



SENIORS CARD



ACT Seniors Card Discount Directory 2023-2025



Your Problem Fixed or It's Free



WITH OVER
25 YEARS
EXPERIENCE

**CANBERRA OWNED
AND OPERATED**

15%

**DISCOUNT FOR
SENIOR CARD HOLDERS**



WHY CHOOSE US?

- ✓ EXPERIENCED TECHNICIANS
- ✓ LOCALLY OWNED & OPERATED
- ✓ WE COME TO YOU 7 DAYS A WEEK
- ✓ ALL TECHNICIANS ARE POLICE CHECKED
- ✓ NO TECHNOBABBLE, JUST PLAIN ENGLISH

HOW CAN WE HELP?

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

6112 8380

SHOP 39 HOMEWORLD CENTER

150 Soward Way Greenway ACT

(next to Access Canberra & Dan Murphy)



Emma Davidson MLA and Jenny Mobbs, CEO, COTA ACT

Minister's Message

Welcome to the 2023-2025 ACT Seniors Card Directory

All Canberrans deserve to be supported to live their best, happiest, and healthiest life. The ACT Government is committed to supporting our community so that everyone is valued and included. The ACT Seniors Card program is one way the ACT Government supports active participation and inclusion of older Canberrans, so more people can engage with the social and economic life of our city.

The ACT Seniors Card offers great discounts on goods and services from businesses across Canberra, as well as ACT Government concessions.

Thank you to all the businesses who have joined. Through your generosity, not only will older Canberrans have greater access and choice to goods and services, but they will also hopefully become a regular friendly face as they support your business.

I also thank and congratulate COTA ACT for your hard work delivering the ACT Seniors Card on behalf of the ACT Government. This is an incredibly valuable directory which will support many Canberrans to access and engage with more services in our community. COTA ACT works tirelessly to advocate for older Canberrans and support the ACT Government to deliver programs that drive positive social outcomes.

I trust you will enjoy exploring the new Seniors Card Directory, make use of the many benefits on offer and experience more of our wonderful city.

Emma Davidson MLA,
Minister for Veterans and Seniors
September 2023





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 email the Executive Officer at Greatergood@act.gov.au

ACT Seniors Card and COTA ACT

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Disclaimer

Council on the Ageing ACT (COTA ACT) has acted in good faith in publishing the concessions and discounts listed in the Directory, but cannot in anyway guarantee the accuracy of the information. COTA ACT is reliant on the good faith of the people and the individual businesses listed to provide us with this information. The contents of the Directory is accurate at the time of publishing and COTA ACT does not accept any responsibility for errors, omissions or inaccuracies. If the Territory engages another provider to administer the program, responsibility for the information contained therein will be the responsibility of that provider.

ACT Seniors Card and COTA ACT

You can apply for your new or replacement ACT Seniors Card by completing the online form on the ACT Seniors Card website actseniorscard.org.au. If you have difficulty completing an online form please contact the COTA ACT office on 02 6282 3777 to arrange a time to come in, for us to assist you.

Alternatively we can send you out a hard copy of the form for you to complete and return to our office for data entry. A card will be sent out to you within 10 business days of completing an online application. An email confirmation will be sent to you which you can use to access public transport in the interim.

Please contact Transport Canberra on **02 6207 7711** for all queries relating to travel concessions or balances, expired cards or issues relating to NSW Opal cards.

COTA ACT

02 6282 3777

Hughes Community Centre, 2 Wisdom Street, Hughes provides the following services:

- Housing Options Advisory Service
- Get IT – free one on one technology assistance
- Community Education and events
- Seniors Information Line
- Seniors Card and Discount Directory
- Seniors Expo
- Strength for Life
- Falls Risk Assessment
- Hughes Community Shed
- Outreach services
- Information, advice and referrals
- Hughes Community Centre, room and hall hire



Libraries ACT

02 6205 9000

You can receive assistance at the following outlets when applying online for an ACT Seniors Card. These outlets also stock the 2023-2025 ACT Seniors Card Discount Directory.

- Belconnen, 12 Chandler St
- Civic, Civic Square
- Dickson, Dickson Place
- Erindale, McBryde Cres
- Gungahlin, Hibberson St
- Kingston, Giles St
- Kippax, Hardwick Cres
- Tuggeranong, Cowlshaw St
- Woden, Corinna St
- Fyshwick, 255 Canberra Ave (ACT Heritage Library)

Access Canberra Service Centres **13 22 81**

Access Canberra Service Centres no longer issue ACT Seniors Cards or stock the ACT Seniors Card Discount Directory.

Interstate Seniors Card Offices

ACT Seniors Card **02 6282 3777**

➔ actseniorscard.org.au

NSW Seniors Card **13 77 88**

➔ seniorscard.nsw.gov.au

NT Seniors Card **1800 441 489**

➔ ntseniorscard.org.au

Qld Seniors Card **13 74 68**

➔ qld.gov.au/seniors

SA Seniors Card **1800 819 961**

➔ sa.gov.au/seniorscard

Tas Seniors Card **1300 135 513**

➔ seniors.tas.gov.au

LEARN, CONNECT & ENJOY MORE with Libraries ACT



Make the most of your public library!

- Access free digital resources like eBooks, eAudiobooks, magazines, music and movies.
- Enjoy workshops, events and community groups in-person and online.
- Get help with using computers, smart devices and the internet.
- Apply for the Home Library Service (eligibility criteria apply).
- Membership is free.

www.library.act.gov.au

6205 9000 |    @librariesact



ACT
Government

LIBRARIES ACT

Vic Seniors Card

1300 797 210

➔ seniorsonline.vic.gov.au/seniors-card

WA Seniors Card

1800 671 233

➔ seniorscard.wa.gov.au

Who is eligible for an ACT Seniors Card?

To be eligible for an ACT Seniors Card;

- you must have turned 60 years of age,
- be living permanently in Australia and a permanent resident of the ACT and
- not be in paid employment for more than 20 hours per week.

ACT Seniors Card and NSW Opal card

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

You can apply for a Gold Opal card online at opal.com.au/ordercard or call 13 67 25 (13 OPAL).

Each ACT Seniors Card number is unique to an Opal card. **If you apply for a replacement ACT Seniors Card you will need to also reapply for your Opal card.** If you have difficulty applying for your Opal Card please call Transport Canberra on **6207 7711** to check that your data is correct. Please carry your ACT Seniors Card when travelling on a concession fare in NSW as proof of your entitlement.

Other Interstate Travel

New South Wales

➔ transportnsw.info/tickets-opal/ticket-eligibility-concessions/seniors

Queensland

➔ qld.gov.au/seniors/transport/public-transport

Victoria

➔ ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/seniors/

South Australia

➔ sa.gov.au/topics/family-and-community/seniors/seniors-card/seniors-metrocard

Tasmania

➔ transport.tas.gov.au/public_transport/concessions/changes_to_concessions#top

Western Australia

➔ transperth.wa.gov.au/smartrider/types-of-smartrider/seniors-smartrider

Northern Territory

➔ nt.gov.au/driving/public-transport-cycling/public-buses/fares

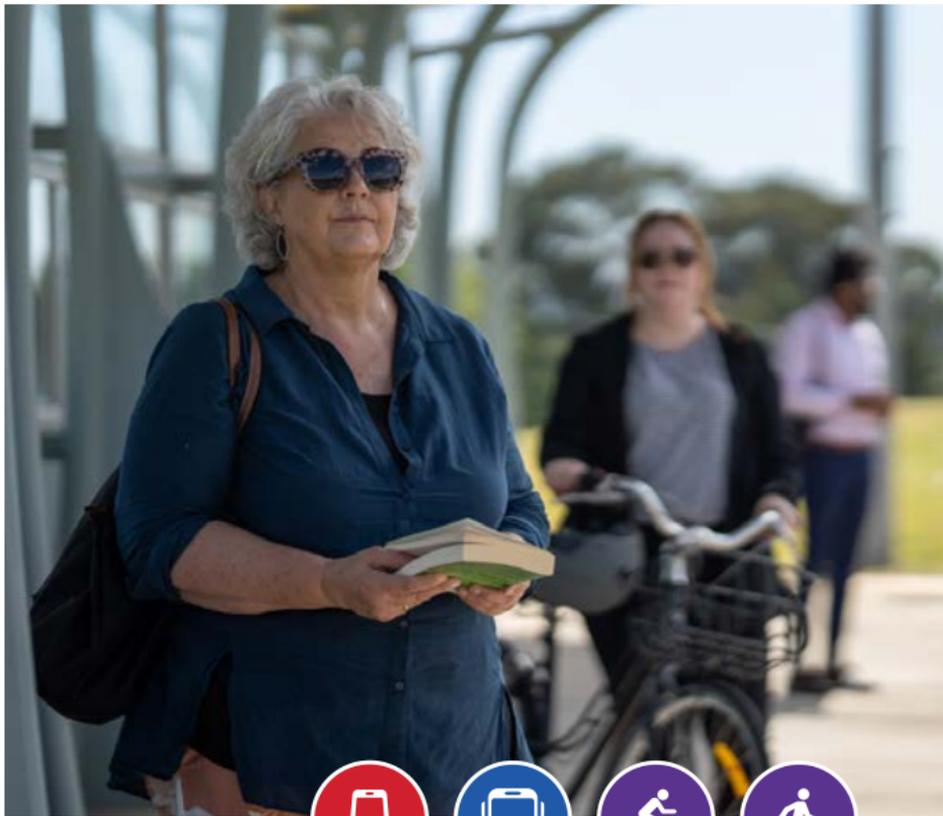
Can I use my ACT Seniors Card overseas?

