton Crescent, Franklin ACT
Jamison Dental Care
10% discount on treatment (excludes major dental).

02 6251 5443
Unit 6, 3 Jamison Centre, Macquarie ACT

Kaleen Family Dental Surgery
5% discount.

02 6241 5941
kfd@kaleenfamilydental.com.au
www.kaleenfamilydental.com.au
Kaleen Shopping Centre, 2 Gwydir Square, Kaleen ACT

Maven Dental Belconnen
10% discount on all dental treatment.

02 6251 5454
belconnen@mavendental.com.au
www.mavendental.com.au
Belconnen Commercial Chambers, Cnr Lathlain and Cohen Streets, Belconnen ACT
All participant's discounts are open to all Australian-issued Seniors Card holders.

Pearly Whites Australia
10% off our entire product range - use the promo code ACTSC at checkout.

☎ 1800 188 735
marketing@pearlywhitesaustralia.com
au.pearlywhites.com

Showground Dental Care
10% Discount on dental services.
☎ 02 9894 6655
showground98@gmail.com
www.showgrounddentalcare.com.au
98 Showground Road, Castle Hill NSW

Signature Smiles Dental
20% off regular prices.
☎ 02 6255 7800
info@signaturesmilesdental.com
www.signaturesmilesdental.com.au
T117/43 Hibberson Street, Gungahlin ACT
Trading Hours
Monday to Friday 8am - 6pm
Saturday 8am - 2:30pm

10% Discount for Senior & Pension Card Holders

Our Services include:
* Check-up & Clean
* Fillings
* Crowns & Bridges
* Root Canal Therapy
* Cosmetic Dentistry
* Dental Implants
* Teeth Whitening
* Extractions
* Dentures
* Implant Supported Dentures

We are Preferred Providers For

Veterans’ Affairs welcome

Go to actseniorscard.org.au to see all current and new discount offers
The Denture Clinic
5% Seniors Card discount on all item codes, services and products.
thedentureclinicreception@gmail.com
www.thedenturecliniccanberra.com.au

Tuggeranong
Suite 8A, Tuggeranong Square, Cnr Anketell and Reed Streets, Greenway ACT
02 6293 9442

Fyshwick
Unit 7c 52-58 Wollongong Street, Fyshwick ACT
02 6280 6631

Vogue Dental
10% discount on everything except ongoing specials.
02 6291 5533
www.voguefamilydental.com.au
2/26 Benham Street, Chisholm ACT

Weston Dentistry
10% discount.
02 6287 2889
westondentistry01@gmail.com
www.westondentistry.com.au
15/41-43 Liardet Street, Weston ACT
Dry Cleaners and Laundromats

AAA Discount Alterations
10% off alterations for ACT Seniors Card holders.
02 6293 4949
thuyqntk@gmail.com
205 Anketell Street, Greenway ACT

Ainslie Laundrette
10% discount each visit.
02 6162 4150
sales@ainslielaundrette.com.au
www.ainslielaundrette.com.au
3 Edgar Street, Ainslie ACT

Clean Touch Dry Cleaners
15% discount on normal retail dry cleaning.
Excludes other offers and specials.
02 6255 1253
cleantouchdrycleaners@gmail.com
www.cleantouchdrycleaners.com.au
Shop 6, 118 Hardwick Crescent, Holt ACT

Kippax Alterations
10% off all alterations for ACT Seniors Card holders.
0432 493 057
pheaphatdiep@gmail.com
Shop 7, Scott Chambers, 12 Hardwick Crescent
Kippax ACT

R&R Fabricare Services
10% off dry-cleaning services.
02 6286 3695
enquiries@rrfabricare.com
www.rrfabricare.com
Southlands Shopping Centre, Mawson ACT
Electrical Services

Canberra Antennas
15% on all services for ACT Seniors Card holders.
📞 1800 443 700
info@canberraantennas.com.au

Draught Proofing Canberra
Inverter anti-islanding testing as required by Evoenergy. Save 7%. Normally $144, save 7% and pay only $134 for Seniors Card holders.
📞 0468 424 491
sparkie1953@gmail.com

Inspire Electrical Group
10% discount off labour for Seniors Card holders.
📞 0411 436 579
inspireelectricalgroup@gmail.com

Mayner & Cochran
10% discount to Seniors Card holders for all in home or workshop repairs and spare parts.
📞 02 6280 6833
service@maynerandcochran.com.au
1/86 Townsville Street, Fyshwick ACT

Superb Electrics
10% discount on all visits/callouts.
📞 0422 629 795
alex@superbelectrical.com.au
17 Banner Street, O’Connor ACT
Entertainment

Ardanien Entertainment
10% discount (normal terms and conditions apply).

02 6169 6845
info@ardanien.com.au
www.ardanien.com.au

COTA ACT
Gold coin admission to COTA ACT Seniors Week events - including the Chief Minister’s Concert and the ACT Seniors Week Expo.

02 6282 3777
events@cotaact.org.au
www.cotaact.org.au
Hughes Community Centre, 2 Wisdom Street, Hughes ACT
With a fantastic variety of events, activities and exhibitions for all seniors, Seniors Week is a week packed with fabulous activities!

In 2020
Seniors Week - 23-29 March 2020
Seniors Week Expo - 26 March 2020

In 2021
Seniors Week - 15-21 March 2021
Seniors Week Expo - 18 March 2021

PLUS
Keep up to date with what’s happening for older people in the ACT - visit our website www.cotaact.org.au, sign up to our monthly E-News or like us on Facebook!

Love later life
ACT Seniors Week
23-29 March 2020
15-21 March 2021

All participant’s discounts are open to all Australian-issued Seniors Card holders.
Financial Services

**ACT Tax Agent Services**
5% off all tax services for Seniors Card holders.

📞 02 6101 7823
robert@acttaxagents.com.au
www.acttaxagents.com
1a 2-14 Hughes Place, Hughes ACT

**Australian Investment Professionals**
33% discount from Standard Statement of Advice Fee, subject to further negotiation.

📞 02 6290 1496 Ext 2 or 0491 460 164
ingrid@atp.net.au
www.Aust-Investment-Professionals.com.au
Suite 1, 53 Dundas Court, Phillip ACT

**H&R Block Tax Accountants**
10% of the base (standard) fee for seniors.

📞 13 23 25
www.hrblock.com.au
Ground floor, Ethos House, 28 Ainslie Place, Canberra ACT
Unit 2, 7-11 Botany Street, Phillip
Unit 1, 32 Lonsdale Street, Braddon
Unit 14, 25-35 Lathlain Street, Belconnen
Unit 5, 175 Anketell Street, Tuggeranong
Shop 122, Gunghalin Square, 43 Hibberson Street, Gungahlin
Unit 10, 169 Newcastle Street, Fyshwick
Unit 2, 7-11 Botany Street, Phillip

**H&R Block Tuggeranong**
10% off fee for tax returns.

📞 02 61214200
tuggeranong@hrblock.com.au
5/175 Anketell Street, Tuggeranong ACT
Independent Care Solutions
Aged care navigation, placement and aged care financial advice.

0422 004 198
info@icares.com.au
www.icares.com.au
17 Torrens Street, Braddon ACT

MEB Services
Seniors Card holders receive 5% off all charges.

02 6101 7823 or 0426 719 576
markebrownepharlap@gmail.com
Unit 1A, 2-14 Hughes Place, Hughes ACT

Phillips Wealth Partners
Holistic Fee only, Financial Advice and Aged Care accredited specialists.

0420 460 483
info@phillipswp.com.au
www.phillipswp.com.au
17 Torrens Street, Braddon ACT

Independent Care Solutions offers specialist advice to help you understand and navigate the complexities and substantial costs of aged care; whether it is in the home, residential care or retirement village.

Call Luisa for helpful and practical guidance on how to best prepare for this stage of life.

www.icares.com.au
info@icares.com.au
0422 004 198

All participant’s discounts are open to all Australian-issued Seniors Card holders.

49
Are you feeling concerned about your financial options for your future care?

We are here to help.
Your Aged Care Specialist can guide and support you and your family, to make informed decisions about the lifestyle that meets your needs.

Please visit our website, or call us to have a chat about your options.

RetireInvest Canberra
33% off any placement of investment fee.

02 6260 3232
service@riwoden.com.au
riwoden.com.au
18 Corinna Street, Woden ACT

Shield Wealth
10% discount for both aged care and independent living advice.

02 6274 0400
www.shieldwealth.com.au
Unit 4, Level 1, 113 Canberra Avenue, Griffith ACT

Stellar Super
10% off Tax, Compliance and Audit services for the first year of support.

02 6274 0400
www.stellarsuper.com.au
Level 1, 113 Canberra Avenue, Griffith ACT
All participant’s discounts are open to all Australian-issued Seniors Card holders.

**TaxAssist Accountants**
10% for Seniors Card holders.

📞 02 6551 7303
graham@accountantsandmore.com.au
228 Victoria Street, Taree NSW

**Wybrow & Associates**
Aged Care specialist advice.

📞 02 6162 4100
office@wybrow.com.au
www.wybrow.com.au
5/8 Phipps Close, Deakin ACT

---

**HOUSING OPTIONS**

If you need help with housing issues we can advise on:

- Navigating My Aged Care
- Staying in your own home
- Ways to access equity in your home
- Downsizing to a smaller home
- Retirement Villages
- Residential Aged Care
- Public and private housing options

For more information and booking contact the COTA ACT Housing Options Advisor on 02 6287 3777

---

COTA AUSTRALIAN CAPITAL TERRITORY
Florists

Kingston Florist ACT
10% extra of total value of flowers orders. Seniors Card number required on order.
02 6295 0508
kingstonflorist@westnet.com.au
Shop 5, 22 Jardine Street, Kingston ACT

Petals Network
1800 888 668
partners@petalsnetwork.com
86 A Beardy Street, Armidale NSW
Food Delivery Services

Lite n’ Easy
Save 5% on everyday delivery.
☎ 13 15 12
privacy@liteneasy.com.au
www.liteneasy.com.au

Tender Loving Cuisine
20% on first order and 5% to 13% on ongoing orders.
☎ 1800 801 200
clientservices@tlc.org.au
www.tlc.org.au
Suite 105, 166 Great North Road, Five Dock NSW

We can help with:
- Advice, information and referrals
- Assistance accessing appropriate and affordable housing and home care
- ACT Seniors Card and Discount Directory
- ACT Seniors Week and Seniors Week Expo
- Speakers on health, lifestyle and housing
- Free appointments to for advice on a range of issues
The secret to ageing well is simple.

**Eat well.**

A good diet can help reduce the risk of high blood pressure, heart disease and some cancers. And as we get older, our energy requirements change and a good diet is one that has more nutrients.

At Lite n’ Easy, all our delicious meals are perfectly portioned and packed full of all the nutrients your body needs. And they’re all delivered to your door for your convenience.

**Senior’s Card Special**

Call 13 15 12 now and we’ll give you 15% off your first delivery plus 5% off every order moving forward.

Save 15% on your first delivery.

**Lite n’Easy**

liteneasy.com.au | 13 15 12

Conditions apply. Offer cannot be used online.
Tender Loving Cuisine offers 65 nutritionally balanced meal choices, many of which are Heart Friendly, Diabetes Friendly and Gluten Free.

❤ 5% to 13% discount on additional orders for Seniors Card, Diabetes and Coeliac Members

❤ Do you have a Home Care Package? Speak with your Case Manager about TLC delivered meals.

❤ Registered NDIS Meal Provider

❤ Delivery to over 3,200 suburbs across NSW, ACT, VIC and QLD

CALL TODAY ON 1800 801 200 or order online www.tlc.org.au

Introductory offer for new customers
5 delicious meals from $55 or 10 meals from $105
EziFunerals
Get FREE independent, trustworthy and unbiased third party advice to help you organise your funeral needs from the privacy of your own home. We will help you plan your funeral, compare funeral homes and select the right Director. Please call or visit our website.

☎ 1300 236 402
support@ezifunerals.com.au
www.ezifunerals.com.au
Online Australia Wide

Gathered Here Pty Ltd
Gathered Here is Australia’s largest funeral comparison website. Compare funeral homes or request quotes from local funeral directors for free. For more information visit our website: www.gatheredhere.com.au.
enquiries@gatheredhere.com.au
www.gatheredhere.com.au

Grave Keepers
Ask about our discount for Australian Seniors Card holders. Terms and Conditions apply.

☎ 02 6259 0344 or 0448 329 200
gravekeepersact@bigpond.com
www.gravekeepers.com
50 Brebner Street, Evatt ACT
Tobin Brothers
Ask about our discount for Australian Seniors Card holders. Terms and conditions apply.
Kingston 02 6295 2799
Belconnen 02 6251 2344
Queanbeyan 02 6297 1546
Tuggeranong 02 6293 3177

White Lady
Ask about our discount for Australian Seniors Card holders. Terms and conditions apply.
Kingston 02 6239 7023
Belconnen 02 6251 4369
Queanbeyan 02 6299 2627
Tuggeranong 02 6293 3199
HAIR AND BEAUTY

Hair and Beauty

**Acacia Hair Designs**
10% discount on services only (excludes products).

☎ 02 6241 3203  
acacia@iinet.net.au  
www.bentleysofcanberra.com.au  
Shop 1, Gwydir Square, Kaleen ACT

**Aqua Hair**
10% discount on services only (excludes products).

☎ 02 6251 2103  
aquahair@grapevine.com.au  
www.bentleysofcanberra.com.au  
Shop 4, Cook Place, Cook ACT

**Beauty Bar International**
10% discount on services only (excludes products).

☎ 02 6253 4488  
beautybar@grapevine.com.au  
www.bentleysofcanberra.com.au  
Shop A08, Jamison Plaza, Bowman Street, Macquarie ACT

**Bensons Hair of Curtin**
10% discount on services only (excludes products).

☎ 02 6281 4286  
bensonshair@grapevine.com.au  
www.bentleysofcanberra.com.au  
Shop 9, Curtin Place, Curtin ACT

**Bentleys Hair at Red Hill**
10% discount to Seniors Card holders on services only (excludes products).

☎ 02 6260 6731  
bentleysredhill@iinet.net.au  
www.bentleysofcanberra.com.au  
Unit 2/1-11 Duyfken Pl, Red Hill ACT
Bentleys Hair of Canberra - Jamison
10% discount on services only (excludes products).

☎ 02 6251 2681
bentleyshair@grapevine.com.au
www.bentleysofcanberra.com.au
Shop A07, Jamison Plaza, Bowman Street, Macquarie ACT

Bliss Haven Day Spa
10% discount to Seniors Card holders. Not available with any other offer. Minimum spend of $50.00.

☎ 02 6242 8878
blishavendayspa28@gmail.com
www.blisshavendayspa.com
Shop 8, Goldcreek Cultural Centre, 39 O’Hanlon Place, Nicholls ACT

When there are Skincare Questions..
.. we have answers for

* Reducing the visible signs of ageing
* Improving skin elasticity & texture
* Permanent hair reduction
* Clinically proven skin rejuvenation
* Relaxation massage
* Wrinkles & age spots
* Products and treatments

On Mondays & Tuesdays
Present your Seniors Card for a 10% discount on all Day Spa treatments

Elegant Image
Four Seasons House
Shop 14/191-203 Anketell St Tuggeranong ACT 2900

02 6293 2992
www.elegantimage.com.au

Bookings are essential

All participant’s discounts are open to all Australian-issued Seniors Card holders.
Coco’s Hair & Beauty
10% discount on services only (excludes products).

02 6241 1510
cocoshair@hotmail.com
www.bentleysofcanberra.com.au
Shop 4, Watson Place, Watson ACT

Elegant Image Skin Body & Day Spa Centre
10% discount on all Elegant Image services every Monday and Tuesday (public holidays excepted).

02 6293 2992
info@elegantimage.com.au
www.elegantimage.com.au
Shop 14, Four Seasons House 191-203 Anketell Street, Greenway ACT

Enhance Skin Care
20% off anti-age facials before 4pm Monday to Wednesday.