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.

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. Once a travel credit has been added to the card you can use it for travel on Transport Canberra services, however off peak travel between the hours of 9 am – 4:30 pm weekdays, weekends and public holidays is free. You must still tag on and off the bus to receive the free travel through this time period. Seniors over the age of 70 can travel free.



Use Park and Ride.

And buy lunch,
not parking.

Find a location near you
transport.act.gov.au



ACT
Government



Transport
Canberra

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 discounted fares by topping up using Autoload (direct debit) or BPAY. Alternatively you can still access concession cash fares by purchasing a cash concession ticket, from a ticket vending machine located on the light rail platforms and at major bus interchanges, prior to boarding Transport Canberra services.

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:

- online at the Transport Canberra website
Tickets & MyWay > Get MyWay
- by email by emailing seniorscard@cotaact.org.au
- in person at:
 - » The Canberra Region Visitors Centre,
Regatta Point and the Airport
 - » COTA ACT – Hughes Community Centre,
Wisdom St Hughes

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 go to www.transport.act.gov.au or call the Transport Canberra information line on **13 17 10**.



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 a “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 find the services or goods listed in this Directory are of poor standard please contact the Seniors Card office.
- If you discover a business offer discounts to seniors and they are not listed in the Directory, please advise the Seniors Card Office **02 6282 3777** or **seniorscard@cotaact.org.au**. The business can then be contacted and encouraged to be registered with the program.
- Consider hiring a tradesperson who is a member of a peak body. Master Plumbers (ACT) for example, will offer a Consumer Guarantee and in the unlikely event that there are concerns about workmanship, consumers are protected through a \$5,000 insurance program
- Businesses are not vetted prior to appearing in the Directory. It is the responsibility of the consumer to ensure appropriate checks are made.

Cost of Living – Support For Older Canberrans

Day-to-day, the cost of living is challenging. The ACT Government's cost-of-living website makes it easier for eligible Canberrans to find support for energy, rates, education, health and transport costs. Find out more at act.gov.au/cost-of-living-support. You can also find discounts and concessions that are specific to seniors here: act.gov.au/cost-of-living-support/support-for-older-canberrans

To access these concessions, you will need to check your eligibility and in most instances this will be with a Commonwealth Concession card, not an ACT Seniors Card. Please contact Centrelink for further information.

Centrelink Older Australians Line

 **132 300 Monday to Friday 8am to 5pm**

Use this line if you're an older Australian and need help with:-

- Age Pension
- Commonwealth Seniors Health Card
- payments, information and help following the death of a loved one
- Financial Information Service
- Pensioner Concession Card
- Home Equity Access Scheme

For more information, go to servicesaustralia.gov.au/ageing

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.

AGED CARE AND RETIREMENT

■ Aged and Disability Support Services

Australia Medic Alert Foundation

The MedicAlert Foundation is Australia's most trusted provider of emergency medical information. Our QR Code innovation, designed with paramedics, ensures instant access to your vital health information when seconds count.

Secure digital storage of your health information in a digital MedicAlert Record gives instant 24/7 access via your custom engraved MedicAlert ID from anywhere in the world. Using QR Code technology and the back-up of our 24/7 Emergency Information hotline, your MedicAlert ID alerts first responders to information they can trust, such as conditions, allergies, medicines, care instructions, emergency contacts and doctors' details.

The MedicAlert Foundation gives you confidence that we will speak for you when you can't speak for yourself.

☎ **1800 882 222**

✉ enquiry@medicalert.org.au

➔ medicalert.org.au

Balance Aged Care Specialists

10% discount off all financial appointments including home care, granny flat rights, pensions, aged care, downsizing and retirement .

☎ **1300556287**

✉ info@bfs.net.au

Canberra Counsellor

15% discount off the usual discount fee of \$140.00 per session of counselling or hypnosis. I have worked with many older people including those who desire to review their life and heal past issues, relationships and perspectives.

Bremer Street, Griffith ACT 2603

☎ **0466 182 202**

✉ hypnocounsellor@gmail.com

Driving Miss Daisy CBR/QBN

10% discount on all bookings for Senior Card holders
- return trips only.

PO Box 1071 Woden ACT 2606

☎ **0419 255 395**

✉ eastcbrwestqbn@drivingmissdaisy.com.au

➔ drivingmissdaisy.com.au

IRT Home Care

Book a free consultation with our home care team to discuss how we can help you. We can assist with: personal care, home maintenance and cleaning, meal preparation, nursing services, grocery shopping, medication collection and management, transport to outings or appointments, and much more.

☎ **134 478**

✉ customerservice@irt.org.au

➔ irt.org.au/homecare

THE BUTLER HOME CARE AT YOUR SERVICE



Our Services:

Private Care| Clinical Care| Domestic Assistance
Home Care Packages| Social Club & Respite

Contact us:

(02) 5134 5982

hello@thebutlercanberra.com.au

www.thebutlercanberra.com.au

The Butler| 94 Fullagar Crescent, Higgins ACT



**Self-manage your
Home Care Package.**

**Live confidently in
the home you love.**



Trilogy Care

trilogycare.com.au | 1300 459 190

KinCare Pty Ltd

No lock-in contracts for Seniors Card holders

Suite 1, 17 Napier Close, Deakin ACT 2600

 **1300 733 510**

 kincare.com.au

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.

Ask us about our new design, the “Wonder Sheet + PLUS”

Free postage within Australia for Seniors Card holders

PO Box 490 Chirn Park QLD 4215

 **07 5591 1629**

 info@neeki.com.au

 neeki.com.au

Nurse Next Door Canberra

Free in home Caring Consult with no obligation to book

106 Mawson Place, Mawson ACT 2607

 **1300 100 247**

 canberra@nursenextdoor.com.au

AGED CARE AND RETIREMENT

■ Aged and Disability Support Services



Nurse Next Door[®]
home care services

Nurse Next Door's extraordinary family of Registered Nurses and qualified Caregivers are specially matched to you. With 24/7 availability, total schedule flexibility and everything taken care of for you, we can give your family peace of mind.

We offer full spectrum premium in-home care, ranging from nursing to companionship.

Get started with a FREE Caring Consult today, because there really is no place like home.



nursenextdoor.com.au



1300 600 247

Pension Services

Pension services will offer 10% discount on all services, including Age Pensions application, Aged Care Applications and Commonwealth Seniors Health Care Card application.

5 Peel Place, Adelaide SA 5000

☎ **0498 203 773**

✉ hello@pensionservices.com.au

➡ pensionservices.com.au/

Right at Home ACT Canberra

Free in-home consultations on accessing home support

111, 43-57 Townsend Street, Phillip ACT 2606

☎ **02 5127 5199**

✉ care.actc@rightathome.com.au

➡ rightathome.com.au

SWITCH TO BETTER QUALITY HOME CARE
CHOOSE RIGHT AT HOME

Right at Home are leaders in quality home care and support, delivering services that allow our clients to remain safe and independent in their own homes. Your local Right at Home ACT families are ready to look after yours when you can't.



The Right Care, Right at Home™

ACT Canberra
P 02 5127 5199

ACT & Queanbeyan
P 02 5127 5198

www.rightathome.com.au
P 1300 363 802

Rosie by Vitalcare

Rosie medical alert personal alarm with fall detection and GPS locator.

10% discount for Senior Card holders.

Personal emergency alarms that take on life with you. Only \$39.00 per month and a one-off \$50.00 establishment fee for your Rosie 24/7 Personal Alarm Service.

All calls monitored and answered by trained professionals based in Australia.

No minimum term or lock in contracts.

14/31-33 Chaplin Drive, Lane Cove West NSW 2066

 **1800 476 743**

 info@rosie.help

 rosie.help

Care from the *heart,* since 1880.



At The Salvation Army Aged Care, our goal is to keep you safe, comfortable and happy.

We can help with:

- ✓ Permanent residential care, including dementia care
- ✓ Short-term (respite) and post hospitalisation care
- ✓ Day Care services with exercise and social activities
- ✓ In-home care services.



Aged Care

Enquire Today **1300 111 227**

agedcare.salvos.org.au

Safe-Life

Safe-Life personal medical alarm 4G. 10% discount for Senior Card holders. Call or email for offer. Call for help with the press of a button. Peace of mind, anywhere, anytime on 4G Network. Features include accurate GPS positioning with Wi-Fi and bluetooth backup, falls detection and waterproof. Hands free, optional alarm and two way voice contact, programable with up to 10 emergency phone numbers. Friendly support staff.

5/270 Lower Dandenong Road, Mordialloc VIC 3195

☎ **03 9588 0392**

✉ sales@safelife.com.au

See Me Aged Care Navigators

Aged Care Navigators. Care Finders. Case Managers. We enable you to keep your older loved ones at home. Our team are former ACAT assessors, we know Australia's age care program like no one else. We remove the confusion and overwhelm, supporting you through assessments, assisting you to choose a great provider for your home care package and we follow up with you to ensure you understand "what happens next". We are 100% independent. Seniors Card holders receive 10% off their initial consultation.

☎ **0432 995 776**

✉ admin@seemeacn.com.au

➡ seemeacn.com.au

Your Sunset End of Life Services

10% off our range of end of life planning appointment packages - including Power of Attorney, Advance Care Planning, Funeral Planning.

Servicing Canberra and Surrounds through a home visit service

☎ **0474 307 584**

✉ hello@yoursunset.com.au

AGED CARE AND RETIREMENT

■ Aged and Disability Support Services

SOFIHUB

\$20.00 off SOFIHUB Fall Monitoring Devices & Medical Safety Alarms

Sofihub's safety monitoring technologies provide care for independent and active individuals. Our intelligent solutions include the TEQ-Falls Alert fall detection device and the TEQ-Secure personal safety alarm. These non-intrusive solutions enable greater independence and peace of mind, for the user as well as their families and carers.

\$20 off the order with free shipping!

Discount Code: ACTSN20

☎ **1300 110 366**

✉ sales@sofihub.com

➡ shop.sofihub.com

Salvos Home Care



Qualified and compassionate care workers from Salvos Home Care can support you at home and in the community.



Aged Care

Enquire Today
1300 111 227

agedcare.salvos.org.au

Housing and Ageing Options Service

Are you unsure about the housing options available to you as you age?

COTA ACT's Housing and Ageing Options Service can give you independent information on:

- Accessing home care packages to help you stay in your own home
- Retirement Villages
- Advice on assistance for carers (including respite care options)
- Accessing community support systems
- Accessing government services
- Information on home modifications and/or downsizing to a smaller home
- Information and referral on decluttering
- Information on accessing appropriate public and private housing options

Make your free appointment by contacting COTA ACT on 6282 3777 or email housing@cotaact.org.au

COTA ACT's Housing Options Advisory Service is delivered by COTA ACT with funding from the ACT Government and the Australian Government through the National Affordable Housing Agreement



COTA
AUSTRALIAN CAPITAL TERRITORY

AGED CARE AND RETIREMENT

■ Aged Care Residences

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.

1-7 Rivett Place, Rivett ACT 2611

☎ **02 6288 1488**

✉ agedcare.enquiries@salvationarmy.org.au

➡ agedcare.salvos.org.au/burrangiri-aged-care-respite-centre

Burrangiri AGED CARE RESPITE CENTRE



At Burrangiri Aged Care Respite Centre, we specialise in short-term care – from social activities for a few hours or some extra support for a few days.

Trial a free day at our Day Centre today, no ACAT assessment required. Enquire Today **02 6288 1488**.



Aged Care
agedcare.salvos.org.au

Supported by



ACT
Government
Health

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

Residential care sites at Ainslie, Farrer and Monash

☎ **6175 5192**

Home care services and day clubs

☎ **6175 5650**

Independent living at Ainslie, Farrer, Monash and Crace

☎ **6175 5000**

➔ goodwin.org.au

Mountain View Age Care Centre

Mountain View Aged Care Centre offers a supportive, vibrant home with a strong sense of community, managed by a team of professionals who go beyond the clinical to ensure that residents feel comfortable, safe and loved. Our spacious single-level residence has beautiful landscaped gardens and courtyards and is surrounded by greenery and suburban views. Mountain View Aged Care Centre offers permanent residential care including dementia care and palliative care; and respite (short-term) care. We also offer eligible residents in-house NDIS services. The Centre is located closely to public transport, Canberra CBD, Woden Westfield, Manuka and local health services.

**Cnr Goyder Street and Leahy Close,
Narrabundah ACT 2604**

☎ **02 6295 1044**

✉ agedcare.enquiries@salvationarmy.org.au

➔ agedcare.salvos.org.au/residential-aged-care/mountain-view-aged-care-centre

AGED CARE AND RETIREMENT

■ Aged Care Residences

St Andrews Village

St Andrews Village Person Centred Care is based on the principal that the wishes of the older person should be central to the care provided.

Groom Street, Hughes ACT 2606

☎ **02 6283 4999**

✉ info@sav.org.au

➡ sav.org.au

st andrews village



- 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.



HARRISON HOUSE

St Andrews Village Groom St Hughes ACT 2605

Phone 02 6283 4999 • info@sav.org.au • www.sav.org.au

AbbiCare

10% off online price for all electric wheelchairs including free freight

📞 **1300 884 975**

✉ info@abbicare.com.au

➡ abbicare.com.au

Australian Bedding Company

10% Discount off All Beds Including Electric Adjustable Beds and Free Installation.

*** Conditions apply**

The Australian Bedding Company is locally owned and has been in business for over 25 years. We pride ourselves on offering old fashioned service and we supply quality Australian made products, factory direct at competitive prices.

We are offering ACT Seniors Card holders 10% discount off all beds and free installation*. Conditions apply. These conditions are dependent on access and location and we ask you to discuss any of these variables with our sales staff who will provide you with a competitive quote on your purchase.

We also take away old beds, bed bases and frames with only minimal handling charges above what the government charges for recycling and disposal. Our showroom is open Mon-Sat 9am - 5pm

2/78 Hoskins Street, Mitchell ACT 2911

📞 **02 6262 3260**

✉ accounts@ausbedco.com

➡ australianbeddingcompany.com.au

C23 Driving School

Save \$10.00 on the regular price of an hour driving lesson

📞 **0408 117 125**

✉ actdriving@outlook.com

➡ c23driving.com



Make Life Better with an Electric Adjustable Bed from ABC

SmartFlex 2

Head & Foot Adjustability
Steel Construction
Wireless Hand Control
Vibration Massage
USB Charging Ports
Underbed Lighting
Customizable Preset Positions



SmartFlex 3

Stylish Modern Design
Zero Gravity Position
Wireless LED Remote
Lockable Castors
3 Speed Massage Unit
Dual Zone Massage
Hi-Lo Function
Battery Back Up



Hi-Lo Chair Bed

Easy-Up Functionality
Vibration Massage
Head & Foot Adjustability
Hi-Lo Functionality
Steel Construction
Castors Optional
Wired Hand Control



Seniors Card holders receive Free Delivery and Installation of Electric Adjustable Beds.

** Conditions apply*



2/78 Hoskins St, Mitchell ACT
M-F 9-5 Sat 10-4 Ph: 02 6262 3260
Web: australianbeddingcompany.com.au
Email: retail@ausbedco.com.au

E-Ride Solutions

5% discount for Seniors Card holders

☎ **1300 617 339**

✉ info@eridesolutions.com.au

➡ eridesolutions.com.au

Mobility Shop Direct

Save 10% on Mobility Aids.

Valid online only for products in “Seniors Cards Mobility Aids” collection page

☎ **1300 132 952**

✉ david@mobilityshopdirect.com.au

➡ mobilityshopdirect.com.au/collections/seniors-card-mobility-aids

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.