02 6247 2100
jskincare@homemail.com.au
www.enhanceskincare.com.au
Ground Level, Suite 106, 40 Allara Street, Canberra City ACT

Hair in the City
20% off all services Tuesday and Wednesday.

02 6287 7892
hairinthecitycanberra@gmail.com
www.hairinthecity.com.au
Chapman Shopping Centre, Perry Drive, Chapman ACT

Just Cuts
Present Seniors Card for a Style cut for only $25 - valid Monday to Friday at Just Cuts Belconnen, Woden and Cooleman Court.

www.justcuts.com
Shop 20 Westfield, Belconnen Mall 02 6251 3351
Shop 61 Westfield, Woden 02 6282 8446
Cooleman Court, Weston 02 6162 2963
All participant’s discounts are open to all Australian-issued Seniors Card holders.

**Just Cuts**  
$29.00 Style cuts.  
Anketell Street, Greenway ACT 02 6293 4240  
Hibberson Street, Gungahlin ACT 02 6241 8069  
Bunda Street, Canberra City ACT 02 6257 8180

**Narrabundah Hair Studio**  
Ask in store for our seniors discount.  
02 6295 7154  
narrabundahhairstudio@gmail.com

**Natural Beauty Centre**  
10% off for Seniors Card holders.  
02 6248 0490  
naturalbeautycentre@hotmail.com.au  
First Floor, 29a/27 Lonsdale, Street, Braddon ACT

**Pure Hair Extensions**  
20% discount off all human hair wigs. Please visit our website www.purehairextensions.com.au.  
0432 949 641  
sales@purehairextensions.com.au  
1 Agnew Way, Subiaco WA

**Sibu Beauty**  
Every Tuesday at both our Salons we offer 10% of services when you present your Seniors Card. Terms and Conditions apply. Valid only for treatments.  
sibu.beauty@gmail.com  
www.sibubeauty.com.au Online bookings available  
64 Kelleway Avenue, Nicholls ACT 02 6241 4115  
56 Abena Avenue, Crace ACT 02 6162 00397

**Slow Beauty Eco Salon**  
10% off services on Tuesdays.  
02 6156 4746  
connect@slowbeauty.com.au  
slowbeauty.com.au/  
4 Hart Street, O’Connor ACT
Ultimate Skin and Beauty
Save 10% off any full priced service, Monday to Friday from 9:30am to 2:30pm. We have highly trained therapists and great treatments at affordable prices. Visit our website for more details www.ultimateskinandbeauty.com.au.

0431 584 682
ultimateskinandbeauty@gmail.com
Shop 3, 16 Hardwick Crescent, Holt ACT

Xanthus Hair
10% discount on services only (excludes products).
xanthushair@grapevine.com.au
bentleysofcanberra.com.au
Shop A02 Jamison Plaza, Bowman Street, Macquarie ACT
Health and Fitness

Align and Balance
Class costs $18.00 Seniors Card class cost $14.00 - just over a 20% discount.

0415 524 953
nicky@alignbalance.com.au
www.alignbalance.com.au
Bonython Neighbourhood Hub, Barr Smith Avenue, Bonython ACT

Anytime Fitness Lanyon
50% off joining fee and discounted rate of $16.15 per week.

02 6284 7227
lanyon@anytimefitness.com.au
www.anytimefitness.com.au
12 Sidney Nolan Street, Conder ACT

Body Basics Health and Fitness Queanbeyan
Discounted seniors membership $30 per fortnight and no lock in contract. $10 casual visit for Active Seniors classes or $99 for 15 visit pass.

02 6297 7788
margaret@bodybasics.net.au
www.bodybasics.net.au
5-9 High Street, Queanbeyan, NSW

Body Intelligence
10% off sessions. Excludes equipment and products.

0432 891 393
pilates@bodyintel.com.au
www.bodyintel.com.au
1/1-5 Woolley Street, Dickson ACT
**Align & Balance**
Creating Healthier Lifestyles

**Strengthening 50+ Classes help:**

- Increase lean muscle mass.
- Alleviate back, knee, hip and shoulder issues by mobilising the joints.
- Combat risk factors for falls and injuries.
- Improve posture and balance.
- Reduce the risk of osteoporosis by maintaining bone density.
- Manage arthritis and other chronic conditions.
- Ward off depression and low self esteem.
- Improve motor skills and hand eye co-ordination.
- Assist in a healthier, robust and enjoyable life.

**Cost:** Seniors $14 per class (normally $18)
**Location:** Bonython Neighbourhood Hub

Nicky, your instructor has been specially trained by physiotherapists at St George Hospital in collaboration with Fitness Australia to provide this program in the ACT.

**Nordic Walking**
**Pilates Fusion**
**Strengthening 50+ Stretch Classes**

Seniors discount on all classes.
Visit our website for more information

nicky@alignbalance.com.au
Canberra Dance Theatre
CDT is a not-for-profit community dance organisation which has been offering classes in a range of styles for everybody over 16 for more than 40 years. Seniors membership $35 (20% discount), 15% discount on all regular classes including GOLD classes (for people over 55).

0435 025 365
canberradancetheatre@gmail.com
www.canberradancetheatre.com
1 Kingsley Street, Canberra City ACT

Capital Nordic Walking
Low-impact, high-results, total-body fitness. Stability for mobility: Safer, Stronger, Together. Full course discounted from $150.00 to $130.00. Private lessons discounted from $100.00 to $85.00.

0499 993 215
hello@capitalnordicwalking.com.au
www.capitalnordicwalking.com.au

Curves
7 day free trial for Seniors Card holders.
info@curvesbelconnen.com.au
Curves Belconnen
8-10 Bowman Street, Jamison Centre Belconnen ACT 02 6251 1111
Curves Harrison (Gungahlin)
70 Nullarbor Avenue, Harrison ACT 02 6255 5916
Curves Weston
Brierly Street, T3, Cooleman Court Shopping Centre Weston ACT 02 6288 8333
Curves Wanniassa
Units 19 and 25, Sangster Place, Wanniassa ACT 02 6296 7415
Elite Supps
15% off, applicable at all Elite Supps stores.
enquiries@elitesupps.com.au
www.elitesupps.com.au
Elite Supps Woden
Lvl 1, Westfield Woden, Keltie St, Woden ACT
02 6281 5563
Elite Supps Tuggeranong
205 Anketell St, Tuggeranong ACT
02 6293 9853
Elite Supps Fyshwick
2/88 Newcastle St, Fyshwick ACT
02 6239 1222
Elite Supps Canberra City
Shop 5/75 Garema Place, Canberra ACT
02 6257 8444
Elite Supps Gungahlin
33 Hibberson Street, Gungahlin Marketplace
Gungahlin ACT
02 6242 6606
Elite Supps Belconnen
Shop 48A Lvl 2, Westfield Belconnen, Benjamin Way, Belconnen ACT
02 6251 7717
Elite Supps CISAC (Club Lime)
100 Eastern Valley Way, Bruce ACT
02 6253 1888

**Fernwood Tuggeranong**
Zero joining fee! 20% off and no lock in contracts. Lite pace classes and walking group with options for all fitness levels. NDIS registered.
02 6293 2600
tuggeranong@fernwoodfitness.com.au
www.fernwoodfitness.com.au
Cnr Soward Way and Scollay Street, Tuggeranong ACT

**Heart Foundation Walking**
Free walking groups.
13 11 12
walking@heartfoundation.org.au
www.walking@heartfoundation.org.au

Go to actseniorscard.org.au to see all current and new discount offers
All participant’s discounts are open to all Australian-issued Seniors Card holders.

HRD (Australia)
A 25% discount on all clinic services for Seniors Card holders.

☎ 0422 967 969
hrdcanberra@gmail.com
Glass Place, Kambah ACT

Keisari
10% off storewide for ACT Seniors Card holders using promo code ACTSC10 at the checkout.

info@keisari.com.au
www.keisari.com.au
HEALTH AND FITNESS

My HeartBeats - AQUA Deakin Wed 11am
First class $7 towards pool entry (normally $15.00 per class).

📞 Donna O’Brien OAM 0412 026 111

cpmdonna@gmail.com

King Swim, Unit 17e, 2 King Street, Deakin ACT 2600
Bookings necessary for aqua classes (venue changes Dec-Mar). Wednesday 11am (Exercises in water - 1 hour)
$15 per class or $125 for 10 classes

My HeartBeats - AQUA Tuggeranong
First class $5 to cover pool entry (normally $15.00 per class).

📞 Donna O’Brien OAM 0412 026 111

cpmdonna@gmail.com

Tuggeranong Lakeside Family Pool, Corner of Anketell St and Athlon Drive, Greenway ACT (April - Nov)
Bookings necessary for aqua classes (venue changes Dec-Mar)
Saturday 2.15pm (Exercises in water - 1 hour) $15 per class or $125 for 10 classes

My HeartBeats - Hughes Gentle Exercises
First class free (or pay half price for first two classes).

📞 Donna O’Brien OAM 0412 026 111

cpmdonna@gmail.com

Hughes Community Centre, Main Hall, Cnr Wisdom, Groom and Whittle Streets, Hughes ACT
Monday 9:30 am or 10:45 am
$10 per class or $80 for 10 class pass

My HeartBeats - Weston Fitballs & Floor

📞 Donna O’Brien OAM 0412 026 111

cmpdonna@gmail.com

Weston Creek Community Centre, Room 1 or Main Hall, 8 Parkinsons Street, Weston ACT 2611. 9:30am Thursday
$85 for 10 class pass or $10 per class
• Providing evidence based, progressive strength training for people 50+ years
• Improve health outcomes, quality of life and fitness for older people with a focus on strength and balance training
• Delivers affordable, high quality, results orientated, sustainable opportunities for strength training
• Promotes social inclusion and engagement in a supportive environment with instructors and participants as an effective intervention for those affected by social isolation

Call COTA ACT 02 6282 3777 for times and locations of sessions in the ACT
My HeartBeats - Weston Gentle Exercises
First class free (or pay $5/class for first two classes).

Donna O’Brien OAM 0412 026 111
cpmdonna@gmail.com
Weston Creek Community Centre, Main Hall, 8 Parkinsons Street, Weston ACT 2611. Tuesday 11:30 am or Thursday 9:30 and 11:00 am. $85 for 10 class pass or $10 for one class per week or $9.50/class for two classes per week

Pilates Can Manuka and Woden
2 Bonus sessions with first 10 or 12 standard pack of Pilates sessions purchased. New clients only.

0419 777 477
david@pilatescan.com.au
www.pilatescan.com.au
Units 17/18 Level 1, Manuka Arcade, 22 Franklin Street, Manuka ACT
Canberra Health Point, Wilbow Street, Phillip ACT

Studio Shemewe
The Art of Self Loving Group for Women creates a culture for women to practise and be supported, validated and encouraged by other women to love, care and express themselves more fully. $50.00 discount for Seniors Card holders.

0432 700 390
29-31 Colbee Court, Phillip ACT

YMCA Chifley Health and Wellness Centre
Seniors Card holders will have 1 week added to their membership when they book an initial consultation with an exercise physiologist.

02 6281 0124
yfitness.can@ymca.org.au
canberra.ymca.org.au
9/71 Maclaurin Crescent, Chifley ACT
Zen Green Tea
10% off for Seniors Card holders on all Zen Green Matcha Tea products and free Australia-wide shipping. Simply use coupon “SENIOR” at checkout. Matcha contains 137 x the antioxidants in standard green tea and helps increase energy, boost the metabolism and support the immune system.
hello@zengreentea.com.au
zengreentea.com.au
HEARING SERVICES

Hearing Services

Blamey Saunders hears
10% off hearing aids. Not to be used in conjunction with any other offer.

📞 1300 443 279
info@blameysaunders.com.au
364 Albert Street, East Melbourne VIC

Bloom Hearing Specialists
10% off Evoke Hearing Aids. Complimentary hearing health check and 7 day trial.

📞 1800 777 659
canberra@bloomhearing.com.au
www.bloomhearing.com.au
1 Farrell Place, Canberra City ACT
Unit 3, 7 Napier Close, Deakin ACT
2/42 Clifford Street, Goulburn 2580

Canberra Audiology
$20 discount on your first appointment.

📞 02 6156 4474
kim@canberraaudiology.com.au
canberraaudiology.com.au/
1/19 Napier Close, Deakin ACT

Helen King Hearing Solutions
10% discount on all hearing services, including Hearing Aids, hearing tests and consultations.

📞 02 6162 4545
helen@hkhearingsolutions.com.au
www.hkhearingsolutions.com.au
1/30 Bougainville Street, Manuka ACT
All participant’s discounts are open to all Australian-issued Seniors Card holders.

**AG Gardening & Lawn Services**
Up to 20% discount for Seniors Card holders on gardening and lawn services.

📞 0406 861 286
agallgardens@gmail.com

**Al Gardner**
10% Seniors Card discounts, fully equipped, insured and guaranteed.

📞 0449 898 527
algardenr@yahoo.com

**Better Home Maintenance**
10% on labour.

📞 0413 133 880 7 Days

**Goodwin Aged Care Services**
Live-in care focussed on quality of life, with quality clinical oversight and 24/7 inhouse nursing. The better life choice.

www.goodwin.org.au
Residential care sites at Ainslie, Farrer and Monash
02 6175 5192
Home care services and day clubs
02 6175 5650
Independent living at Ainslie, Farrer, Monash and Crace
02 6175 5000

**IRT at Home**
Free consultation on home help with transport, maintenance, carer support, help around the home, shopping, personal care and social support.

📞 1800 024 915
customerservice@irt.org.au
www.irt.org.au
Hughes Community Centre
Hall & Room Hire

Hall: seats up to 140 theatre-style
Room 2: seats up to 25
Room 3: seats up to 45

The main Hall has a wooden floor suitable for many dance schools.
Other rooms are carpeted.
Chairs, tables and kitchen facilities are available. These facilities may be hired on a casual or regular basis.

Hughes Community Centre is managed by COTA ACT
Want to know more? Call our Facility Manager Robyn on 02 6282 3777.
All participant's discounts are open to all Australian-issued Seniors Card holders.
**HOME HELP**

**KinCare Pty Ltd**  
No lock-in contracts for Seniors Card holders.  
† 1300 733 510  
www.kincare.com.au  
Suite 1, 17 Napier Close, Deakin ACT

**Yard to Yard Fencing**  
10% discount to Seniors Card holders.  
† 0417 258 785  
yardtoyardfencing@gmail.com  
www.yardtoyardfencing.com

---

‘I choose a better quality of life.’

Keep the lifestyle you love, in the home you love, doing the things you love, as things change with age.

YOU’D BE SURPRISED WHAT HOME CARE CAN OFFER.  
6175 5650  
GOODWIN.ORG.AU

Go to actseniorscard.org.au to see all current and new discount offers.
All participant’s discounts are open to all Australian-issued Seniors Card holders.

AG Gardening & Lawn Services
Up to 20% discount for Seniors Card holders on gardening and lawn services.

0406 861 286
agallgardens@gmail.com

Al Gardner
10% Seniors Card discounts, fully equipped, insured and guaranteed.

0449 898 527
algardenr@yahoo.com

Alucom
5% discount for Seniors Card holders.

02 6280 7465
www.alucom.com.au
156-158 Gladstone Street, Fyshwick ACT

Aged Care In-Home Support Services
Live independently in your own home for longer with personalised support and care from Life Without Barriers, an experienced DVA, CHSP, NDIS, HCP, CASP provider.

Contact Life Without Barriers today to find out more.