Ask us about our new design, the “Wonder Sheet + PLUS”

Free postage within Australia for Seniors Card holders

PO Box 490 Chirn Park QLD 4215

☎ **07 5591 1629**

✉ info@neeki.com.au

➡ neeki.com.au

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)



Mobility Services



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

Scooters and Mobility ACT

10% on new Scooters and Powerchairs. Other discounts by agreement

11 Pitcairn Street, Evatt ACT 2617

☎ **02 6258 1111** or **0403 242 584**

✉ scooters@netspeed.com.au

➡ scootersandmobility.com.au

SOFIHUB

\$20.00 off SOFIHUB Fall Monitoring Devices & Medical Safety Alarms

Sofihub's safety monitoring technologies provide care for independent and active individuals. Our intelligent solutions include the TEQ-Falls Alert fall detection device and the TEQ-Secure personal safety alarm. These non-intrusive solutions enable greater independence and peace of mind, for the user as well as their families and carers.

\$20 off the order with free shipping!

Discount Code: ACTSN20

☎ **1300 110 366**

✉ sales@sofihub.com

➡ shop.sofihub.com

AGED CARE AND RETIREMENT

■ Retirement Villages

H

THE HENRY

Discover a new standard of retirement living in the heart of Canberra



Contact us to schedule an inspection

02 6210 9865

info@thehenry.com.au

www.thehenry.com.au

The Henry | 94 Fullagar Crescent, Higgins ACT

The Y Chifley - Leaders in Seniors' Health

Memberships from just \$17.50 per week for Seniors Card Holders (30% discount).

Over 30% off casual visit passes.

Fully serviced gym.

No lock in contracts.

Welcoming and inclusive environment with a community feel.

Private Exercise Physiology sessions available.

Low impact, beginner friendly Group Fitness classes tailored towards seniors.

NDIS Registered.

9/71 MacLaurin Crescent, Chifley ACT

☎ **02 6281 0124**

✉ Yfitness.can@ymca.org.au

Canberra City Health Network

First class free in the Strength for Life Program for ACT Seniors Card holders.

71-73 London Circuit, Canberra City ACT

☎ **6247 0733**

✉ enquire@canberrahealthnetwork.com.au

Canberra Martial Arts and Fitness

\$35 per week - unlimited access to 10am and 12.30pm fitness classes. Usual price \$55.00 per week. Classes are catered to all fitness levels and mobility levels.

U3-10 Townshend Street, Phillip ACT 2606

☎ **0488 852 191**

✉ members@canberramartialarts.com.au

HEALTH AND FITNESS

■ General

Canberra School of Bollywood Dancing (CSBD)

10% discount on classes

Harrison School, Harrison

McGrath Irish Dance, Phillip
University of Canberra, Bruce

☎ **0411 158 506**

✉ csbd.cbr@gmail.com

➡ canberrabollywood.com

CIT Fit and Well

Senior Membership

12 Month Membership \$350

6 Month Membership \$200

3 Month Membership \$115

1 Month Membership \$42

- Gym access: Monday - Sunday 8:00am-2:00pm
- Medical clearance if identified through Adult Pre-Screening form
- Access to ALL Group Fitness Classes and gym
- Casual Gym Visit or Group Fitness Class

Senior \$8

10 Visit membership

Senior (excludes Yoga Classes) \$65

(12-month expiry date)

**CIT Bruce Block A, 36 Vowels Crescent,
Bruce ACT 2617**

☎ **6207 4309**

✉ fitandwell@cit.edu.au

EmPower Better Health

\$50.00 off Woman's Health Physiotherapy initial consultation

Seniors rate for Gym group classes

CISAC 16/100 Eastern Valley Way, Bruce ACT 2617

☎ **02 6140 3282**

✉ info@empowerbetterhealth.com.au

➔ empowerbetterhealth.com.au

Hydragun Australia

\$39.90 off HYDRAGUN at hydragun.com.au/. Enjoy Deep-Tissue Massages In The Comfort of Your Home. Redeem now by emailing support@hydragun.com with your Seniors Card ID number.

Level 10, 171 Clarence Street, Sydney NSW 2000

☎ **6581 613811**

✉ support@hydragun.com

Mypurmist Pty Ltd

10% discount on Mypurmist Free and Mypurmist 2 Ultrapure Steam Inhalers when purchased directly. Product must be purchased directly from online shop at www.mypurmist.com.au Excludes accessories and spares. Only applicable to Seniors Card holders. TGA Registered. Use ACTSENIORS10 at checkout.

✉ info@mypurmist.com.au

➔ mypurmist.com.au

Nia with Jen

Free first class and \$5 discount on subsequent 5 class pass and \$10 discount on 10 class passes (no expiry on passes).

**Currie Crescent Community Centre,
11 Currie Crescent, Kingston ACT 2604**

☎ **0417 246 467**

✉ jjf2609@gmail.com

📘 [/NiawithJen](https://www.facebook.com/NiawithJen)

HEALTH AND FITNESS

■ General

The Y Canberra - Get Up & Go

Low impact, beginner friendly group fitness classes tailored towards seniors.

No joining fee for Seniors Card holders!

Only \$10 per class! Buy a 10 pack or a 20 pack!

Two classes per week! Mondays and Wednesdays at 9am!

2 Southbar Road, Queanbeyan NSW

☎ **02 6281 0124**

✉ Yfitness.can@ymca.org.au

The Y Chifley - Exercise Physiology

Accredited Exercise Physiologists are University qualified allied health professionals.

Call us on (02) 6281 0124 to book a one-on-one Exercise Physiology Session today.

Seniors Card Holders receive a 10% discount on your Initial 1 hour Consult.

Working with an Accredited Exercise Physiologist can:

- Significantly reduce the amount of heart attacks.
- Help you recover from cancer.
- Improve the breathing of those with lung cancer.
- Reduce the risk of Type 2 Diabetes.
- Help combat depression and the effects of medication.
- Improve recovery rate after surgery.
- Reduce pain and increase movement of those with osteoarthritis.
- Help manage your chronic pain.

9/71 MacLaurin Crescent, Chifley ACT

☎ **02 6281 0124**

✉ Yfitness.can@ymca.org.au

Do you know your risk of **falling**?

A **falls risk assessment** can tell you what your risk of falling is and why. Five simple tests assess your vision, peripheral sensation, lower limb strength, reaction time and body sway.

Assessments take up to 30 minutes, with results available in a week. They are conducted at the Hughes Community Centre and on occasion at licensed Strength for Life provider locations.

Assessments cost \$35 for COTA ACT and/or Seniors Card members, or \$45 for non-members.

* Price correct as of October 2023

Call 6282 3777 or
email strengthforlife@cotact.org.au
to arrange your assessment.



HEALTH AND FITNESS

■ General

The Y Chifley - Leaders in Seniors' Health

Memberships from just \$17.50 per week for Seniors Card Holders (30% discount).

Over 30% off casual visit passes.

Fully serviced gym.

No lock in contracts.

Welcoming and inclusive environment with a community feel.

Private Exercise Physiology sessions available.

Low impact, beginner friendly Group Fitness classes tailored towards seniors.

NDIS Registered.

9/71 MacLaurin Crescent, Chifley ACT

📞 **02 6281 0124**

✉️ Yfitness.can@ymca.org.au

Tunde-World

10% off the payment for a term of Tai chi and Qigong classes

📞 **0431 466 450**

✉️ tundeworld@gmail.com

Wellness Woo

10% discount on all wellness and symptoms journals.

Keep track of the health information that matters to you, including your medications, symptoms, vitals, food, appointments, and more. Gain insights and make changes to live better. Use promo code SENIORS10 at checkout.

✉️ hello@wellnesswoo.com.au

🔗 wellnesswoo.com.au

📘 [/wellnesswoo](https://www.facebook.com/wellnesswoo)

📷 [/wellness_woo](https://www.instagram.com/wellness_woo)

Yoga Enlightenment

\$10.00 per casual class (usually \$12.00) for Seniors Card holders.

**Weston Creek Community Centre,
8 Parkinson Street, Weston ACT 2611**

☎ **0432 778 271**

✉ robyn@yogaenlightenment.com.au

Canberra Martial Arts and Fitness



\$35 per week - unlimited access to 10am and 12.30pm fitness classes. Usual price \$55.00 per week. Classes are catered to all fitness levels and mobility levels.