T. 1800 935 483
E. agedcareservices@lwb.org.au
lwb.org.au

Home Maintenance and Improvement
Home Maintenance and Improvement

**Architect Windows**
10% off for double/triple glazed windows and installation.

📞 02 6284 3288  
jason.k@architechwindows.com.au  
www.architechwindows.com.au  
38 Paterson Parade, Queanbeyan NSW

**Auscert Building Certifiers**
5% discount for ACT Seniors Card holders.

📞 02 6113 9907  
info@auscertifiers.com.au  
www.auscertifiers.com.au  
PO Box 148 Calwell ACT

**Better Home Maintenance**
10% on labour.

📞 0413 133 880 7 Days

**Canberra Antennas**
15% on all services for ACT Seniors Card holders.

📞 1800 443 700  
info@canberraantennas.com.au

**Canberra Bathroom Renovations**
20% off labour.

📞 02 6288 8795  
82 Kalgoorlie Crescent, Fisher ACT

**Canberra Capital Garden Maintenance**
10% Discount to ACT Seniors Card holders.

📞 0400 290 000  
johnkyr@bigpond.com  

**Canberra Facilities Maintenance**
10% discount off the already highly competitive pricing. Discount is off the total amount of the bill.

📞 0457 188 902  
info.canberrafm@gmail.com

Go to actseniorscard.org.au to see all current and new discount offers
Every day in our retirement villages, aged care centres and in our customers’ homes, real relationships are being formed with the help of IRT.

Residential aged care
Personalised care and support.

Home care
Support at home to live independently.

Retirement villages
Active and independent living for over 55s.

We proudly support seniors to live their best life.

Call 134 478 or visit irt.org.au
CANBERRA BATHROOM RENOVATIONS

Affordable Luxury

- Easy turn ceramic taps and mixers to suit all locations
- Mobility friendly vanity and toilet suite replacements
- Safety grab rails to suit all wet areas
- Hand held shower rails and fittings
- Seniors bidets and accessories
- Safe toilet seats

CONVENIENT & SPECIALIST INSTALLATION SERVICES

- Specialist seniors and mobility bathroom alterations
- 1 day bathroom and ensuite renovation packages
- Wheelchair and disability modifications
- Minor and major bathroom upgrades and renovations

OFFICE & SHOWROOM
82 KALGOORLIE CRES, FISHER ACT 2611
(02) 6288 8795

ABN 55 602 313 566 • ACT Lic.200116015 • NSW Lic.194945C

Go to actseniorscard.org.au to see all current and new discount offers
CPS Solutions
10% off all maintenance works.
☎️ 0413 294 720
maintenance@cpssolutions.net.au
PO Box 3383 Weston Creek, ACT

Deep Clean Carpet Care
20% off carpet and lounge cleaning.
☎️ 0411 609 716
davron14@gmail.com
11 Riordan Street, Fadden ACT

Dirty Windows Done Dirt Cheap
Ask about our discount for Seniors Card holders.
☎️ 0417 929 018
dirtywindowsdonedirtcheap@gmail.com
www.dirtywindowsact.com.au
Draught Proofing Canberra
Inverter anti-islanding testing as required by Evoenergy. Save 7%. Normally $144, save 7% and pay only $134 for Seniors Card holders.

0468 424 491
sparkie1953@gmail.com

Easier Living Services
5% discount.

02 6280 4747
scott@easierliving.com.au
www.easierliving.com.au
1/47 Tennant Street, Fyshwick ACT

Econnex
Seniors Card holders get a $50 eWish Gift Card to compare and switch energy providers.

1800 013 000
info@econnex.com.au
Level 13, 33 George Street, Sydney NSW

Hydrokleen
10% discount.

07 5597 7749
info@hydrokleen.com.au
www.hydrokleen.com.au
Unit 1-10 Enterprise Street, Molendinar QLD

IdeallyClean
$5.00 off every cleaning service with a minimum 2 hour clean.

0431 243 325
ideallyclean@gmail.com
www.ideallyclean.com.au
5/15 Bond Street, Caulfield North VIC
Inspirations Paint
Seniors Card holders get up to 10% off.
markw1@emailme.com.au
www.InspirationsPaint.com.au
Anketell Street, Greenway ACT
02 6293 2292
4 Weedon Close, Belconnen ACT
02 6251 5083

Magnet Mart
5% off total invoice.
02 6281 1744
www.homehardware.com.au
101-103 Hindmarsh Drive, Phillip ACT

Magnetite
5% discount for Seniors Card holders.
02 6255 7220
canberra@magnetite.com.au
www.magnetite.com.au
Unit 7, 91-93 Grimwade Street, Mitchell ACT

Malplas UPVC Australia Pty Ltd
5% Discount for Seniors Card holders.
02 6239 2993
sales@malplas.com.au
4 Pirie Street, Fyshwick ACT

Mayner & Cochran
10% discount to Seniors Card holders for all in home or workshop repairs and spare parts.
02 6280 6833
service@maynerandcochran.com.au
1/86 Townsville Street, Fyshwick ACT
SAVE
with the over 50s insurance specialists

At Australian Seniors we provide real value for money without compromising your protection. We make it our business to offer you insurance options with benefits that meet your needs AND reward your experience.

Call 1300 264 313 today or visit seniors.com.au

1Offer valid for new Car Insurance policies purchased online, savings in first year only. Up to 20% discount consists of a 10% online discount, a 5% discount if you exclude drivers under 25 years of age, and 5% discount for Seniors Card holders. Standard underwriting criteria and minimum premiums apply, which may reduce savings discount.

2Offer valid for new Home or Contents Insurance policies purchased online, savings in first year only. Up to 30% discount consists of a 10% online discount, 10% combined Home & Contents discount and a 10% discount for Seniors Card holders. Standard underwriting criteria and minimum premiums apply, which may reduce savings discount.

310% saving for online applicants for all new Travel policies, savings in first year only.
Save up to 20% when you buy online¹

**Car Insurance**
- Personalised cover to fit your lifestyle – and only pay for what you need
- Choose the level of excess to keep premiums low
- 14 day money back guarantee

Save up to 30% when you buy online²

**Home Insurance**
- Simple and easy to understand cover – protecting your home and belongings
- Flexibility to choose your level of excess
- 14 day money back guarantee

Save 10% when you buy online³

**Travel Insurance**
- Plan options for Domestic or International travel
- Apply with ease, and choose a level of cover that suits you
- 24/7 worldwide emergency assistance

This is general information and does not take into account your financial situation. All products are promoted and distributed by Australian Seniors Insurance Agency, a trading name of Greenstone Financial Services Pty Ltd (ABN 53 128 692 884, AFSL 343079). The insurer for Car, Home, Landlords and Travel Insurance products is The Hollard Insurance Company Pty Ltd (ABN 78 090 584 473, AFSL 241436). Please consider the Product Disclosure Statement available at seniors.com.au.

H1042_AUS_ACTSD_CHT_CPS_19/20
Neeki Designs; The ‘Wonder Sheet’
A unique style of fitted sheet that was designed for a loved one to make turning over in bed easier. Whether due to illness or a mobility issue, sometimes turning over and getting in and out of bed becomes difficult. You can enhance your independence, increase your morale and be more comfortable in bed using the Wonder Sheet. The Wonder Sheet can benefit anyone of any age including the young. Conditions including but not limited to; Parkinson’s disease, MS, Chronic Arthritis, Stroke, Hip, knee or shoulder surgery, Ongoing chronic illness, pain & disability. Free postage within Australia for Seniors Card holders.

☎ 07 5591 1629
info@neeki.com.au
www.neeki.com.au
PO Box 490 Chirn Park QLD
all participant’s discounts are open to all Australian-issued Seniors Card holders.

**Scrubbers Carpet Cleaning**
10% off all services for Seniors Card holders. 20% discount if two or more services are booked for the same time e.g. carpet cleaning and upholstery cleaning.

📞 0411 451 130
info@scrubberscarpetcleaning.com.au
scrubberscarpetcleaning.com.au

**Solace Creations Double Glazers**
Free window clean for Seniors Card holders.

📞 02 6260 1621
www.solacecreations.com.au
17 Townsville Street, Fyshwick ACT

**Taqwa Painting**
10% off labour (all quotes free).

📞 0451 031 550
taqwapainting@gmail.com

**Yard to Yard Fencing**
10% discount to Seniors Card holders.

📞 0417 258 785
yardtoyardfencing@gmail.com
www.yardtoyardfencing.com

---

Did you know that 30% of your wall space is windows and doors... space that is costing you money. Double glazed windows and doors will keep your home warmer in winter and cooler in summer, allowing in the natural light and warmth and saving you hundreds of dollars in energy bills.

Pop in and see us at our new Mega Store 17 Townsville Street, Fyshwick or call us on 6260 1621

Solace Creations is a local business that is focused on changing the face of homes in Canberra.

Open weekdays 9 to 5 and Sat 9 to 1
www.solacecreations.com.au
HOUSING OPTIONS

If you need help with housing issues we can advise on:

• Navigating My Aged Care
• Staying in your own home
• Ways to access equity in your home
• Downsizing to a smaller home
• Retirement Villages
• Residential Aged Care
• Public and private housing options

For more information and booking contact the COTA ACT Housing Options Advisor on 02 6287 3777
Housesitting

Joy’s Reliable Housesitting & Pet Care
Free Service.

📞 0439 464 734
joyreddy123@dodo.com.au

Pets & Positive Ageing
An emergency contact card for seniors with pets.
secretary@petsandpositiveageing.com
www.petsandpositiveageing.com
PO Box 400, Curtin ACT
Access Canberra
Service Centres provide many services including drivers licences, working with vulnerable people licences, proof of age cards and Seniors Cards. New or replacement Seniors Cards, application forms and Directories are available from the following locations.

13 22 81
www.act.gov.au/accessCBR
Belconnen, Swanson Plaza
Gungahlin, 125 Gungahlin Place
Tuggeranong, Homeworld Centre
Woden, Level 3, Cosmopolitan Centre (Woden Town Square entrance) 21 Bowes Street

Flexible Bus Service
Free service for the over 70’s within zones between 9:30am - 1:30pm.
Wheelchair accessible mini-bus.
Local shopping and medical centre drop-off.

13 17 10
www.transport.act.gov.au

Libraries ACT
New and replacement Seniors Cards and the ACT Seniors Card Discount Directory are available from ACT libraries.

02 6205 9000
www.library.act.gov.au
Belconnen, 12 Chandler Street
Civic, Civic Square
Dickson, Dickson Place
Erindale, McBryde Crescent
Gungahlin, Hibberson Street
Kingston, Giles Street
Kippax, Hardwick Crescent
Tuggeranong, Cowlishaw Street
Woden, Corinna Street
Fyshwick, 255 Canberra Avenue (ACT Heritage Library)
All participant’s discounts are open to all Australian-issued Seniors Card holders.

ACT Seniors Information Line
02 6282 3777

The Seniors Information Line is a Canberra-wide information and referral service for ACT seniors, families, friends, grandparents and carers.

We can help you with Seniors Cards and discounts, social activities, aged care and retirement options, household assistance, transport, community and government services – and more!

Email contact@cotaact.org.au or phone 02 6282 3777.
Insurance

**Australian Seniors Insurance Agency**

Up to 30% off Home Insurance, 20% off Car Insurance and 10% off Travel Insurance.

📞 13 13 43
service@seniors.com.au
www.seniors.com.au
PO Box 6728, Baulkham Hills, NSW

**COTA Insurance**

Up to 10% off selected insurance.

📞 1300 1300 50
insurance@cota.com.au
www.cota.com.au
16 Hutt Street, Adelaide SA

**Easy Travel Insurance**

Save an extra 10% on our already discounted rates at Easy Travel Insurance - Specialists in all travel insurance needs for seniors of any age.

info@easytravelinsurance.com.au

**Fast Cover Travel Insurance**

10% off travel insurance. Issued by Hollard Insurance. Consider the PDS. Not to be used in conjunction with any other offer.

📞 1300 409 322
info@fastcover.com.au
fastcover.com.au/SeniorsCardACT
Level 31, 31 Market Street, Sydney NSW

**MEB Services**

Seniors Card holders receive 5% off all charges.

📞 02 6101 7823 or 0426 719 576
markebrownepharlap@gmail.com
Unit 1A, 2-14 Hughes Place, Hughes ACT

**RentalCover.com**

30% off all car rental. Email support@rentalcover.com for your exclusive discount code.

📞 02 81884745
support@rentalcover.com
www.rentalcover.com/

Go to actseniorscard.org.au to see all current and new discount offers
All participant’s discounts are open to all Australian-issued Seniors Card holders.

1300 1300 50
cota.com.au

Offer valid over the phone only, excludes online enquiries, until Dec 31st 2019 for Seniors Card members who mention this ad. Insurance and Membership Services Ltd ABN 59 057 159 743 trading as COTA Insurance, arranges all insurance as an Authorised Representative of the insurer Allianz Australia Insurance Limited (Allianz) ABN 15 000 122 850 AFSL 234708 except travel insurance which is arranged as an Authorised Representative (AR No 246235) of nib Travel Services (Australia) Pty Limited ABN 81 115 932 173, AFS Licence No. 308461. We do not provide advice based on any consideration of your objectives, financial situation or needs. Policy terms, conditions and exclusions apply. Before making a decision about insurance, please consider the Product Disclosure Statement available by calling 1300 1300 50. If you purchase insurance COTA receives commission which is calculated as a percentage of your premium. Ask us for more information. Rounding adjustments and financial institution transaction fees may apply. *10% discount applies to new policies only, does not apply to renewals of existing policies. The discount is applied to our standard rates (excluding optional covers) and are for the first year’s premium only (unless otherwise stated). Other discounts may apply for customers who apply for insurance via other methods. Minimum premiums may apply. Any discounts/entitlements may be subject to rounding and only apply to the extent any minimum premium is not reached. If you are eligible for more than one, we also apply to each of them in a predetermined order to the premium (excluding taxes and government charges) as reduced by any prior applied discounts/entitlements. Discounts may not be applied to the premium for optional covers.
Home & Contents Insurance designed for the over 50s

Save up to 30% when you buy online*

✔ Simple and easy to understand cover – protecting your home and belongings
✔ Flexibility to choose your level of excess
✔ 14 day money back guarantee

Call 1300 791 086 today or visit seniors.com.au

*Offer is for 1st year only and valid for new home or contents insurance policies. Discount is made up of 10% online discount, 10% combined home and contents discount, and up to 10% discount for Seniors Card holders. Standard underwriting criteria and minimum premiums apply, which may reduce savings discount.

This is general information only. Please consider the Product Disclosure Statement to ensure the product suits your needs available from seniors.com.au or by phoning 13 13 43. This information is provided by Australian Seniors Insurance Agency, a trading name of Greenstone Financial Services Pty Ltd (ABN 53 128 692 884, AFSL 343079). The insurer for Home Insurance products is The Hollard Insurance Company Pty Ltd (ABN 78 090 584 473, AF3L 241436). Terms and conditions apply.

H1042_ACTSD_FPC_HOME_19/20
Best Western Australasia
10% off Flexible Rate in Australia and NZ.

Australia: 131 779
New Zealand: 0800 237 893

Reservation and Hotel Information:
apcdesk@bestwestern.com
Customer Service Requests and Feedback:
au.customerservice@bestwester.com

Broulee Beach Bed and Breakfast
Beach side apartment in quiet location.
Continental Breakfast included and free use of bicycles. Email for availability and price. 10% off for ACT Seniors Card holders.

02 4471 5628 or 0428 992 636
brouleebandb@gmail.com
21 Massey Street, Broulee NSW

IBIS Styles The Entrance
10% off best available rates and 3 day Senior's special.

02 4336 0400
reservations@ibisstylestheentrance.com.au

315 Central Coat Highway, The Entrance NSW

*Conditions Apply. Valid Mon-Thurs only. Standard Queen or Twin Room. Subject to availability. Maximum of 2 dinner vouchers per room for 1 night only, valid for the $13 members dinner special in Bites Dining only. Blockout dates apply.
Idlewilde Town and Country Motor Inn
10% discount on accommodation.