U3-10 Townshend Street, Phillip ACT 2606

☎ **0488 852 191**

✉ members@canberramartialarts.com.au

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

➔ capitalnordicwalking.com.au

HEALTH AND FITNESS

■ General

Elite Supps

15% off, applicable at all Elite Supps stores

Elite Supps Woden

Lvl 1, Westfield Woden Keltie St Woden ACT 2606

☎ 02 6281 5563

Elite Supps Tuggeranong

205 Anketell St Tuggeranong ACT 2900

☎ 02 6293 9853

Elite Supps Fyshwick

2/88 Newcastle St Fyshwick ACT 2601

☎ 02 6239 1222

Elite Supps Canberra City

Shop 5/75 Garema Place Canberra ACT 2601

☎ 02 6257 8444

Elite Supps Gungahlin

33 Hibberson Street, Gungahlin Marketplace
Gungahlin ACT 2912

☎ 02 6242 6606

Elite Supps Belconnen

Shop 48A Lvl 2, Westfield Belconnen
Benjamin Way Belconnen ACT 2615

☎ 02 6251 7717

Elite Supps CISAC (Club Lime)

100 Eastern Valley Way, Bruce ACT 2617

☎ 02 6253 1888

✉ enquiries@elitesupps.com.au

➡ elitesupps.com.au

Gymquip Fitness

Between 5% - 15% discount

☎ 02 6280 4447

✉ dan@gqfitness.com.au

Heart Foundation Walking

Free walking groups.

☎ **13 11 12**

✉ walking@heartfoundation.org.au

➔ walking.heartfoundation.org.au

Walk towards a healthier heart

Heart Foundation Walking encourages people to walk more and offers support, ongoing information and advice about how to keep active.

Scan the below code or call 13 11 12 to find out more.

Walking will help to:

- unwind and disconnect.
- discover new places.
- connect with friends and loved ones.
- improve your daily mood.
- reduce your risk of heart disease, stroke and some cancers.

Join a walking group

Walking with the Heart Foundation is a great way to make new friends and build connections within your community.

Get your Personal Walking Plan

The Heart Foundation has created Personal Walking Plans to help you be active, healthier, and happier in just six weeks.

Find a walking group near you or get your Personal Walking Plan today at walking.heartfoundation.org.au

Proudly supported by



Oriental Holistic Massage

\$10.00 off one hour pain management massage

52 Brebner Street, Evatt ACT 2617

☎ **0435 626 343**

✉ orientalholisticmassage@outlook.com

➔ ohmassage.au

HEALTH AND FITNESS

■ General

The Y Canberra - Get Up & Go

Low impact, beginner friendly group fitness classes tailored towards seniors.

No joining fee for Seniors Card holders!

Only \$10 per class! Buy a 10 pack or a 20 pack!

Two classes per week! Mondays and Wednesdays at 9am!

2 Southbar Road, Queanbeyan NSW

☎ **02 6281 0124**

✉ Yfitness.can@ymca.org.au

The Y Chifley - Exercise Physiology

Accredited Exercise Physiologists are University qualified allied health professionals.

Call us on (02) 6281 0124 to book a one-on-one Exercise Physiology Session today.

Seniors Card Holders receive a 10% discount on your Initial 1 hour Consult.

Working with an Accredited Exercise Physiologist can:

- Significantly reduce the amount of heart attacks.
- Help you recover from cancer.
- Improve the breathing of those with lung cancer.
- Reduce the risk of Type 2 Diabetes.
- Help combat depression and the effects of medication.
- Improve recovery rate after surgery.
- Reduce pain and increase movement of those with osteoarthritis.
- Help manage your chronic pain.

9/71 MacLaurin Crescent, Chifley ACT

☎ **02 6281 0124**

✉ Yfitness.can@ymca.org.au

Viga Massage

10% off your first massage session with code SENIOR10

323 Sumners Road, Riverhills QLD 4074

📞 **1800 870 834**

✉️ hello@vigamassage.com.au

➡️ vigamassage.com.au

Strength for Life program - Hughes Community Centre

Seniors Card Member offer - \$10 per Strength for Life class for Seniors Card holders (normally \$12)

2 Wisdom Street, Hughes ACT 2605

📞 **02 6282 3777**

✉️ dpercy@cotaact.org.au

➡️ cotaact.org.au/programs/s4l

The Y Canberra - Get Up & Go

Low impact, beginner friendly group fitness classes tailored towards seniors.

No joining fee for Seniors Card holders!

Only \$10 per class! Buy a 10 pack or a 20 pack!

Two classes per week! Mondays and Wednesdays at 9am!

2 Southbar Road, Queanbeyan NSW

📞 **02 6281 0124**

✉️ Yfitness.can@ymca.org.au

ZEST Dance for Wellbeing

Dance/movement classes designed for seniors regardless of mobility or skill. New participants pay half price for their first class when mentioning this offer. Regular price is \$12/class or \$100.00 for the term.

📞 **0417 417 182**

✉️ ZestDWB@gmail.com



Strength for Life

- 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 on 6282 3777 for more information and provider locations in the ACT



COTA



AUSTRALIAN CAPITAL TERRITORY

Align and Balance

Class costs \$18.00 Seniors Card class cost \$14.00 - just over a 20% discount

**Bonython Neighbourhood Hub,
Barr Smith Avenue, Bonython ACT 2905**

☎ **0415 524 953**

✉ nicky@alignbalance.com.au

➡ alignbalance.com.au

Anytime Fitness Lanyon

50% off joining fee and discounted rate of \$16.15 per week

12 Sidney Nolan Street, Conder ACT 2906

☎ **02 6284 7227**

✉ lanyon@anytimefitness.com.au

➡ anytimefitness.com.au

Ascend Strength & Fitness

NO joining fee and FREE access tag for Seniors Card holders

81 Gozzard Street, Gungahlin ACT 2912

☎ **02 6242 5807**

✉ info@ascendfitness.com.au

➡ ascendfitness.com.au

Canberra City Health Network

First class free in the Strength for Life Program for ACT Seniors Card holders.

71-73 London Circuit, Canberra City ACT

☎ **6247 0733**

✉ enquire@canberrahealthnetwork.com.au

HEALTH AND FITNESS

■ Gyms and Fitness Classes

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

➔ capitalnordicwalking.com.au

Cardio Online

15% Seniors Discount

203/21 Innovation Parkway, Birtinya QLD 4575

☎ **1800 865 294**

✉ info@cardioonline.com.au

➔ cardioonline.com.au

CIT Fit and Well

Discount or offer: Senior Membership

12 Month Membership \$350

6 Month Membership \$200

3 Month Membership \$115

1 Month Membership \$42

- Gym access: Monday - Sunday 8:00am-2:00pm

- Medical clearance if identified through Adult Pre-Screening form

- Access to ALL Group Fitness Classes and gym

Casual Gym Visit or Group Fitness Class

Senior \$8

10 Visit membership

Senior (excludes Yoga Classes) \$65

(12-month expiry date)

**CIT Bruce Block A, 36 Vowels Crescent,
Bruce ACT 2617**

☎ **6207 4309**

✉ fitandwell@cit.edu.au

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.

5% discount to 60yrs and over.

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

www.alignbalance.com.au

nicky@alignbalance.com.au

HEALTH AND FITNESS

■ Gyms and Fitness Classes

Fernwood Fitness Woden

\$59.00 start up and \$15 per week with access between 9am and 3pm only.

Ground level, 21 Bowes Street, Woden ACT 2606

☎ **02 6281 7199**

✉ woden@fernwoodfitness.com.au

➔ fernwoodfitness.com.au

Fernwood Tuggeranong

10% off memberships, no lock in contracts, plus 8 week onboard program for \$99.00 - save \$160.00
Lite Pace classes and Yoga, Pilates and group fitness for all fitness levels.

**Cnr Soward Way and Scollay Street,
Tuggeranong ACT 2900**

☎ **02 6293 2366**

✉ tuggeranong@fernwoodfitness.com.au

➔ fernwoodfitness.com.au

Curves

7 day free trial for Seniors Card holders

Curves Belconnen

8-10 Bowman Street,

Jamison Centre Belconnen ACT 2614

☎ **02 6251 1111**

Curves Harrison (Gungahlin)

70 Nullarbor Avenue

Harrison ACT 2914

☎ **02 6255 5916**

Curves Weston

Brierly Street, T3,

Cooleman Court Shopping Centre

Weston ACT 2611

☎ **02 6288 8333**

Curves Wanniasa
Units 19 and 25, Sangster Place
Wanniasa ACT 2903

☎ **02 6296 7415**

✉ info@curvesbelconnen.com.au

Fitness At Home

10% Discount for Seniors Card holders.

32 Lambhill Cresnet, Highton VIC 3216

✉ info@fitnessathome.com.au

➔ fitnessathome.com.au

MAK Fitness

5% off store wide for Senior Card holders. Use the code MAKTEAM.