☎ 02 6495 6844
info@idlewildemotorinn.com.au
www.idlewildemotorinn.com.au
46 Bullara Street, Pambula NSW

Mariners on the Waterfront Hotel
Book rooms at marinerswaterfront.com.au or call 02 4472 6222 (walk ins available, availability limited). Senior discount of 5% applied to the rooms current rate upon checking in when the senior discount card and identification is presented. 5% discount will be given on all meals purchased during stay. Offer not valid from 24 Dec - 26 Jan.

☎ 02 4472 6222
info@marinerswaterfront.com.au
www.marinerswaterfront.com.au
31 Orient Street, Batemans Bay NSW

Oaks Hotels & Resorts
10% discount all year plus exclusive hotel deals.

☎ 07 3246 1700
reservations@theoaksgroup.com.au
www.oakshotels.com

Sapphire Palms Motel
Book a Queen Room for only $69 per night for a minimum of 5 nights (Sun-Thurs), excluding public holidays, long weekends, Christmas and New Year.

☎ 02 4332 5799
theentrance@sapphirepalmsmotel.com.au
sapphirepalmsmotel.com.au
178-182 The Entrance Road, The Entrance NSW

Unlax @ Hunter Valley
10% discount on our standard rate when Seniors Card holders book directly with us.

☎ 0477 776 552
info@unlax.com.au
unlax.com.au
47 Coulson Road, Pokolbin NSW
Chamberlains Law
One hour complimentary consultation on estate planning and 5% off other legal advice.

02 6188 3600
hello@chamberlains.com.au
www.chamberlains.com.au
Level 8, 224 Bunda Street, Canberra City ACT

Legal Kit Specialists

0419 734 584
legaldocs@legalkitspecialists.com.au
14 Eloura Court, Ocean Shores, NSW

Public Trustee and Guardian
The Public Trustee and Guardian provides a free will service to persons of 60 years and over. It is a condition that the Public Trustee and Guardian will be appointed executor under all wills prepared by us.

02 6207 9800
www.ptg.act.gov.au
221 London Circuit, Canberra City ACT

QuickWills.com.au
50% off our online Will and Living Will services. Simply use the code: SC1770.
customerassistance@keptsafe.com
www.quickwills.com.au
PUBLIC TRUSTEE
AND GUARDIAN
WILLS • ESTATES • TRUSTS • GUARDIANSHIP
FINANCIAL MANAGEMENT • ENDURING POWERS OF ATTORNEY

DO YOU HAVE AN UP-TO-DATE WILL AND ENDURING POWER OF ATTORNEY?

Secure your Will with the Public Trustee and Guardian... your professional trustee

The Public Trustee and Guardian provides a free Will service to persons of 60 years and over
(It is a condition that the Public Trustee and Guardian be appointed executor under all Wills prepared by us)

www.ptg.act.gov.au | Tel. 6207 9800
Ground Floor, 221 London Circuit Canberra City

The Capital Region Community Foundation

greater good®

“linking good people with good causes”

Philanthropy made easy and everlasting

Leave a bequest in your Will
Create your own family charitable fund
Workplace Giving Scheme

To find out more visit www.greatergood.org.au
Or call our Executive Officer, Fleur Raine on (02) 6207 9800
Locksmiths

**Class Locksmiths**
10% off everything except safes.

📞 02 6280 6611
class@classclocks.com.au
www.classlocks.com.au
51-55 Kembla Street, Fyshwick ACT

**High Security Locksmiths**
10% discount for Seniors Card holders.

📞 0458 786 727
info@highsecuritylocksmiths.com.au
www.highsecuritylocksmiths.com.au

**Out and About Locksmiths**
10% off total invoice price for ACT Seniors Card holders.

📞 0431 515 640
service@outandaboutlocksmiths.com.au
www.outandaboutlocksmiths.com.au
Canberra Imaging Group is one of the longest established medical imaging practices in Canberra and surrounding NSW. Locally owned for over 50 years with a commitment to the highest standard of imaging quality and service excellence.

GAP Only Payments
Concessional Billing for all ACT Seniors Card holders at greatly reduced prices

For further information please phone: 1300 788 508

- 17 Specialist Radiologists and Nuclear Medicine Physicians
- 10 Convenient locations across the ACT and Southern NSW
- Specialist referred MRI Bulk Billed
- Providers of Nuclear Medicine services including PET/CT and SPECT/CT
- The premier provider of specialist Breast imaging in the ACT
- Advanced MRI services utilising 3T technology including non-invasive prostate imaging
- A dedicated Angiography Suite
- Accredited provider of ultra low dose Cardiac CT
Stay protected 24/7 and save with our exclusive Seniors Card discounts.

If you’re a senior living with a health condition, allergy or you take regular medications or have an implant/device, a MedicAlert® membership could save your life. Become a member today.

20% off MedicAlert membership and 10% off all products.
MEDICAL SERVICES

Medical Services

ACT Podiatry
10% discount on follow up appointments.
admin@actpodiatry.com.au
www.actpodiatry.com.au
14 /16-18 Brierly Street, Weston ACT
02 6287 2818
Cnr Reed & Scollay Sts, Tuggeranong ACT 2900
02 6287 4889

Australian MedicAlert Foundation
More than an ID.
MedicAlert membership has been protecting Australians for almost 50 years.
Save 20% on MedicAlert Membership and 10% on all products when using code ‘SENIORS’.
1800 882 222
enquiry@medicalert.org.au
www.medicalert.org.au/seniors-card
11 King William Street, Kent Town SA

Canberra Imaging Group
Gap only payments. Concessional billing for all ACT Seniors Card holders at greatly reduced prices. 10 convenient locations across the ACT and southern NSW.
1300 788 508
info@cig.com.au
www.canberraimaging.com.au
Benjamin Way, Belconnen ACT
Mary Potter Circuit, Bruce ACT
University of Canberra Health Hub, Bruce ACT
Calvary John James Hospital, Deakin ACT
John James Healthcare Campus, Deakin ACT
Dann Close, Garran ACT
Bourke Street, Goulburn NSW
Hibberson Street, Gungahlin ACT
Antill Street, Queanbeyan NSW
Grattan Court, Wanniassa ACT
CPAP Australia
10% off all RRP prices.
☎ 1300 692 727
cpap@cpapaustralia.com.au
www.cpapaustralia.com.au
Equinox 2, Unit 23, 70 Kent Street, Deakin ACT

Emergency Medical Services
Never be alone...
SafeTcare monitoring together with our SafeTwear medical alert pendant provides Australia’s leading emergency alter system. Find out if you qualify for a FREE medical alert device and key safe (worth $500). Terms and Conditions apply. ACT Seniors Card holders are eligible for a 30% discount off our products and services.
☎ 1300 699 159
care@emsas.com.au
www.emsas.com.au
Suite 27, 39 Lawrence Drive, Nerang QLD

Kaleen Family Practice
Holders of current Seniors Card and Medicare care will be bulk billed.
☎ 02 6241 8308
judy@kaleenfamilypractice.com.au
4/37 Georgina Crescent, Kaleen ACT

Kingston Physiotherapy & Sports Injury Centre
15% discount on all Physiotherapy, Dietitian and Massage services.
☎ 02 6260 8244
info@kingstonphysio.com.au
www.kingstonphysio.com.au
Green Square Centre, Shop 4 62 Jardine Street, Kingston ACT 2604 (above Capital Chemist)
Mediband
15% discount on all Mediband products, including custom silicone medical ID and medical jewellery. Use the code SENIORS at the checkout. This code can be used anytime throughout the year.

1300 796 401
info@mediband.com
Level 1, 67-69 Chandos Street, St, Leonards NSW

MedibandPlus
MedibandPlus: 20% discount on all MedibandPlus products, including yearly membership for medical data storage and emergency medical access. Use the code SENIORS at the checkout. This code can be used anytime throughout the year.

1300 796 401
info@medibandplus.com
www.medibandplus.com/contactus.aspx
Level 1, 67-69 Chandos Street, St, Leonards NSW
**MediBC**

10% discount on all MediBC products including first aid kits, defibrillators and medical and health products. Use code SENIORS at the checkout. This code can be used anytime throughout the year.

![MediBC](1300 796 401)
info@medibc.com
Level 1, 67-69 Chandos Street, St, Leonards NSW

**Ngunnawal Skin Clinic**

$10 off consultation fee.

![Ngunnawal Skin Clinic](02 6242 0029)
Ngunnawal Shopping Centre, Wanganeen Avenue, Ngunnawal ACT

**Orthocare**

10% off all products.

![Orthocare](1800 226 445)
sales@orthocare.com.au
www.orthocare.com.au
35-37 Dover Drive, Burleigh QLD

**Podiatry Professionals Pty Ltd**

10% discount for Seniors Card holders off our podiatry prices.

![Podiatry Professionals Pty Ltd](02 6162 1130)
reception@podiatryprofessionals.com.au
www.podiatryprofessionals.com.au
1/51 Mort Street, Braddon ACT

**Prestantia Health**

Bulk billing for pension or HCC Cardholders. 10% discount for all other Seniors Card holders.

![Prestantia Health](02 6113 0188)
www.prestantiahealth.com
Universal Medical Imaging
10% discount on all MRI’s not covered by Medicare.

02 6126 5010
admin@unic.com.au
www.unic.com.au
1/110 Giles Street, Kingston ACT

prestantiahealth.com
Tel: 02 6113 0188
Drive & Carry Pty Ltd
Seniors Card holders receive a free cane/crutches holder.

1300 917 733
info@driveandcarry.com.au
driveandcarry.com.au
PO Box 7260, Melbourne VIC

Neeki Designs; The ‘Wonder Sheet’
A unique style of fitted sheet that was designed for a loved one to make turning over in bed easier. Whether due to illness or a mobility issue, sometimes turning over and getting in and out of bed becomes difficult. You can enhance your independence, increase your morale and be more comfortable in bed using the Wonder Sheet. The Wonder Sheet can benefit anyone of any age including the young. Conditions including but not limited to; Parkinson’s disease, MS, Chronic Arthritis, Stroke, Hip, knee or shoulder surgery, Ongoing chronic illness, pain & disability. Free postage within Australia for Seniors Card holders.

07 5591 1629
info@neeki.com.au
www.neeki.com.au
PO Box 490 Chirn Park QLD
Scooters and Mobility ACT
10% on new Scooters and Powerchairs. Other discounts by agreement.

☎ 02 6258 1111 or 0403 242 584
scooters@netspeed.com.au
www.scootersandmobility.com.au
11 Pitcairn Street, Evatt ACT

ACT Seniors Information Line
02 6282 3777

The Seniors Information Line is a Canberra-wide information and referral service for ACT seniors, families, friends, grandparents and carers.

We can help you with Seniors Cards and discounts, social activities, aged care and retirement options, household assistance, transport, community and government services – and more!

E: contact@cotaact.org.au
or Ph: 02 6282 3777.
All participant’s discounts are open to all Australian-issued Seniors Card holders.

Keep your Independence with...

SCOOTERS & Mobility

02 6258 1111
0403 242 584

- scooters, including Flyte self-loading scooters
- powerchairs
- lift chairs
- stair lifts
- manual wheelchairs
- walkers
- rollators
- walking sticks

Please call for information or an obligation free demonstration in your home.

Preferred Service Partner to Allianz Global Assistance - DVA RAP (MFS)

11 Pitcairn Street, Evatt ACT
scootersandmobility.com.au
scooters@netspeed.com.au
Optometrists

MacKinley Optical
10% off frames when you mention our ACT Seniors Card Directory ad.
25 Petrie Plaza, Canberra City, ACT
02 6248 9100
Westfield Belconnen, Benjamin Way, Belconnen ACT
02 6251 3399

Vision City by George & Matilda Eyecare
10% discount on goods and services.
02 6249 7559
canberra@georgeandmatilda.com.au
www.georgeandmatilda.com.au
10 Moore St, Canberra City ACT
Organising and Decluttering

**Allsorts Organising**
10% discount off organising services.

📞 0411 405 108  
info@allsortsorganising.com.au  
www.allsortsorganising.com.au

**WellSorted - Professional Organiser and Decluttering**
5% discount for ACT Seniors Card holders. Not to be used in conjunction with any other offer.

📞 0422 490 131  
virginia@getwellsorted.com.au  
www.getwellsorted.com.au

Too much stuff?  
Chaos in your home, your workspace, your life?  
No time or desire to declutter?  
Want to hit the refresh button?

I’m Virginia Wells, Professional Organiser of WellSorted.  
I help bring calm, order and space to your home and life.  
Free tips on the website or contact me for your complimentary introductory session.

Virginia

0422 490 131  
virginia@getwellsorted.com.au  
www.getwellsorted.com.au

Free yourself of the things that no longer serve you, to make room for the life you want to live.
3 Rivers Pest Control
Minimum 5% (up to 10% depending on size of job).
📞 02 6299 6665
dysus.ptyltd@gmail.com

Bugalugs Pest Control Pty Ltd
25% off services. Discount on termite services and inspections is at the discretion of the technician due to the varying complexity of termite work.
📞 0427 400 147
john@bugalugspest.com.au
**Pet Care**

**DOGUE Gungahlin**  
10% off grooming, retail or day care.  
📞 02 6154 8350  
gungahlin@dogue.com.au  
dogue.com.au/pet-shops/gungahlin/  
169/148 Flemington Road, Harrison ACT

**Joy’s Reliable Housesitting & Pet Care**  
Free Service.  
📞 0439 464 734  
joyreddey123@dodo.com.au

**Pets & Positive Ageing**  
An emergency contact card for seniors with pets.  
secretary@petsandpositiveageing.com  
www.petsandpositiveageing.com  
PO Box 400, Curtin ACT

**PURR Luxury Cat Hotel**  
10% discount for bookings 14 days or over.  
📞 0427 800 990  
heidi@purrcathotel.com.au  
www.purrcathotel.com.au  
234 Fernllof Road, Wamboin NSW

**The Mews - Boutique Cat Boarding**  
- Canberra  
5% discount to Seniors Card holders.  
📞 0409 099 550  
TheMewsACT@gmail.com  
72 Kingscote Crescent, Bonython ACT

---

**MY PETS ARE HOME ALONE**  
**EMERGENCY CONTACT**

If I become ill or injured, please contact the people on the reverse side of this card to care for them.

---

*All participant’s discounts are open to all Australian-issued Seniors Card holders.*
more Rewards
for Seniors Card holders

- Free membership
- $5 loyalty voucher to spend instore when you earn 100 points*
- Earn 2 loyalty points per $1 spent
- Earn & redeem points at any Capital Chemist & affiliated pharmacies
- Chance to WIN fantastic prizes
- Exclusive member-only offers

Seniors Card holders
Double POINTS JOIN TODAY

We know what matters capitalchemist.com.au

ACT Seniors Information Line
02 6282 3777

The Seniors Information Line is a Canberra-wide information and referral service for ACT seniors, families, friends, grandparents and carers.

We can help you with Seniors Cards and discounts, social activities, aged care and retirement options, household assistance, transport, community and government services – and more!

E: contact@cotaact.org.au or Ph: 02 6282 3777.
Pharmacy

Capital Chemist
Rewards and double points (equivalent to 10% rebate) for Seniors Card holders. Please see our website for store locations and contact details.
www.capitalchemist.com.au

Colbee Court Chemist
$1 discount and lower prescription price for eligible Seniors. Webster pack service with free packing. Free delivery with 5 or more medications.
02 6282 6771
colbee@ypm.com.mx
33 Colbee Court, Phillip ACT

Cooleman Court Pharmacy - Life Pharmacy Group
7% discount for Seniors on eligible products, on top of our in-store Life Club loyalty rewards program.
02 6288 1867
cooleman@lifepharmacygroup.com.au
www.lifepharmacygroup.com.au
Cooleman Court, Brierly Street, Weston ACT

Erindale Pharmacy - Life Pharmacy Group
7% discount for Seniors on eligible products, on top of our in-store Life Club loyalty rewards program.
02 6231 6550
erindale@lifepharmacygroup.com.au
www.lifepharmacygroup.com.au
Erindale Shopping Centre, Erindale ACT
Lanyon Pharmacy - Life Pharmacy Group
7% discount for Seniors on eligible products, on top of our in-store Life Club loyalty rewards program.

02 6284 8555
lanyon@lifepharmacygroup.com.au
www.lifepharmacygroup.com.au
Lanyon Market Place, Sidney Nolan Drive, Conder ACT

Priceline Pharmacy Woden
5% discount for seniors storewide on retail purchases, on top of our national Sister Club loyalty rewards program.

02 6282 1414
woden@lifepharmacygroup.com.au
www.lifepharmacygroup.com.au

Watson Pharmacy
10% off over the counter products.

02 6241 1506
watsonpharmacy@yahoo.com.au
www.watsonpharmacy.com.au
Shop 1, Watson Pace, Watson ACT

Weston Pharmacy
10% discount to Seniors Card holders. Excluding prescription medication, webster packs and sale items.

02 6288 4888
weston.pharmacy@nunet.com.au
7-11 Brierly Street, Weston ACT
Physiotherapy

Kingston Physiotherapy & Sports Injury Centre
15% discount on all Physiotherapy, Dietitian and Massage services.

📞 02 6260 8244
info@kingstonphysio.com.au
www.kingstonphysio.com.au
Green Square Centre, Shop 4 62 Jardine Street, Kingston ACT 2604 (above Capital Chemist)

Neurospace
$20 discount on initial visit.

📞 02 6162 0450
reception@neurospace.com.au
www.neurospace.com.au
10 Colbee Court, Phillip ACT

Queanbeyan Physiotherapy Centre
10% off consultation fee.

📞 02 6297 1005
info@queanbeyanphysio.com.au
www.queanbeyanphysio.com.au
276 Crawford St, Queanbeyan NSW
Physiotherapy

Southside Physio
$5.00 discount per session for Seniors Card holders.
www.southsidephysio.com.au
Southside Physio Lanyon
3/17 Sidney Nolan Street, Conder ACT 2906.
Ph 02 6223 2366
Southside Physio Tuggeranong
146 Scollay Street, Tuggeranong ACT 2900.
Ph 02 62931955
Southside Physio Woden
16 Wilbow Street, Woden ACT 2606.
Ph 02 6282 5010

SportsCare & Physiotherapy
$10 off any physiotherapy treatment.
1800 001 500
weston@sportscarephysio.com.au
barton@sportscarephysio.com.au
dickson@sportscarephysio.com.au
www.sportscarephysio.com.au
16/41-43 Liardet Street, Weston ACT
Cnr Antill & Cowper Streets, Dickson ACT
Level 7A, 3 Sydney Ave, Barton ACT

SportsTec Clinic
$12.50 for student physiotherapy, exercise physiology and exercise classes for seniors.
02 6156 1308
admin@sportstecclinic.com.au
www.sportstecclinic.com.au
81/71 Giles Street, Kingston Foreshore ACT

YMCA Chifley Health and Wellness Centre
Seniors Card holders will have 1 week added to their membership when they book an initial consultation with an exercise physiologist.
02 6281 0124
yfitness.can@ymca.org.au
canberra.ymca.org.au
9/71 Maclaurin Crescent, Chifley ACT
All participant's discounts are open to all Australian-issued Seniors Card holders.

20% discount off labour for seniors

SAME DAY SERVICE
• Maintenance, repairs & replacements
• Blocked drains - sewer & stormwater
• All taps, toilets, sinks & vanities
• Drain camera inspection (CCTV)
• Sewer & stormwater replacements
• Emergency excavation
• Burst pipe and leak detection
• All gas heater services and repairs
• Hot water repairs & replacements
• Gas leak detection & repairs
• Fully qualified & accredited technicians
• Comprehensively insured

0407 212 565
wodenvallyplumbing.com.au
PLUMBING AND GASFITTING

Go to actseniorscard.org.au to see all current and new discount offers

EMERGENCY SERVICE - 24/7
SERVICING ALL CANBERRA & QUEANBEYAN - 24/7

√ Qualified Professionals
√ Fully licensed & insured
√ All work guaranteed
√ Quality parts & materials
√ Stocked service vehicles

DONE ONCE. DONE RIGHT!
Got a plumbing problem? We’ve got this.
CANBERRAPLUMBING.NET.AU
SAME DAY SERVICE
CALL NOW 24/7

6288 9929

PLUMBING
- All plumbing maintenance
- Hot water repairs & replacements
- Leaking taps & toilets
- Burst pipes
- All water leak detection
- Bathroom & kitchen renos
- Gutters & downpipes
- Tank/raing water harvesting
- Pump installation, service & repairs
- Evaporative cooling servicing, repairs & installations
- Plumbing & Drainage Certifications

BLOCKED DRAINS
- All drain cleaning
- Blocked drains, toilets, sinks & pipes
- High pressure water jetters
- Electric eels
- CCTV digital pipe camera
- Sewer & stormwater replacements
- Subsoil & drainage engineering
- Stormwater flood prevention & advice
- Sumps & channel drains
- Emergency & planned excavation
- Drainage Certifications & approvals
- Digital imagery & reporting

20% Discount off labour for seniors

Weston Creek - ABN 55 602 313 566 - ACT Lic.200118015 - NSW Lic 194945C
Actnow Plumbing & Gasfitting
Your local plumber with a real seniors discount available 25% off labour, $49.00 blocked drains, $69.00 leaking taps and toilets. Conditions apply. Same day plumbing services available.

1800 4 ACTNOW (1800 422 8669)
info@actnowplumbing.com.au
actnowplumbing.com.au/

Canberra Hot Water and Plumbing

0408 588 088
canberrahotwater@outlook.com
www.canberrahotwaterandplumbing
PO Box 6214 O’Connor ACT

Canberra Plumbing & Drains
20% off labour.

02 6288 5123
hello@canberraplumbing.net.au
www.canberraplumbing.net.au
82 Kalgoorlie Crescent, Fisher ACT

Genuine Connections Plumbing
10% discount on any service.

0404 082 359
info@cgplumbing.com
www.gcplumbing.com
42 Bywong Street, Sutton ACT
Mayner & Cochran
10% discount to Seniors Card holders for all in home or workshop repairs and spare parts.
☎ 02 6280 6833
service@maynerandcochran.com.au
1/86 Townsville Street, Fyshwick ACT

The Plumbing and Electrical Doctor
10% discount on labour, free plumbing inspection.
☎ 13 10 91
contact@plumbingandelectrical.net.au
www.plumbingandelectrical.net.au

Weston Creek Plumbing
10% on all invoices off labour and material. ACT Licence No 199715762.
☎ 0412 623 444
bwaugh@grapevine.net.au

Woden Valley Plumbing & Gasfitting
20% off labour.
☎ 0407 212 565
info@wodenvalleyplumbing.com.au
www.wodenvalleyplumbing.com.au
82 Kalgoorlie Crescent, Fisher ACT
All participant's discounts are open to all Australian-issued Seniors Card holders.

ACT Podiatry
10% discount on follow up appointments.
admin@actpodiatry.com.au
www.actpodiatry.com.au
14 /16-18 Brierly Street, Weston ACT
02 6287 2818
Cnr Reed & Scollay Sts, Tuggeranong ACT 2900
02 6287 4889

Podiatry Professionals Pty Ltd
10% discount for Seniors Card holders off our podiatry prices.

02 6162 1130
reception@podiatryprofessionals.com.au
www.podiatryprofessionals.com.au
1/51 Mort Street, Braddon ACT
REAL ESTATE

Real Estate

INGLE Property Services
5% off total commission.

02 6101 7823
robert@acttaxagents.com.au
acttaxagents.com
1a 2-14 Hughes Place, Hughes ACT

HOUSING OPTIONS

If you need help with housing issues we can advise on:

- Navigating My Aged Care
- Staying in your own home
- Ways to access equity in your home
- Downsizing to a smaller home
- Retirement Villages
- Residential Aged Care
- Public and private housing options

For more information and booking contact the COTA ACT Housing Options Advisor on 02 6287 3777

COTA
AUSTRALIAN CAPITAL TERRITORY

Go to actseniorscard.org.au to see all current and new discount offers
Ainslie Tennis Club
10% reduction in the cost of single adult annual membership for Seniors Card holders.
0409 906 215
president@ainslietennis.org.au
Patterson Street, Corroboree Park, Ainslie ACT

Canberra Balloon Flights
10% off balloon flights. Not valid during the Canberra Balloon Spectacular.
02 6248 8200
sales@dawndrifters.com.au
www.dawndrifters.com.au
19 Kallaroo Road, Pialligo ACT

Canberra Bridge Club
10% off beginner lessons for seniors.
02 6282 2382
manager@canberrabridgeclub.com.au
5-7 Duff Place, Deakin ACT

Canberra Dance Theatre
CDT is a not-for-profit community dance organisation which has been offering classes in a range of styles for everybody over 16 for more than 40 years. Seniors membership $35 (20% discount), 15% discount on all regular classes including GOLD classes (for people over 55).
0435 025 365
canberradancetheatre@gmail.com
www.canberradancetheatre.com
1 Kingsley Street, Canberra City ACT

Canberra School of Dancing
Up to 20% off group lessons & 10% off private lessons.
0412 629 436
canberraschoolofdancing@gmail.com
www.camberraschoolofdancing.com.au
Weston Uniting Church, 16 Parkinson Street, Weston ACT
Hughes Community Centre, Wisdom Street, Hughes ACT
Canberra Seniors Centre
All programs discounted and designed for seniors.

02 6248 9509
cseniors@bigpond.com
www.canberraseniors.org.au
10 Watson Street, Turner ACT

Canberra Walk In Aviary
Seniors entry $13 (saving of 15%).

02 6230 2044
www.canberrawalkinaviary.com.au
Unit 13 Federation Square, O’Hanlon Place, Nicholls ACT

Cockington Green Gardens
25% saving off adult entry free.

02 6230 2273
info@cockingtongreen.com.au
www.cockingtongreen.com.au
11 Gold Creek Road, Nicholls ACT

Dendy Cinemas
5% off a seniors ticket for ACT Seniors Card holders.

02 6221 8908
www.dendy.com.au
Level 2, North Quarter Canberra Centre, 148 Bunda St, Canberra ACT

Embroiderers’ Guild ACT Inc
10% discount on membership for Seniors Card holders.

02 6262 8035
embroideryact@gmail.com
www.embroidersact.org.au
Maitland House, 100 Maitland Street, Hackett ACT

Heart Foundation Walking
Free walking groups.

13 11 12
walking@heartfoundation.org.au
www.walking@heartfoundation.org.au
Gungahlin Lakes Golf and Community Club
Ask about our special offers for ACT Seniors Card holders.
☎ 02 6242 6283
lakes@ainsliegroup.com.au
ainsliegroup.com.au/venues/gungahlin-golf-club/
Cnr Gundaroo and Gungahlin Drives, Nicholls ACT

Life’s An Adventure
$100.00 discount for Seniors Card holders.
☎ 02 9775 4553
walks@lifesanadventure.com.au
www.lifesanadventure.com.au
4/23 Narabang Way, Belrose NSW

Limelight Cinemas
Seniors Card holders save $2.00 per ticket. If they join our Free Membership program, they will save $4.50.
☎ 02 6293 6190
info@limelightcinemas.com.au
www.limelightcinemas.com
157 Anketell Street, South Point Shopping Centre, Greenway ACT

National Dinosaur Museum
2019: Adults $16.00, Seniors Card discount $12.00 (25% discount) (subject to change)
Open 10am-4pm 7 days (except Christmas)
Wheelchair and pram access. Last admission into museum is 4pm.
☎ 02 6230 2655
admin@nationaldinosaurmuseum.com.au
www.nationaldinosaurmuseum.com.au
6 Gold Creek Road, Nicholls ACT

Telstra Tower Canberra
$3.00 off entry for Seniors Card holders.
☎ 02 6219 6120
bookings@telstratower.com.au
www.telstratower.com.au
100 Black Mountain Drive, ACT

All participant's discounts are open to all Australian-issued Seniors Card holders.
NCE Pty Ltd
15% off full priced items, excluding gift cards, special offers and promotions.

1300 366 024
cs@homeandrv.com.au
www.homeandrv.com.au
34-48 Stanley Drive, Somerton VIC

Spirit Australia Cruises
Seniors Card rates for ‘Spirit of the Coorong’ are:
Murray Mouth - $6 discount - 15% discount off retail
Discovery Cruise - $6 discount - 6.06% discount off retail
Adventure Cruise - $6 discount - 5% discount off retail

1800 442 203
bookings@spiritaustraliacruises.com.au
spiritaustraliacruises.com.au
Main Wharf, Goolwa South Australia 5214

Yass Outdoor Sports and Camping
10% discount to Seniors Card holders in line with loyalty card already offered.

02 6226 6884
yassoutdoorsports@bigpond.com
www.yassoutdoorsports.com.au
156 Comur Street, Yass NSW

YMCA Chifley Health and Wellness Centre
Memberships for ACT Seniors Card holders starting as little as $11 per week, plus a water bottle when you sign up for more than 12 months or direct debit.
Senior Card holders will have 1 week added to their membership when they book an initial consultation with an exercise physiologist.

02 6281 0124
yfitness.can@ymca.org.au
canberra.ymca.org.au
9/71 Maclaurin Crescent, Chifley ACT
All participant's discounts are open to all Australian-issued Seniors Card holders.

**TAKE**

**40% OFF Mattresses**

**30% OFF Adjustable Bases**

• FREE IN HOME CONSULTATION IN THE CANBERRA REGION
• FREE DELIVERY
• FREE SET UP
• FREE OLD MATTRESS REMOVAL

CONTACT US TODAY AND GET FITTED TO YOUR PERFECT BED!

**CANBERRA | 02 6280 0800**

Canberra Outlet Centre, Shop 20, 337 Canberra Avenue Canberra ACT 2609

Terms & conditions apply. See in store for full details.

All participant’s discounts are open to all Australian-issued Seniors Card holders.
All Type Battery Solutions
Free battery check, free fitting and 5% discount off normal retail prices.
☎ 02 6241 1671
highlands@bigpond.com
12 Sandford Street, Mitchell 2911 ACT

Amante Jewellery
Save 15% storewide. Visit our online store and enter coupon code SENIORACT before checkout or quote when calling.
☎ 1300 654 860
info@amante.com.au
www.amante.com.au

Belconnen Fresh Food Markets
10% Seniors Card discount in all our shops on Thursday.
☎ 02 6209 5054
manager@bffm.com.au
www.belconnenmarkets.com.au
10 Lathlain Street, Belconnen ACT

Black Mango
10% discount off all furniture and lighting at Black Mango with code SR10%.
☎ 03 9005 6000
team@blackmango.com.au
www.blackmango.com.au

Books R Us & More
5% Discount.
☎ 02 6280 4041
booksrusandmore@iinet.net.au
www.booksareusandmore.com.au
All participant’s discounts are open to all Australian-issued Seniors Card holders.