Unit 18/160 Lytton Road, Morningside QLD 4170

☎ **07 3200 9000**

✉ info@makfitness.com

My Heart Beats - AQUA Lakeside Greenway Wed 10.30am

First class half price (normally \$15.00 per class)

Lakeside Leisure Centre,
1 Anketell Street, Greenway ACT

☎ Donna O'Brien OAM **0412 026 111**

✉ cpmdonna@gmail.com

HEALTH AND FITNESS

■ Gyms and Fitness Classes

My Heart Beats - Hughes Gentle Exercises

First class free (or pay half price for first two classes)

**Hughes Community Centre, Main Hall,
Cnr Wisdom, Groom and Whittle Streets,
Hughes ACT 2605**

Monday 9:30 am or 10:45 am

\$10 per class or \$80 for 10 class pass

☎ Donna O'Brien OAM **0412 026 111**

✉ cpmdonna@gmail.com

My Heart Beats - Weston Fitballs & Floor

**Weston Creek Community Centre,
Room 1 or Squash Courts
8 Parkinsons Street, Weston ACT 2611.**

9:35am Thursday

**\$120 for 10 class pass or \$15 per class (small
classes).**

☎ Donna O'Brien OAM **0412 026 111**

✉ cmpdonna@gmail.com

My Heart Beats - Weston Gentle Exercises

First class free (or pay half price for the first two
classes). \$12.00 per class or 10 classes for \$90.00.

**Weston Creek Community Centre, Main Hall,
8 Parkinsons Street, Weston ACT 2611.**

Tuesday 11:30 am and/or Thursday 11:00 am.

☎ Donna O'Brien OAM **0412 026 111**

✉ cpmdonna@gmail.com

My Heart Beats - Woden Seniors 9:30am

\$7.50 per class and first class free for Seniors Card holders

12 Corinna Street, Woden ACT 2606

☎ **0412 026 111** or **6282 2573**

✉ cpmdonna@gmail.com

Pilates Can Manuka

1 Bonus Pilates session when starting a PAYG arrangement after your introductory sessions. New clients only

**Units 17/18 Level 1, Manuka Arcade,
22 Franklin Street, Manuka ACT 2603**

☎ **0419 777 477**

✉ admin@pilatescan.com.au

➔ pilatescan.com.au

Strength for Life program - Alive Health and Fitness

Seniors Card member offer - First Strength for Life class is free, \$15 regular class price, COTA members \$12 per class, discounted seniors membership of \$29.90 per fortnight.

61 Jerrabomberra Avenue, Narrabundah ACT 2604

☎ **02 6295 9500**

✉ info@alivehealthclubs.com.au

➔ alivehealthclubs.com.au

HEALTH AND FITNESS

■ Gyms and Fitness Classes

Strength for Life program - Capital Rehabilitation Professionals

Seniors Card member offer - First Strength for Life class is free

**Level 2, Stellar Canberra, 50 Launceston Street,
Phillip ACT 2605**

☎ **0418 811 256**

✉ capitalrehabprofessionals@gmail.com

➔ capitalrehabprofessionals.com.au

YogaChi

15% seniors discount on yoga classes

8 Blackwood Terrace, Holder ACT 2611

☎ **0424 271 558**

✉ kathleen@yogachi.com.au

Align and Balance

Class costs \$18.00 Seniors Card class cost \$14.00 - just over a 20% discount

**Bonython Neighbourhood Hub,
Barr Smith Avenue, Bonython ACT 2905**

☎ **0415 524 953**

✉ nicky@alignbalance.com.au

➡ alignbalance.com.au

Body Intelligence Pilates

10% off sessions (payments by bank transfer/deposit only). Excludes casual classes and equipment.

**Block D, Room 202, Canberra Technology Park.
49 Phillip Ave Watson**

☎ **0484 679 744**

✉ pilates@bodyintel.com.au

➡ bodyintel.com.au

Curves

7 day free trial for Seniors Card holders

**Curves Belconnen
8-10 Bowman Street,
Jamison Centre Belconnen ACT 2614**

☎ **02 6251 1111**

**Curves Harrison (Gungahlin)
70 Nullarbor Avenue
Harrison ACT 2914**

☎ **02 6255 5916**

✉ info@curvesbelconnen.com.au

Fernwood Fitness Woden

\$59.00 start up and \$15 per week with access between 9am and 3pm only.

Ground level, 21 Bowes Street, Woden ACT 2606

☎ **02 6281 7199**

✉ woden@fernwoodfitness.com.au

➡ fernwoodfitness.com.au

HEALTH AND FITNESS

■ Pilates and Yoga

Fernwood Tuggeranong

10% off memberships, no lock in contracts, plus 8 week onboard program for \$99.00 - save \$160.00
Lite Pace classes and Yoga, Pilates and group fitness for all fitness levels.

**Cnr Soward Way and Scollay Street,
Tuggeranong ACT 2900**

📞 **02 6293 2366**

✉ tuggeranong@fernwoodfitness.com.au

➡ fernwoodfitness.com.au

Pilates Can Manuka

1 Bonus Pilates session when starting a PAYG arrangement after your introductory sessions. New clients only

**Units 17/18 Level 1, Manuka Arcade,
22 Franklin Street, Manuka ACT 2603**

📞 **0419 777 477**

✉ admin@pilatescan.com.au

➡ pilatescan.com.au

Strength for Life program - Higher Function Physio & Pilates

Seniors Card Member offer - First Strength for Life class is free

23 Petrie Plaza, Canberra City ACT 2601

📞 **02 6262 9664**

✉ reception@higherfunction.com.au

➡ higherfunction.com.au

Yoga Enlightenment

\$10.00 per casual class (usually \$12.00) for Seniors Card holders.

**Weston Creek Community Centre,
8 Parkinson Street, Weston ACT 2611**

📞 **0432 778 271**

✉ robyn@yogaenlightenment.com.au

Canberra City Health Network

First class free in the Strength for Life Program for ACT Seniors Card holders.

71-73 London Circuit, Canberra City ACT

📞 **6247 0733**

✉ enquire@canberrahealthnetwork.com.au

Heart Foundation Walking

Free walking groups.

📞 **13 11 12**

✉ walking@heartfoundation.org.au

➡ walking.heartfoundation.org.au

Day Translations, Inc

10% off any of our translation and interpretation services.

**Level 4, 5 & 12, Plaza Building, Australian Square,
95 Pitt Street, Sydney NSW 2000**

📞 **1800 969 6853**

✉ contact@daytranslations.com

➡ daytranslations.com/locations/translation-services-australia

EmPower Better Health

\$50.00 off Woman's Health Physiotherapy initial consultation

Seniors rate for Gym group classes

CISAC 16/100 Eastern Valley Way, Bruce ACT 2617

📞 **02 6140 3282**

✉ info@empowerbetterhealth.com.au

➡ empowerbetterhealth.com.au

Fitness At Home

10% Discount for Seniors Card holders.

32 Lambhill Crescent, Highton VIC 3216

✉ info@fitnessathome.com.au

➡ fitnessathome.com.au

HEALTH AND FITNESS

■ Wellbeing

HRD (Australia)

Established in 1985 HRD (Australia) is a family clinic offering counselling, psychotherapy and clinical hypnotherapy services. We specialise in relationship counselling, mental health and AOD (alcohol and other drugs) issues. A full range of services can be viewed at www.hrdaustralia.com.au We are based in Kambah but also offer a mobile service to homes and businesses in the region. We offer a 25% discount on our sessions to Seniors Card holders.

Glass Place, Kambah ACT 2902

☎ **0422 967 969**

✉ hrdcanberra@gmail.com

➡ hrdaustralia.com.au

Interval Weight Loss

1st month free for Seniors Card holders and a 25% ongoing discount. Please enter code SENIORSCARD for first month free offer.

✉ iwl@intervalweightloss.com.au

➡ intervalweightloss.com

Maia Rose Healing

Reiki/spiritual healing. Reduced rates for ACT Seniors Card holders.

5 Wilson Street, Curtin ACT 2605

☎ **0438 612 999**

✉ maia.rose999@gmail.com

Naked Foods Organic Health Foods Woden

Seniors Card holders receive 5% off storewide

Shop G103, Keltie Street, Phillip ACT 2606

☎ **6260 5283**

✉ woden@nakedfoods.com.au

Natural Options Bowen and Massage Therapies

\$5 off for one hour remedial massage or Bowen Therapies

**Macquarie Shopping Centre, Lachlan Street,
Macquarie ACT 2615**

📞 **02 6253 1470**

✉️ naturaloptions@grapevine.com.au

➡️ naturaloptions.com.au

Nutrition and You

Ask about our discount for Seniors Card holders
A Caring and Professional Approach to Short and
Long Term Good Health! A holistic approach to total
health care.