Buvelot Picture Framers
25% off full custom framing and 10% of ready made frames.
📞 02 6282 4605
framing@buvelot.com.au
www.buvelot.com.au
45 Colbee Court, Phillip ACT

Buy A Safe
Offering prioritized service for ACT Seniors Card holders.
📞 1300 405 200
admin@apexlocksmiths.com.au
203 Victoria Road, Marrickville NSW

Canberra Jewellery Repair and Restoration
10% discount on jewellery repairs.
10% discount off all jewellery and giftware.
📞 02 6134 6656
artofgold@hotmail.com
www.canberrajewellery.com.au
Shop 5-8, 20 Cook Place, Cook ACT

Cassidys Department Store
10% off original price, 7 days a week, dry-cleaning and discounted items excluded.
📞 02 6251 1911
cassidy9@tpg.com.au
Shop A5 Jamison Plaza, Macquarie ACT
FortyWinks

EXCLUSIVE SENIORS CARD OFFER

UP TO 25% OFF
Normal ticketed prices

OR

UP TO 5% OFF
Already reduced items

FREE DELIVERY
FREE MATTRESS REMOVAL
FREE ASSEMBLY

Fyshwick
139 Newcastle Street
Ph: 02 6280 7333
fortywinks.com.au

Conditions apply. *excludes bunks and gas lift bed frames
CHiLada
10% off storewide with Seniors Card.
info@chilada.com.au
www.chilada.com.au

Chilada Airport
Shop 19, Majura park shopping centre, 18-26 Spitfire Avenue, Canberra Airport ACT
Tel: 02 6262 7887
Trading Hrs: Mon - Fri 9-5:30 Sat 9-5 Sunday & Public holiday 10-4

Chilada Mitchell
Shop 5, 83-101 Lysaght Street Mitchell ACT
Tel: 02 6262 0080
Trading Hrs: Mon - Sat 10-4 Sunday & public holiday close

Chilada Gungahlin
Shop G2/48 Gungahlin place, Anthony Rolfe Avenue, ACT
Tel: 02 6242 4190
Trading Hrs: Mon - Sat 10-5 Sunday & public holiday 10-3

Colleen’s Lingerie & Swimwear
10% off full priced items (excludes breast forms).
02 6285 1311
info@colleens.com.au
Shop 6, Garran Place, Garran ACT

Cusack’s
Seniors Card holders recieve 5% off purchases not already discounted.
02 6280 8211
sales@cusacks.com.au
www.cusacks.com.au
11 Albany Street, Fyshwick ACT

Day Translations, Inc
10% off any of our translation and interpretation services.
1800 969 6853
contact@daytranslations.com
Level 4, 5 & 12, Plaza Building, Australian Square, 95 Pitt Street, Sydney NSW
Donut King Erindale
2 free cinnamon donuts with any drink purchase.
☎ 02 6296 6269
dkerindale@gmail.com
Shop 60, 50 to 68 Comrie Street, Erindale ACT

Drive & Carry Pty Ltd
Seniors Card holders receive a free cane/crutches holder.
☎ 1300 917 733
info@driveandcarry.com.au
driveandcarry.com.au
PO Box 7260, Melbourne VIC

ELGAS
$100 worth of LPG gas account credits.
☎ 131 161
canberra@elgas.com.au
www.elgas.com.au
5 Geelong Street, Fyshwick ACT

Ergoflex Mattress & Beds
Ergoflex has been a mattress of choice for seniors since 2010 due to the pressure relieving and health benefits that it brings. Moulding to the contours of your body it is excellent for sufferers of fibromyalgia, arthritis, circulation problems, and aching back, neck, hip or knee complaints. Visit our website or call us directly on 1300 791 753 and receive 25% of all mattresses, beds, pillows and protectors. Use discount code: “seniorscard”.
☎ 1300 791 753
sales@ergoflex.com.au
www.ergoflex.com.au
7/2 Sabre Close, Rutherford NSW
Euro Delicatessen
$3.00 cup of tea or coffee (Thursday and Friday only).
📞 02 6295 9998
info@eurodeli.net.au
Shop G21, Fyshwick Fresh Food Markets, Dalby Street, Fyshwick ACT

Evans Leather Repair
10% off all shoe repair services.
📞 03 9650 2405
retail@evans.com.au
Shop 50, Royal Arcade, 150 Elizabeth Street, Melbourne VIC

Exquisite Jewellers
10% discount off any purchase. Watch batteries for Seniors Card holders $10.00.
📞 02 6254 0388
exquisitejewellers@gmail.com
Kippax Fair, 28/24 Hardwick Crescent, Holt ACT

FishCo Fish Market
10% off on Thursday when Seniors Card is shown. Not valid for the week leading up to Christmas and Easter.
📞 02 6239 6415
info@fishco.com.au
www.fishco.com.au
19 Dalby Street, Fyshwick ACT

Focus On Furniture
5% off already discounted items.
📞 02 6288 1680
canberra@focusonfurniture.com.au
Canberra Outlet Centre, Canberra Ave, Fyshwick ACT

All participant’s discounts are open to all Australian-issued Seniors Card holders.
RETAIL

Forty Winks
Up to 25% off normal ticketed prices or 5% off already reduced items. Free delivery. Free mattress removal. Free assembly. Excludes bunks and gaslift bedframes.

📞 02 6280 7333
 fyshwick@fortywinks.com.au
 www.fortywinks.com.au
 139 Newcastle Street, Fyshwick ACT

Frankie & Lois “The Cat’s Whisker”
Personal Retail Shopper - Canberra, Queanbeyan Region 10% off hourly rate of $25.00.

📞 0431 256 320
 margaretvlay@gmail.com
 Ainslie ACT

Gymquip Fitness
Between 5% - 15% discount.

📞 02 6280 4447
 dan@gqfitness.com.au

Heirloom Films
10% discount for ACT Seniors Card holders for all Heirloom Films packages to record life stories for your family and generations to come.

📞 0438 297 552
 simon.cunich@heirloomfilms.com.au
 heirloomfilms.com.au/
 490 Northbourne Avenue, Dickson ACT

I Buy Anything
Free assessment and appraisal for Seniors Card holders.

📞 0467 830 007
 office@ibuyanything.com.au
 www.ibuyanything.com.au
 103/122 City Walk, Canberra City ACT
All participant’s discounts are open to all Australian-issued Seniors Card holders.

**Inkybluemoon**
12.5% off graphic design services, photo restoration services and digitisation of photos, albums and memorabilia.

📞 0401 050 057
inkybluemoon.graphicdesign@gmail.com
170 Copland Drive, Evatt ACT

**Keisari**
10% off storewide for ACT Seniors Card holders using promo code ACTSC10 at the checkout.

info@keisari.com.au
www.keisari.com.au

**Kenko Tea**
Save 10% on all products at kenkotea.com.au with coupon code ‘SENIOR’.

📞 03 9999 7274
hello@kenkotea.com.au
www.kenkotea.com.au
449/585 Little Collins Street, Melbourne Vic 3000

**Kippax Alterations**
10% off all alterations for ACT Seniors Card holders.

📞 0432 493 057
pheaphatdiep@gmail.com
Shop 7, Scott Chambers, 12 Hardwick Crescent Kippax ACT
Koala
At Koala, we believe everyone deserves the perfect sleep! This is why we would like to offer you an exclusive discount of $125.00 off your new Koala mattress. Koala is Australia’s best reviewed mattress, delivered to your door for free with a 120 night trial. To redeem, please contact our friendly staff on 1800 575 337 or via the live chat on our website and simply advise them that you hold a Seniors Card and redeem the code on our website upon checkout.

1800 575 337
support@koala.com
au.koala.com/products/koala-mattress

La Shabbie
10% discount on any purchase.
02 6162 1646
la.shabbie@hotmail.com
Shop 10B, Jamison Plaza, Bowman Street, Macquarie ACT

Lucent Imaging
10% discount to revive your old photos, slides, negatives and documents to decorate walls, give as gifts, or keep as important records and beautiful mementos.
02 6153 3308
hello@lucentimaging.com.au
lucentimaging.com.au

Macka’s Griffith Newsagency
10% off recommend retail price on all stationery.
macka@mackasnews.com.au
www.mackasnews.com.au
Griffiths Shops, 4 Barker Street, Griffith ACT

Magnet Mart
5% off total invoice.
02 6281 1744
101-103 Hindmarsh Drive, Phillip ACT 2606
www.homehardware.com.au
Mister Minit
10% off all services (Shoe Repairs, Key Cutting, Engraving, Watch Services & Car Key and Remote Control Duplication).

02 95219100
info@minit.com.au
www.misterminit.com

Belconnen
Kiosk 101, Westfield Belconnen Shopping Centre
Benjamin Way Belconnen ACT
02 6251 3999

Canberra Centre
Kiosk EFK32, Canberra Centre
148 Bunda Street Canberra City ACT
02 6257 5248

Majura Park
Kiosk 23, Majura Park Shopping Centre
18-26 Spitfire Avenue Majura ACT
02 6247 0755

Manuka
Shop 35. The Terrace Manuka
Flinders Way Manuka ACT
02 6295 2181

Tuggeranong
K602, Tuggeranong Hyperdome
Anketell Street Tuggeranong ACT
02 6293 4158

Woden
Kiosk KL7, Westfield Woden Shopping Centre
Keltie Street Woden ACT
02 6281 1302

Riverside Queanbeyan
Shop 3, Riverside Plaza
131 Monaro Street Queanbeyan NSW
02 6299 1299

Moon Rock Cafe & Gift Shop
10% on all food and drinks purchases during weekdays.

02 6281 2190
moonrockcafecanberra@gmail.com
421 Discovery Drive, Tidbinbilla 2620 ACT
**Myhomefone**
10% off all costs (setup and monthly fees) across all products for Seniors Card holders.

📞 1300 031 107  
sales@myhomefone.com.au  
www.myhomefone.com.au  
Level 1, 100 William Street, Woolloomooloo NSW

**My Little Love Heart**
15% off to all ACT Seniors Card holders across our baby gifts and accessories online store.

📞 0456 714 869  
info@mylittleloveheart.com.au  
www.mylittleloveheart.com.au  
Unit 6, 18 Watson Place, Maylands WA

**Nathanart**
10% discount for Seniors Card holders.

📞 0409 242 049  
lakdiva@iinet.net.au  
25 Tiptree Crescent, Palmerston ACT

**National Library Bookshop**
10% discount on purchases in store (exceptions apply).

📞 02 6262 1424  
nlshop@nla.gov.au  
bookshop.nla.gov.au  
National Library, Parkes Place, Parkes ACT

**Norton Road Wines**
10% discount at the restaurant and 5% discount on cellar door wine purchases for Seniors Card holders.

📞 02 6238 3148  
enquiries@nortonroadwines.com.au  
www.nortonroadwines.com.au  
344 Norton Road, Wamboin NSW
Not Another Baby Shop
10% off full priced items. Enter code Seniors at checkout.
notanotherbabyshop@gmail.com
www.notanotherbabyshop.com.au

Online Gourmet Food
10% off all purchases.
02 8569 0240
sales@onlinegourmetfood.com.au

Personal Cooling Products
Save 10% on all products. Visit our website and in the Discount Options enter the coupon code 3912 for Seniors Card Discount Code or quote the number when calling.
1300 820 708
pcpsales18@gmail.com
www.personalcoolingproducts.com.au
5A Bellevue Drive, Carlingford, NSW

Plonk Beer and Wine Stores
10% discount each Thursday for single bottles of wine, beer and cider. See in store for conditions.
info@plonk.net.au
www.plonk.net.au

Fyshwick Markets
19 Dalby Street, Fyshwick ACT
02 6260 6336
Belconnen Markets
Lathlain Street, Belconnen ACT
02 6253 5507

Senior Shopper
Sourcing great prices and deals for seniors, with an average saving of 9-13% on electrical/whitegoods, travel, accommodation, cars, cameras, computers, furniture, car rental and much more.
1300 366 265
Liz@unionshopper.com.au
www.seniorshopper.com.au
Level 3, 16 Peel Street, South Brisbane QLD
Supabarn Supermarkets
5% off every Wednesday. Excludes tobacco, liquor and already discounted items.
www.supabarn.com.au
Supabarn Casey
15 Kingsland Parade, Casey ACT
02 6225 7270
Supabarn Crace
56 Abena Avenue, Crace ACT
02 6162 0913

The Crystal Chalice
10% on all shop items.
02 6241 0799
lilitu.shop@gmail.com
www.lilitu.com.au
Shop 1, Ginninderra Village, 11 O’Hanlon Place, Nicholls ACT

The Good Toy Shop
10% off storewide with Seniors Card.
02 6282 0050
enquiries@goodtoyshop.com.au
22 Colbee Court, Phillip ACT

The Green Shed Shops
5% discount on items over $50.00. Applicable only on Tuesdays.
capitalrubbishremoval@gmail.com
Tip Shop Mitchell: 0467 830 011
Tip Shop Mugga Lane: 0433 337 125
The Green Shed Underground City: 0467 830 077
The Green Shed Garema Place: 0467 830 070

The Rugs Wizard
7.5% discount on normal prices. Excludes sale items.
02 6280 4943
peter@rugswizard.com.au
www.rugswizard.com.au
83 Wollongong Street, Fyshwick ACT
TOWN & COUNTRY MATTRESSES & BEDS
5% discount.

08 8349 6565
quotes3@bigpond.com
www.electricadjustablebeds.com.au
68 Research Road, Pooraka SA

VISIONDIRECT
10% off all VisionDirect Collections. Use discount code VisionDirect10. Offer not available in stores.

1800 320 660
servicemanager@visiondirect.com.au
www.visiondirect.com.au

YASS OUTDOOR SPORTS AND CAMPING
10% discount to Seniors Card holders in line with loyalty card already offered.

02 6226 6884
yassoutdoorsports@bigpond.com
www.yassoutdoorsports.com.au
156 Comur Street, Yass NSW

ZEN GREEN TEA
10% off for Seniors Card holders on all Zen Green Matcha Tea products and free Australia-wide shipping. Simply use coupon “SENIOR” at checkout. Matcha contains 137 x the antioxidants in standard green tea and helps increase energy, boost the metabolism and support the immune system.

hello@zengreentea.com.au
zengreentea.com.au
reteirement Villages

Azure Village
Downsize to a stunning new home in a supportive and friendly community. These two and three-bedroom townhomes allow for independent living exclusively for over 55’s who are looking to retire in style.

Azure Village offers the promise of an enriching lifestyle close to first-rate amenities. Live in one of Canberra’s most desirable suburbs and spend more time doing what you love. Stroll through the leafy parks, recline in your private courtyard or explore the prominent café and restaurant scene close by. Join the golf club and enjoy the benefit of heading next door to play right in your backyard.

www.azurevillage.com.au
www.marymead.org.au
255 Goyder Street, Narrabundah ACT

Bellerive
Located close to the heart of Woden, Bellerive is a contemporary village with spacious 1, 2 and 3 bedroom homes with low maintenance homes, wonderful facilities, community and communal gardens. All this with the security of knowing there are onsite staff around the clock in case of an emergency.

02 6169 3669
info@hindmarshretirement.com.au
www.bellerivevillage.com.au
15 Burnie Street, Lyons ACT

Hindmarsh Retirement
Bringing an outstanding lifestyle to Canberra’s retirees for nearly 30 years.

1300 884 784
www.hindmarshretirement.com.au
The Grange, Deakin
Bellerive, Lyons
Marigal Gardens, Kambah
If you need help with housing issues we can advise on:

- Navigating My Aged Care
- Staying in your own home
- Ways to access equity in your home
- Downsizing to a smaller home
- Retirement Villages
- Residential Aged Care
- Public and private housing options

For more information and booking contact the COTA ACT Housing Options Advisor on 02 6287 3777.
Marigal Gardens
Enjoy low maintenance, brand new easy-care modern 2 and 3 bedroom homes situated in leafy Kambah, near shops, public transport and parks. Enjoy neighbours with similar interests, communal gardens and the knowledge there is onsite staff around the clock in case of an emergency.
info@hindmarshretirement.com.au
www.marigalgardens.com.au
21 Snodgrass Crescent, Kambah ACT

The Grange Deakin
Live in one of Canberra’s most desirable suburbs just 300m from the Deakin Shops. Choose from our beautifully renovated 2 and 3 bedroom homes or stay independent longer in one of our supported living 1 bedroom apartments complete with meals, weekly cleaning and heavy laundry. All our homes are nestled in the quiet established gardens on site with staff on site around the clock in case of an emergency.

02 6129 1561
info@hindmarshretirement.com.au
www.thegrangedeakin.com.au
67 McGregor Street, Deakin ACT
Myhomefone
10% off all costs (setup and monthly fees) across all products for Seniors Card holders.

☎ 1300 031 107
sales@myhomefone.com.au
www.myhomefone.com.au
Level 1, 100 William Street, Woolloomooloo NSW

ACT Seniors Information Line
02 6282 3777

The Seniors Information Line is a Canberra-wide information and referral service for ACT seniors, families, friends, grandparents and carers.

We can help you with Seniors Cards and discounts, social activities, aged care and retirement options, household assistance, transport, community and government services – and more!

E: contact@cotaact.org.au
or Ph: 02 6282 3777.
Tourist Attractions

Australian Parliament House
10% discount on all purchases in The Parliament Shop. Specialising in political books, quality Australian gifts and souvenirs of Parliament House.

☎ 02 6277 5050

parliament.shop@aph.gov.au
Australian Parliament House, Parliament Drive, Canberra ACT

Cockington Green Gardens
25% saving off adult entry free.

☎ 02 6230 2273

info@cockingtongreen.com.au
www.cockingtongreen.com.au
11 Gold Creek Road, Nicholls ACT

National Dinosaur Museum
2019: Adults $16.00, Seniors Card discount $12.00 (25% discount) (subject to change) Open 10am-4pm 7 days (except Christmas) Wheelchair and pram access. Last admission into museum is 4pm.

☎ 02 6230 2655

admin@nationaldinosaurmuseum.com.au
www.nationaldinosaurmuseum.com.au
6 Gold Creek Road, Nicholls ACT

Telstra Tower Canberra
$3.00 off entry for Seniors Card holders.

☎ 02 6219 6120

bookings@telstratower.com.au
www.telstratower.com.au
100 Black Mountain Drive, ACT
Seniors 60+ get an extra 10% off our already discounted prices!

Travelinsurance.com.au
Need Help? Freecall: 1800 1900 89

travelinsurance.com.au/seniors

BONUS OFFER!
Sign up for your FREE discount card and get another 10% off!

Seniors 60+ save total of 35% with card. Under 60s save total of 25% with card.

signup at: travelinsurance.com.au/free

All participant’s discounts are open to all Australian-issued Seniors Card holders.
Travel

Active Travel
10% discount on all Travel Insurance. We work with Aussie Travel Cover, Cover-More Travel Insurance, nib Travel Insurance and QBE Insurance.

02 6249 6122
askus@activetravel.com.au
www.activetravel.com.au
Palko, G16/27 Lonsdale Street, Braddon ACT

AKA Travel
Minimum of $100.00 per person discount on International travel packages (airfares plus accommodation and tours) Up to 20% off travel Insurance. No booking fees.

02 6286 8016
kareem@akatravel.com.au
62 Groom Street, Hughes ACT

Helping you plan a lifetime of extraordinary trips
From Arizona to Zambia we have personal contacts at over 1,200 exceptional preferred properties in over 100 countries. Through our exclusive arrangements, we offer you VIP treatment and complimentary extras.

HOTEL & RESORT BENEFITS
• Preferred rates and availability
• Room upgrade upon arrival subject to availability
• Valued added amenities (USD100.00 value)
• Daily breakfast for 2
• Early check-in & late checkout (subject to availability)
• Complimentary WiFi

Established in Canberra in 1984
Just Travel & Seniors Travel
8 La Perouse Street, GRIFFITH ACT 2603
T: (02) 62852644
www.justtravel.com.au
Aurora Expeditions
10% off Antarctica and Arctic voyages. Terms and conditions apply. Not combinable with another offer.

1800 637 688
info@auroraexpeditions.com.au
www.auroraexpeditions/seniorscard

Broome, Kimberley and Beyond
Discount on selected tours and rail bookings.

1300 357 057
Reservations@broomekimberley.com
www.broomekimberley.com.au
Suite 6, 281 Hay Street, Subiaco WA

DriveAway
10% off car hire, motorhomes and European leasing (excludes AU, NZ & South Pacific car hire. Also excludes any prestige car hire).

1300 363 500
enquiries@driveaway.com.au
www.driveaway.com.au
Level 2, 157 Walker Street, North Sydney NSW

Indulge Your Passion for Travel
Ocean, River and Exploration Cruising

We partner with the world’s leading Cruise Lines to custom-tailor at sea, river, and port experiences. As our client, you will be eligible for complimentary extras* reserved exclusively for our VIP travellers.

CRUISE BENEFITS
• Shipboard credits
• Exclusive shore excursions
• Welcome aboard receptions
• Dedicated onboard hosts
• Private car & driver
• Specialty dining
• Pre-paid gratuities
* CONDITIONS APPLY

Established in Canberra in 1984
Just Travel & Seniors Travel
8 La Perouse Street, GRIFFITH ACT 2603
T: (02) 62852644
www.justtravel.com.au

151
Easy Travel Insurance

Save an extra 10% on our already discounted rates at Easy Travel Insurance - Specialists in all travel insurance needs for seniors of any age.

info@easytravelinsurance.com.au
Now’s the time to fall in love with travel.

Do you remember the moment you first fell in love? Or the time your best friend was still a stranger, your favourite food was something new, when you thought travel was for someone else – when you made time for the things that matter?

Our small group, locally led tours let you experience authentic, local culture and mouth-watering cuisine at a comfortable pace, helping you explore the world effortlessly.

Peregrine Adventures. It’s about time.

1300 705 815 | contact your travel agent peregrineadventures.com

Frequent Flyer | Present your Seniors Card when booking to receive an additional 500 Qantas Points*.  

*T&Cs apply. Please visit peregrineadventures.com/seniors-card for full information.
Europcar Australia
10% off car rental across Australia and New Zealand.

☎ 1300 13 13 90
info@europcar.com.au
189 South Centre Road, Tullamarine VIC
Novotel City, 65 Northbourne Avenue, Canberra City ACT
Terminal Building, Canberra Airport ACT

Fast Cover Travel Insurance
10% off travel insurance. Issued by Hollard Insurance. Consider the PDS. Not to be used in conjunction with any other offer.

☎ 1300 409 322
info@fastcover.com.au
fastcover.com.au/SeniorsCardACT
Level 31, 31 Market Street, Sydney NSW

Gungahlin Travel Associates
Up to 15% off travel insurance. Terms and Conditions apply. See in store for details.

☎ 02 6241 0355
www.travelassociates.com/stores/gungahlin
Shop 22, The Marketplace, 30 Hibberson Street
Gungahlin ACT

DriveAway
EXCLUSIVE
10% OFF

Car, Motorhome hire and Euro-Leasing
Simply quote “SENIORS”

Call 1300 363 500 or visit driveaway.com.au

*Conditions apply
International Rail Australia
Up to 15% off global rail passes and tickets.
☎ 1300 387 245
service@internationalrail.com.au
www.internationalrail.com.au
63 Rosstown Road, Carnegie VIC

Japan Explorer
$100.00 per person discount for Japan travel packages which include airfares plus accommodation.
☎ 1300 527 269
info@japanexplorer.com.au
227A, 98 Elizabeth Street, Melbourne VIC

Just Travel
See our advertisements for details.
☎ 02 6285 2644
tony@justtravel.com.au
www.justtravel.com.au
8 La Perouse Street, Griffith ACT
Peregrine Adventures
Present your Seniors Card to receive a bonus 500 Qantas Points when you book a Peregrine small group tour. T&Cs apply.

1300 854 445
sales@peregrineadventures.com
www.peregrineadventures.com/seniors-card
Level 7, 567 Collins Street, Melbourne VIC

Spirit Australia Cruises
Seniors Card rates for ‘Spirit of the Coorong’ are:
Murray Mouth - $6 discount - 15% discount off retail
Discovery Cruise - $6 discount - 6.06% discount off retail
Adventure Cruise - $6 discount - 5% discount off retail

1800 442 203
bookings@spiritaustraliacruises.com.au
spiritaustraliacruises.com.au
Main Wharf, Goolwa South Australia 5214

Towncars Networks Australia
10% off all Towncars services and an additional $10.00 off on your first trip PROMO CODE: TOWN65.

1300 869 627 or (02) 8874 5000
bookings@towncarsaust.com.au
www.towncarsaust.com.au

The Travel Cellar
10% from travel insurance; up to 3% on cruises and tours; and no booking fees.

1300 659 011
reservations@northsidetvl.com.au
www.northsidetvl.com.au

Travelinsurance.com.au
Save an extra 10% off our already discounted prices. Get the right cover at the best price.

1800 1900 89
contact@travelinsurance.com.au
12/3 Barrier Street, Fyshwick ACT
The Gables Veterinary Group
10% discount off total bill, excluding food purchases.
www.thegablesvetgroup.com.au

Monash
27 Barraclough Crescent, Monash ACT
02 6292 4569
monash@thegablesvetgroup.com

Queanbeyan
Shop 7, Karabar Mall,
Southbar Road, Queanbeyan NSW
02 6299 6808
karabar@thegablesgroup.com.au
Waste Management/Recycling

Budget Bins
$10.00 off each booking for Seniors Card holders.

📞 02 6249 7974
office@budget.com.au
www.budgetbins.com.au
103/222 City Walk Canberra City ACT

Bulky Waste Pickup
Free pick up for eligible ACT concession card holders and ACT Seniors Card holders over 70. Limit of one pickup per household of 2 cubic metres every 12 months.

📞 02 6249 7974
canberrarubbishremovals@gmail.com
www.bulkywaste.com.au
103/222 City Walk Canberra City ACT

Capital Rubbish Removals
10% discount for Seniors Card holders.

📞 02 6230 0449
capitalrubbishremovals@gmail.com
www.capitalrubbishremovals.com.au
103/222 City Walk Canberra City ACT

Charity Cars
Free service for Canberra seniors to dispose of unwanted vehicles.

📞 02 6230 0303
charitycars@gmail.com
www.capitalrubbishremovals.com.au
103/222 City Walk Canberra City ACT

The Green Shed (Bulky Waste)
Free pick-up service for over 70’s ACT Seniors Card holders and other eligible card holders every 12 months. Limit of 2 cubic metres.

📞 02 6249 7974
www.bulkywaste.com.au
103/222 City Walk, Canberra City ACT
Wellbeing

**Day Translations, Inc**
10% off any of our translation and interpretation services.

📞 1800 969 6853  
contact@daytranslations.com  
Level 4, 5 & 12, Plaza Building, Australian Square, 95 Pitt Street, Sydney NSW

**HRD (Australia)**
A 25% discount on all clinic services for Seniors Card holders.

📞 0422 967 969  
hrdcanberra@gmail.com  
Glass Place, Kambah ACT

**Kinetic Wellness**
$10 off Therapeutic Treatments of Massage, Bowen & Scenar Therapies.

📞 0404 326 130  
naturallybalanced@live.com.au  
www.kineticwellness.com.au  
54 Heydon Crescent, Evatt ACT

**Natural Options Bowen and Massage Therapies**
$5 off for one hour remedial massage or Bowen Therapies.

📞 02 6253 1470  
naturaloptions@grapevine.com.au  
www.naturaloptions.com.au  
Macquarie Shopping Centre, Lachlan Street, Macquarie ACT

**Nutrition and You**
Ask about our discount for Seniors Card holders.

📞 02 6241 5193  
irene@nutritionandyou.com.au

All participant’s discounts are open to all Australian-issued Seniors Card holders.
Simply Being
10% off Acupressure and Chinese Massage.

1800 844 867
simplybeing.shen@gmail.com
Ground floor, 29-31 Colbee Court Phillip ACT

With a fantastic variety of events, activities and exhibitions for all seniors, Seniors Week is a week packed with fabulous activities!

In 2020
Seniors Week - 23-29 March 2020
Seniors Week Expo - 26 March 2020

In 2021
Seniors Week - 15-21 March 2021
Seniors Week Expo - 18 March 2021

PLUS
Keep up to date with what’s happening for older people in the ACT - visit our website www.cotaact.org.au, sign up to our monthly E-News or like us on Facebook!

Love later life
ACT Seniors Week
23-29 March 2020
15-21 March 2021

Go to actseniorscard.org.au to see all current and new discount offers
All participant's discounts are open to all Australian-issued Seniors Card holders.

<table>
<thead>
<tr>
<th>Participating organisations</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actnow Plumbing &amp; Gasfitting</td>
<td>121</td>
</tr>
<tr>
<td>3 Rivers Pest Control</td>
<td>112</td>
</tr>
<tr>
<td>1882 Bar and Grill</td>
<td>26</td>
</tr>
<tr>
<td>AAA Discount Alterations</td>
<td>44</td>
</tr>
<tr>
<td>Acacia Hair Designs</td>
<td>58</td>
</tr>
<tr>
<td>Access Canberra</td>
<td>90</td>
</tr>
<tr>
<td>Active Travel</td>
<td>150</td>
</tr>
<tr>
<td>ACT Podiatry</td>
<td>102, 123</td>
</tr>
<tr>
<td>ACT Stamp Artists - Stamping &amp; Papercraft Club</td>
<td>37</td>
</tr>
<tr>
<td>ACT Tax Agent Services</td>
<td>48</td>
</tr>
<tr>
<td>AG Gardening &amp; Lawn Services</td>
<td>73, 77</td>
</tr>
<tr>
<td>Ainslie Football &amp; Social Club</td>
<td>26, 32</td>
</tr>
<tr>
<td>Ainslie Laundrette</td>
<td>44</td>
</tr>
<tr>
<td>Ainslie Tennis Club</td>
<td>125</td>
</tr>
<tr>
<td>AKA Travel</td>
<td>150</td>
</tr>
<tr>
<td>Al Gardner</td>
<td>73, 77</td>
</tr>
<tr>
<td>Align and Balance</td>
<td>63</td>
</tr>
<tr>
<td>Allsorts Organising</td>
<td>111</td>
</tr>
<tr>
<td>All Type Battery Solutions</td>
<td>130</td>
</tr>
<tr>
<td>Alucom</td>
<td>77</td>
</tr>
<tr>
<td>Amante Jewellery</td>
<td>130</td>
</tr>
<tr>
<td>Anytime Fitness Lanyon</td>
<td>63</td>
</tr>
<tr>
<td>Apollo Blinds ACT</td>
<td>38</td>
</tr>
<tr>
<td>Aqua Hair</td>
<td>58</td>
</tr>
<tr>
<td>Architect Windows</td>
<td>78</td>
</tr>
<tr>
<td>Ardanien Entertainment</td>
<td>46</td>
</tr>
<tr>
<td>Aurora Expeditions</td>
<td>151</td>
</tr>
<tr>
<td>Auscert Building Certifiers</td>
<td>78</td>
</tr>
<tr>
<td>Australian Dentists Clinic</td>
<td>39</td>
</tr>
<tr>
<td>Australian Investment Professionals</td>
<td>48</td>
</tr>
<tr>
<td>Australian MedicAlert Foundation</td>
<td>15, 102</td>
</tr>
<tr>
<td>Australian Parliament House</td>
<td>148</td>
</tr>
<tr>
<td>Australian Seniors Insurance Agency</td>
<td>92</td>
</tr>
<tr>
<td>Autobarn</td>
<td>21</td>
</tr>
<tr>
<td>Autoco</td>
<td>21</td>
</tr>
<tr>
<td>Avis</td>
<td>31</td>
</tr>
<tr>
<td>Azure Village</td>
<td>144</td>
</tr>
<tr>
<td>BaptistCare at home</td>
<td>15</td>
</tr>
<tr>
<td>BaptistCare Residential Aged Care</td>
<td>17</td>
</tr>
<tr>
<td>Beauty Bar International</td>
<td>58</td>
</tr>
<tr>
<td>Belconnen Fresh Food Markets</td>
<td>130</td>
</tr>
<tr>
<td>Bellerive</td>
<td>144</td>
</tr>
<tr>
<td>Bensons Hair of Curtin</td>
<td>58</td>
</tr>
<tr>
<td>Bentleys Hair at Red Hill</td>
<td>58</td>
</tr>
<tr>
<td>Bentleys Hair of Canberra - Jamison</td>
<td>59</td>
</tr>
<tr>
<td>Best Western Australasia</td>
<td>95</td>
</tr>
<tr>
<td>Better Home Maintenance</td>
<td>73, 78</td>
</tr>
</tbody>
</table>
PARTICIPATING ORGANISATIONS