📞 **0427 276 886**

✉️ irene@nutritionandyou.com.au

Oriental Holistic Massage

\$10.00 off one hour pain management massage

52 Brebner Street, Evatt ACT 2617

📞 **0435 626 343**

✉️ orientalholisticmassage@outlook.com

➡️ ohmassage.au

Purematcha

Seniors Card holders get 10% off our entire
Purematcha teas, matcha tea sets and matcha tea
accessories range. Use SENIOR10 at cart checkout.
We import the finest quality Matcha green tea
powder directly from Japan. 100% organic and full of
amazing health benefits making it gram for gram one
of the most powerful antioxidants in all of nature.

📞 **1300 50 44 69**

✉️ info@purematcha.com.au

➡️ purematcha.com.au

HEALTH AND FITNESS

■ Wellbeing

Red Light Therapy Kits

\$100 off the Premium Red Light Therapy Wrap and
\$25 off the Mini Premium Light Therapy Wrap

260 De haer Road, Wandi Perth WA

☎ **0409 378 895**

✉ info@redlighttherapykits.com

RJC Health Pty Ltd

5% discount on all HLTH Code meal Replacement
Shakes for Seniors with the code SENIOR5OFF.

6/278 Ferntree Gully Road, Notting Hill VIC 3168

☎ **0493 115 730**

✉ info@gethlth.com.au

Simply Being

10% off Acupressure and Chinese Massage

Ground floor, 29-31 Colbee Court Phillip ACT 2606

☎ **1800 844 867**

✉ john@simply-being.com.au

➔ simply-being.com.au

South Pacific Hemp



5% discount for ACT Seniors Card holders on a wide
range of products including clothing, manchester,
fabric, oils, baby clothes and blankets, food, hair and
skin care and pet supplies.

84 Wollongong Street, Fyshwick ACT 2609

☎ **0431 318 898**

✉ sthpacifichemp@gmail.com

➔ southpacifichemp.com.au

Stitch

10% discount for Seniors Card holders

**Level 3, WeWork, 100 Harris Street
Pyrmont NSW 2009**

📞 **02 8880 0371**

✉️ support@stitch.net

➡️ wipeoutloneliness.org/contact

Transcend CPAP Pty Ltd

The sale of small CPAPs for Travel. The Transcend Micro is the smallest, lightest Travel CPAP available. The Transcend Micro, is available for existing CPAP users who wish to upgrade or replace their current CPAP but want the convenience of the smallest and lightest, fully featured CPAP, that can be easily be carried in your hand luggage, briefcase or handbag. The Micro is the size of a baseball or an apple. \$85 worth of spares for the Transcend Micro CPAP with each purchase (HME Cartridges and Filters) with each order of the Transcend Micro CPAP Kit (505000PK1) when purchased online at www.minitravelcpap.com

PO Box 5181 Elanora Heights NSW 2101

✉️ info@minitravelcpap.com

➡️ minitravelcpap.com

Viga Massage

10% off your first massage session with code SENIOR10

323 Sumners Road, Riverhills QLD 4074

📞 **1800 870 834**

✉️ hello@vigamassage.com.au

➡️ vigamassage.com.au

HEALTH AND FITNESS

■ Wellbeing

Wellness Woo

10% discount on all wellness and symptoms journals. Keep track of the health information that matters to you, including your medications, symptoms, vitals, food, appointments, and more. Gain insights and make changes to live better. Use promo code SENIORS10 at checkout.

✉ hello@wellnesswoo.com.au

➡ wellnesswoo.com.au

f [/wellnesswoo](https://www.facebook.com/wellnesswoo)

📷 [/wellness_woo](https://www.instagram.com/wellness_woo)

ZEST Dance for Wellbeing

Dance/movement classes designed for seniors regardless of mobility or skill. New participants pay half price for their first class when mentioning this offer. Regular price is \$12/class or \$100.00 for the term.

☎ **0417 417 182**

✉ ZestDWB@gmail.com



Hiring a tradie?

It's important to do your research and shop around so you have confidence in the tradie you choose.



ACT
GOVERNMENT

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Canberra.

Academy Tiling Canberra

15% discount on tiling services for Seniors Card holders

☎ **0403 614 617**

✉ academy213@tpg.com.au

📘 [/AcademyTilingCanberra](https://www.facebook.com/AcademyTilingCanberra)

Buy A Safe

Offering prioritized service for ACT Senior Card holders

203 Victoria Road, Marrickville NSW 2204

☎ **1300 405 200**

✉ admin@apexlocksmiths.com.au

➡ buyasafe.com.au

HOUSEHOLD

■ Building and Improvements

Dimension Gardenscape

5% discount on residential landscape design and construction.

☎ **0412 437 418**

✉ trevor@dimensiongardenscape.com.au

➡ dimensiongardenscape.com.au

Econnex

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

Lvl 12/64 York St, Sydney 2000

☎ **1800 013 000**

✉ support@econnex.com.au

ELGAS

\$100 worth of LPG gas account credits.

*terms and conditions apply.

5 Geelong Street, Fyshwick ACT 2609

☎ **131 161**

✉ canberra@elgas.com.au

➡ elgas.com.au

Architech Windows

10% discount for Seniors Card holders.

38 Paterson Parade, Queanbeyan NSW 2620

☎ **02 6284 3288**

✉ info@architechwindows.com.au

➡ architechwindows.com.au



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DISCOUNT**

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www.alucom.com.au

Alucom

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156-158 Gladstone Street, Fyshwick ACT 2609

☎ **02 6280 7465**

➔ alucom.com.au

Auscert Building Certifiers

5% discount for ACT Seniors Card holders

PO Box 148 Calwell ACT 2905

☎ **02 6113 9907**

✉ info@auscertifiers.com.au

HOUSEHOLD

■ Building and Improvements

Barry Richards Ceramic Tiling

12% off quoted price for Seniors Card holders

4 Dixon Drive, Holder ACT 2611

☎ **0435 015 647**

✉ barrc666@aol.com

Canberra Antennas

15% on all services for ACT Seniors Card holders

☎ **1800 443 700**

✉ info@canberraantennas.com.au

Canberra Bathroom Renovations

20% off labour

82 Kalgoorlie Crescent, Fisher ACT 2611

☎ **02 6288 8795**

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

Custom Screens and Security Products

10% discount off our dog doors and security doors for Seniors Card holders.

67 McDonald Crescent, Bassendean WA 6054

☎ **08 9279 7444**

✉ product@customscreens.com.au

➡ customscreens.com.au

Discount Glass



10% discount on all services. Reduced senior rate for all pet door (cat and dog) installations into glass panels

4 Purdue Street, Belconnen ACT 2617

☎ **02 6253 1099**

✉ info@discountglass.com.au

➡ discountglass.com.au

Easier Living Services

5% discount for Senior Card holders. Specialising in keeping you living in your home longer. Grab rails, ramps, lever taps, bathroom renovations etc

1/47 Tennant Street, Fyshwick ACT 2609

☎ **02 6280 4747**

✉ scott@easierliving.com.au

➡ easierliving.com.au

Inspirations Paint

Seniors Card holders get up to 10% off

Anketell Street, Greenway ACT 2900

☎ **02 6293 22924**

Weedon Close, Belconnen ACT 2617

☎ **02 6251 5083**

✉ markw1@emailme.com.au

➡ InspirationsPaint.com.au

HOUSEHOLD

■ Building and Improvements

Mayner & Cochran

10% discount to Seniors Card holders for all in home or workshop repairs and spare parts.

1/86 Townsville Street, Fyshwick ACT 2609

☎ **02 6280 6833**

✉ service@maynerandcochran.com.au

My Local Handyman

10% discount to ACT Seniors Card holders

☎ **0405 842 230**

✉ mlhcanberra@gmail.com

My Pool Builders

5% off the installation of any fiberglass pools using the code SENIORSFIVE when you apply.

☎ **1800 849 221**

✉ info@mypoolbuilders.com.au

Rod's Painting and Decorating

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4 Main Close, Chisholm ACT

☎ **0449 538 337**

✉ rodspainting671@gmail.com

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Did you know that 30% of your wall space is windows and doors... space that is costing you money.