Black Mango 130
Blamey Saunders hears 72
Bliss Haven Day Spa 59
Bloom Hearing Specialists 72
Body Basics Health and Fitness Queanbeyan 63
Body Intelligence 63
Bookkeeping Bureau 25
Books R Us & More 130
Bridgestone Select 21
Broome, Kimberley and Beyond 151
Broulee Beach Bed and Breakfast 95
Budget 31
Budget Bins 158
Bugalugs Pest Control Pty Ltd 112
Bulky Waste Pickup 158
Burns Club - Star Buffet 32
Burrangiri Aged Care Respite Centre 18
Buvelot Picture Framers 131
Buy A Safe 131
Caffe Luxxe 26
Canberra Antennas 45, 78
Canberra Audiology 72
Canberra Balloon Flights 125
Canberra Bathroom Renovations 78
Canberra Bridge Club 125
Canberra Capital Garden Maintenance 78
Canberra Dance Theatre 65, 125
Canberra Facilities Maintenance 78
Canberra Hot Water and Plumbing 121
Canberra Imaging Group 102
Canberra Jewellery Repair and Restoration 131
Canberra Plumbing & Drains 121
Canberra School of Dancing 125
Canberra Seniors Centre 126
Canberra Walk In Aviary 126
Capital Chemist 115
Capital Nordic Walking 65
Capital Rubbish Removals 158
Cassidys Department Store 131
Chamberlain's Law 97
Charity Cars 158
Chifley's Bar & Grill 26
CHiLada 27, 133
Class Locksmiths 99
Clean Touch Dry Cleaners 44
Cockington Green Gardens 126, 148
Coco's Hair & Beauty 60
Colbee Court Chemist 115
Colleen's Lingerie & Swimwear 133
Cooleman Court Pharmacy - Life Pharmacy Group 115
COTA ACT 34, 46
COTA Insurance 92
CPAP Australia 103
CPS Solutions 81
Crawford’s Computer Service 36
Curves 65
Cusack’s 133
Day Translations, Inc 133, 159
Deep Clean Carpet Care 81
Delikase Filipino Cuisine 26
Dendy Cinemas 126
Dirty Windows Done Dirt Cheap 81
DOGUE Gungahlin 113
Donut King Erindale 134
Draught Proofing Canberra 45, 82
DriveAway 151
Drive & Carry Pty Ltd 107, 134
Easier Living Services 82
Easy Travel Insurance 92, 152
Econnex 82
Elegant Image Skin Body & Day Spa Centre 60
ELGAS 134
Elite Supps 66
Embroiderers’ Guild ACT Inc 126
Emergency Medical Services 103
Enhance Skin Care 60
Ergoflex Mattress & Beds 134
Erindale Pharmacy - Life Pharmacy Group 115
Euro Delicatessen 135
Europcar Australia 154
Evans Leather Repair 135
Everbean Café 27
EverythingDentures Hawker 39
EverythingDentures Phillip 39
Exquisite Jewellers 135
EziFunerals 56
Fast Cover Travel Insurance 92, 154
Fernwood Tuggeranong 66
FishCo Fish Market 135
Flexible Bus Service 90
Focus On Furniture 135
Forty Winks 136
Frankie & Lois “The Cat’s Whisker” 136
Franklin Dental Care 39
Gathered Here Pty Ltd 56
Genuine Connections Plumbing 121
Goodwin Aged Care Services 17, 73
Grave Keepers 56

All participant’s discounts are open to all Australian-issued Seniors Card holders.
PARTICIPATING ORGANISATIONS

Gungahalin Travel Associates
Gungahlin Lakes Golf and Community Club
Gymquip Fitness
Hair in the City
Heart Foundation Walking
Heirloom Films
Helen King Hearing Solutions
High Security Locksmiths
Hindmarsh Retirement
H&R Block Tax Accountants
H&R Block Tuggeranong
HRD (Australia)
Hydrokleen
IBIS Styles The Entrance
I Buy Anything
IdeallyClean
Idlewilde Town and Country Motor Inn
Independent Care Solutions
INGLE Property Services
inkybluemoon
Inspirations Paint
Inspire Electrical Group
International Rail Australia
IRT at Home
Jamison Dental Care
Japan Explorer
JAX Tyres
Joy’s Reliable Housesitting & Pet Care
Just Cuts
Just Travel
Kaleen Family Dental Surgery
Kaleen Family Practice
Keisari
Kenko Tea
KinCare Pty Ltd
Kinetic Wellness
Kingston Florist ACT
Kingston Physiotherapy & Sports Injury Centre
Kippax Alterations
Koala
Lanyon Pharmacy - Life Pharmacy Group
La Shabbie
Legal Kit Specialists
Libraries ACT
Life’s An Adventure
Limelight Cinemas
Lite n’ Easy
Lollipops Playland and Café Canberra
Lucent Imaging
<table>
<thead>
<tr>
<th>Participating Organisations</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macka's Griffith Newsagency</td>
<td>138</td>
</tr>
<tr>
<td>MacKinley Optical</td>
<td>110</td>
</tr>
<tr>
<td>Magnetite</td>
<td>83</td>
</tr>
<tr>
<td>Magnet Mart</td>
<td>83, 138</td>
</tr>
<tr>
<td>Malplas UPVC Australia Pty Ltd</td>
<td>83</td>
</tr>
<tr>
<td>Marigal Gardens</td>
<td>146</td>
</tr>
<tr>
<td>Mariners on the Waterfront Hotel</td>
<td>96</td>
</tr>
<tr>
<td>Maven Dental Belconnen</td>
<td>40</td>
</tr>
<tr>
<td>Mayner &amp; Cochran</td>
<td>45, 83</td>
</tr>
<tr>
<td>Mayner &amp; Cochran</td>
<td>122</td>
</tr>
<tr>
<td>MEB Services</td>
<td>49, 92</td>
</tr>
<tr>
<td>Mediband</td>
<td>104</td>
</tr>
<tr>
<td>MedibandPlus</td>
<td>104</td>
</tr>
<tr>
<td>MediBC</td>
<td>105</td>
</tr>
<tr>
<td>Mirchi Indian Restaurant</td>
<td>29</td>
</tr>
<tr>
<td>Mister Minit</td>
<td>139</td>
</tr>
<tr>
<td>Modern Shade Solutions</td>
<td>38</td>
</tr>
<tr>
<td>Moon Rock Cafe &amp; Gift Shop</td>
<td>29, 139</td>
</tr>
<tr>
<td>Mountain View Age Care Centre</td>
<td>20</td>
</tr>
<tr>
<td>Muffin Break</td>
<td>29</td>
</tr>
<tr>
<td>My HeartBeats - AQUA Deakin Wed 11am</td>
<td>68</td>
</tr>
<tr>
<td>My HeartBeats - AQUA Tuggeranong</td>
<td>68</td>
</tr>
<tr>
<td>My HeartBeats - Hughes Gentle Exercises</td>
<td>68</td>
</tr>
<tr>
<td>My HeartBeats - Weston Fitballs &amp; Floor</td>
<td>68</td>
</tr>
<tr>
<td>My HeartBeats - Weston Gentle Exercises</td>
<td>70</td>
</tr>
<tr>
<td>Myhomefone</td>
<td>140, 147</td>
</tr>
<tr>
<td>My Little Love Heart</td>
<td>140</td>
</tr>
<tr>
<td>Narrabundah Hair Studio</td>
<td>61</td>
</tr>
<tr>
<td>Nathanart</td>
<td>140</td>
</tr>
<tr>
<td>National Dinosaur Museum</td>
<td>127, 148</td>
</tr>
<tr>
<td>National Library Bookshop</td>
<td>140</td>
</tr>
<tr>
<td>Natural Beauty Centre</td>
<td>61</td>
</tr>
<tr>
<td>Natural Options Bowen and Massage Therapies</td>
<td>159</td>
</tr>
<tr>
<td>NCE Pty Ltd</td>
<td>128</td>
</tr>
<tr>
<td>Neeki Designs; The ‘Wonder Sheet’</td>
<td>86, 107</td>
</tr>
<tr>
<td>Neurospace</td>
<td>117</td>
</tr>
<tr>
<td>Ngunnawal Skin Clinic</td>
<td>105</td>
</tr>
<tr>
<td>Norton Road Wines</td>
<td>140</td>
</tr>
<tr>
<td>Not Another Baby Shop</td>
<td>141</td>
</tr>
<tr>
<td>Nutrition and You</td>
<td>159</td>
</tr>
<tr>
<td>Oaks Hotels &amp; Resorts</td>
<td>96</td>
</tr>
<tr>
<td>Online Gourmet Food</td>
<td>141</td>
</tr>
<tr>
<td>Orthocare</td>
<td>105</td>
</tr>
<tr>
<td>Out and About Locksmiths</td>
<td>99</td>
</tr>
<tr>
<td>Pearly Whites Australia</td>
<td>41</td>
</tr>
<tr>
<td>PE Computers &amp; Software Solutions</td>
<td>36</td>
</tr>
<tr>
<td>Pedders</td>
<td>21</td>
</tr>
<tr>
<td>Peregrine Adventures</td>
<td>156</td>
</tr>
<tr>
<td>Personal Cooling Products</td>
<td>141</td>
</tr>
</tbody>
</table>

All participant's discounts are open to all Australian-issued Seniors Card holders.
<table>
<thead>
<tr>
<th>Participating Organisations</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Petals Network</td>
<td>52</td>
</tr>
<tr>
<td>Pets &amp; Positive Ageing</td>
<td>89, 113</td>
</tr>
<tr>
<td>Philatelic Society of Canberra Inc</td>
<td>37</td>
</tr>
<tr>
<td>Phillips Wealth Partners</td>
<td>49</td>
</tr>
<tr>
<td>Pilates Can Manuka and Woden</td>
<td>70</td>
</tr>
<tr>
<td>Plonk Beer and Wine Stores</td>
<td>141</td>
</tr>
<tr>
<td>Podiatry Professionals Pty Ltd</td>
<td>105, 123</td>
</tr>
<tr>
<td>Prestantia Health</td>
<td>105</td>
</tr>
<tr>
<td>Priceline Pharmacy Woden</td>
<td>116</td>
</tr>
<tr>
<td>Public Trustee and Guardian</td>
<td>97</td>
</tr>
<tr>
<td>Pure Hair Extensions</td>
<td>61</td>
</tr>
<tr>
<td>PURR Luxury Cat Hotel</td>
<td>113</td>
</tr>
<tr>
<td>Queanbeyan Physiotherapy Centre</td>
<td>117</td>
</tr>
<tr>
<td>QuickWills.com.au</td>
<td>97</td>
</tr>
<tr>
<td>RentalCover.com</td>
<td>92</td>
</tr>
<tr>
<td>RetireInvest Canberra</td>
<td>50</td>
</tr>
<tr>
<td>Retupmoc</td>
<td>36</td>
</tr>
<tr>
<td>Rolfe Subaru</td>
<td>23</td>
</tr>
<tr>
<td>R&amp;R Fabricare Services</td>
<td>44</td>
</tr>
<tr>
<td>Sapphire Palms Motel</td>
<td>96</td>
</tr>
<tr>
<td>Scooters and Mobility ACT</td>
<td>108</td>
</tr>
<tr>
<td>Scrubbers Carpet Cleaning</td>
<td>86</td>
</tr>
<tr>
<td>Senior Shopper</td>
<td>141</td>
</tr>
<tr>
<td>Shield Wealth</td>
<td>50</td>
</tr>
<tr>
<td>Showground Dental Care</td>
<td>41</td>
</tr>
<tr>
<td>Siam Twist</td>
<td>29</td>
</tr>
<tr>
<td>Sibu Beauty</td>
<td>61</td>
</tr>
<tr>
<td>Signature Smiles Dental</td>
<td>41</td>
</tr>
<tr>
<td>Simply Being</td>
<td>160</td>
</tr>
<tr>
<td>Slow Beauty Eco Salon</td>
<td>61</td>
</tr>
<tr>
<td>Solace Creations Double Glazers</td>
<td>86</td>
</tr>
<tr>
<td>SolarTint Belconnen</td>
<td>23</td>
</tr>
<tr>
<td>Southside Physio</td>
<td>118</td>
</tr>
<tr>
<td>Spirit Australia Cruises</td>
<td>128, 156</td>
</tr>
<tr>
<td>SportsCare &amp; Physiotherapy</td>
<td>118</td>
</tr>
<tr>
<td>SportsTec Clinic</td>
<td>118</td>
</tr>
<tr>
<td>St Andrews Village</td>
<td>20</td>
</tr>
<tr>
<td>Star Buffet</td>
<td>29</td>
</tr>
<tr>
<td>Star Car Wash</td>
<td>23</td>
</tr>
<tr>
<td>Stellar Super</td>
<td>50</td>
</tr>
<tr>
<td>St John Ambulance Australia (ACT) Inc</td>
<td>34</td>
</tr>
<tr>
<td>Studio Shemewe</td>
<td>70</td>
</tr>
<tr>
<td>Supabarn Supermarkets</td>
<td>142</td>
</tr>
<tr>
<td>Superb Electrics</td>
<td>45</td>
</tr>
<tr>
<td>Taqwa Painting</td>
<td>87</td>
</tr>
<tr>
<td>TaxAssist Accountants</td>
<td>51</td>
</tr>
<tr>
<td>Telstra Tower Canberra</td>
<td>127, 148</td>
</tr>
<tr>
<td>Tender Loving Cuisine</td>
<td>53</td>
</tr>
<tr>
<td>Thai Basil Erindale</td>
<td>30</td>
</tr>
</tbody>
</table>
All participant’s discounts are open to all Australian-issued Seniors Card holders.
HOUSING OPTIONS

If you need help with housing issues we can advise on:

• Navigating My Aged Care
• Staying in your own home
• Ways to access equity in your home
• Downsizing to a smaller home
• Retirement Villages
• Residential Aged Care
• Public and private housing options

For more information and booking contact the COTA ACT Housing Options Advisor on 02 6287 3777
Funeral Insurance designed to protect the ones you love

Funerals can be expensive and not planning for this inevitable cost can leave your family with added financial stress at a difficult and emotional time.

Seniors Funeral Insurance gives your family quick access to cash to cover your funeral costs and other unpaid expenses you may leave behind.

✔ Quick payout to your family¹
✔ Choose a cover amount up to $15,000²
✔ With our Top Cover receive your covered amount or all of the premiums you’ve paid in for your cover – whichever is greater³
✔ No forms, medical exam or blood tests required

Call 1300 264 310 today or visit seniors.com.au

FUNERAL • CAR • HOME • LANDLORDS • TRAVEL • PET

¹Claims generally paid within one business day from receiving completed documentation. ²Benefit paid for Accidental Death only in the first 12 months. ³If your policy is cancelled prior to age 85, no benefit is payable. If you change your cover your premium will be affected. There is no refund of premiums after the cooling off period.

This is general information only. Please consider the Product Disclosure Statement to ensure the product suits your needs available from seniors.com.au. This information is provided by Australian Seniors Insurance Agency, a trading name of Greenstone Financial Services Pty Ltd (ABN 53 128 692 884, AFSL 343079). Seniors Funeral Insurance products are issued by Hannover Life Re of Australasia Ltd (ABN 37 062 395 484). Terms and conditions apply.
Goodwin, Canberra’s premier seniors living organisation, and a not-for-profit with impeccable reputation presents The Central: Stylishly appointed apartments and townhouses, plus exclusive clubhouse and a community of like-minded people.

No home maintenance. No stamp duty.

p 6175 5057 centralbygoodwin.org.au
20 GALORE ST, CRACE