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17 Townsville Street, Fyshwick
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Window glazing specialists

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

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17 Townsville Street, Fyshwick ACT 2609

☎ **02 6260 1621**

➔ solacecreations.com.au

SunStak Energy Solutions

\$400 Off a SunStak Solar Energy System (Small, Medium or Large) sunstak.com.au/solar-installs-canberra

\$100 Off the hardware cost of a Sanden Hot Water Heat Pump system. sunstak.com.au/hot-water-heat-pump-sanden

\$100 Off the hardware cost of a Tesla Powerwall 2 sunstak.com.au/solar-battery-tesla-powerwall

\$50 Off the installation cost of a Tesla (HPWC) EV Charger sunstak.com.au/ev-charging

110 Woodberry Avenue, Coombs ACT 2611

☎ **02 5127 5000**

✉ team@sunstak.com.au

➔ sunstak.com.au

f [/sunstak.energy](https://www.facebook.com/sunstak.energy)

Taqwa Painting

10% off labour (all quotes free)

☎ **0451 031 550**

✉ taqwapainting@gmail.com

Yard to Yard Fencing

5% discount to Seniors Card holders

☎ **0417 258 785**

✉ yardtoyardfencing@gmail.com

➔ yardtoyardfencing.com

HOUSEHOLD

■ Building and Improvements

ACT Smart Electrical & Solar

Evo Energy solar anti-islanding compliance testing (5-year periodic test) with the ACT \$130/inverter.

☎ **0401 428 522**

✉ info@actsmartelectrical.com.au

Ecpcsolar and Electrical

10% off installation costs for grid tie solar system.

☎ **0467 257 215**

✉ ecpcsolar@gmail.com

➡ ecpcsolar.com.au

Superb Electrics

10% discount on all visits/callouts

17 Banner Street, O'Connor ACT 2602

☎ **0422 629 795**

✉ alex@superbelectrical.com.au

Calibre Cleaning

10% discount off our cleaning services for all members. This includes once off spring cleans, regular house cleans and end of lease cleans.

Suite 3540, 805/22 Collins Street, Melbourne VIC 3000

☎ **1300 991 368**

✉ support@calibrecleaning.com.au

➡ calibrecleaning.com.au/canberra

Carpet Cleaning Bracken Ridge

10% discount to Seniors Card holders

56 Pirramurra Street, Bracken Ridge QLD 4017

☎ **03 6145 0326**

✉ info@carpetcleaningbrackenridge.com.au

Get Clean ACT

10% discount on carpet cleaning services

86 Cowper Street, Dickson ACT 2602

☎ **0412 615 211**

✉ info@getcleanact.com.au

➡ getcleanact.com.au

Hydrokleen

10% discount

Unit 1-10 Enterprise Street, Molendinar QLD

☎ **07 5597 7749**

✉ info@hydrokleen.com.au

➡ hydrokleen.com.au

HOUSEHOLD

■ Cleaning

IdeallyClean

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

5/15 Bond Street, Caulfield North VIC 3161

☎ **0431 243 325**

✉ ideallyclean@gmail.com

➡ ideallyclean.com.au

Maid2Match

10% off your first house clean with code SENIOR10

323 Sumners Road, Riverhills QLD 4074

☎ **1800 207 686**

✉ hello@maid2match.com.au

➡ maid2match.com.au

Ozkleen Pressure Washing Services

10% off all quotes

☎ **0468 572 773**

✉ ozkleen-pws@outlook.com

Apollo Blinds ACT

25% off (not in conjunction with any other offer)

1/6 Wiluna Street, Fyshwick ACT 2609

☎ **02 6280 4900**

✉ canberra@apolloblinds.com.au

➡ apolloblinds.com.au

Modern Shade Solutions

10% off our complete range of outdoor blinds and free interstate freight

Unit 4, 53B Dixon Road, Rockingham WA 6168

☎ **1300 862 744**

✉ sales@modernshadesolutions.com.au

➡ perthoutdoorblinds.com.au

HOUSEHOLD

■ Gardening

Canberra Capital Garden Maintenance

10% Discount to ACT Seniors Card holders

☎ **0400 290 000**

✉ johnkyr@bigpond.com

➡ canberracapitalgardenmaintenance.com.au

Dimension Gardenscape

5% discount on residential landscape design and construction.

☎ **0412 437 418**

✉ trevor@dimensiongardenscape.com.au

➡ dimensiongardenscape.com.au

Lawn.com.au

10% off your first lawn care service with code SENIOR10

323 Sumners Road, Riverhills QLD 4074

☎ **1800 952 423**

✉ hello@lawn.com.au

➡ lawn.com.au

My Local Handyman

10% discount to ACT Seniors Card holders

☎ **0405 842 230**

✉ mlhcanberra@gmail.com

Plant and Leaf

10% off all stock on website. Use discount code SENIORS10 at checkout.

☎ **0425 610 932**

✉ admin@plantandleaf.com.au

➡ plantandleaf.com.au

The Rose Man - Canberra

10-15% off total for Seniors Card holders for Rose bush pruning and rescue services

Wagga Street, Farrer ACT 2607

📞 **0419 619 259**

✉ therosemancanberra@gmail.com

➡ theroseman.com.au

Yard to Yard Fencing

5% discount to Seniors Card holders

📞 **0417 258 785**

✉ yardtoyadfencing@gmail.com

➡ yardtoyadfencing.com

HOUSEHOLD

■ Home Help

ATSA Independent Living Expo Canberra

ATSA Independent Living Expo is free to attend - and by simply pre registering ACT Seniors Card holders will get a free coffee.

The event is back in Canberra on the 8-9 November 2023 at the Exhibition Park in Canberra (EPIC).

For more than 20 years the ATSA Independent Living Expo has been Australia's foremost exhibition for assistive technology, rehabilitation and aged care equipment as exhibitors display products and services in mobility solutions, pressure care, employment support, accessible recreation, holiday ideas, modified motor vehicles and more.

As one of Australia's most comprehensive events for people with disability, seniors, carers and allied health professionals, all ATSA Expos are developed by the industry for the industry.

FREE TO ATTEND for all visitors!

Day One opening hours: 8:30am-4:30pm

Day Two opening hours: 8:30am-3:00pm

Organised by:

Assistive Technology Suppliers Australia & Interpoint Events

☎ **02 8006 7357**

✉ events@atsa.org.au

Driving Miss Daisy CBR/QBN

10% discount on all bookings for Senior Card holders - return trips only.

PO Box 1071 Woden ACT 2606

☎ **0419 255 395**

✉ eastcbrwestqbn@drivingmissdaisy.com.au

➡ drivingmissdaisy.com.au

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

Residential care sites at Ainslie, Farrer and Monash 6175 5192 Home care services and day clubs **6175 5650** Independent living at Ainslie, Farrer, Monash and Crace **6175 5000**

➔ goodwin.org.au

IRT Home Care

Book a free consultation with our home care team to discuss how we can help you. We can assist with: personal care, home maintenance and cleaning, meal preparation, nursing services, grocery shopping, medication collection and management, transport to outings or appointments, and much more.

☎ **134 478**

✉ customerservice@irt.org.au

➔ irt.org.au/homecare

KinCare Pty Ltd

No lock-in contracts for Seniors Card holders

Suite 1, 17 Napier Close, Deakin ACT 2600

☎ **1300 733 510**

➔ kincare.com.au

Maid2Match

10% off your first house clean with code SENIOR10

323 Sumners Road, Riverhills QLD 4074

☎ **1800 207 686**

✉ hello@maid2match.com.au

➔ maid2match.com.au

HOUSEHOLD

■ Home Help

My Local Handyman

10% discount to ACT Seniors Card holders

📞 **0405 842 230**

✉ mlhcanberra@gmail.com

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.

Ask us about our new design, the "Wonder Sheet + PLUS"

Free postage within Australia for Seniors Card holders

PO Box 490 Chirn Park QLD 4215

📞 **07 5591 1629**

✉ info@neeki.com.au

➡ neeki.com.au

The Salvation Army - Aged Care Home Help

Live the life you want while receiving the care you need. Everyday tasks can become more difficult as we age. Our range of services are designed to support older Australian live independently in their own homes and communities.

📞 **1300 111 227**

✉ agedcare.enquiries@salvationarmy.org.au

➡ agedcare.salvos.org.au

Right at Home ACT Canberra

Free in-home consultations on accessing home support

111, 43-57 Townsend Street, Phillip ACT 2606

📞 **02 5127 5199**

✉ care.actc@rightathome.com.au

➡ rightathome.com.au

Rosie by Vitalcare

Rosie medical alert personal alarm with fall detection and GPS locator.

10% discount for Senior Card holders.

Personal emergency alarms that take on life with you. Only \$39.00 per month and a one-off \$50.00 establishment fee for your Rosie 24/7 Personal Alarm Service.

All calls monitored and answered by trained professionals based in Australia.

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14/31-33 Chaplin Drive, Lane Cove West NSW 2066

📞 **1800 476 743**

✉ info@rosie.help

➡ rosie.help

Sheridan - Flat Pack Assembly

15% off for ACT Seniors Card holders on flat pack assembly.

📞 **0419 370 236**

✉ benstigers@gmail.com

Sheridan Upholstery

15% discount for ACT Seniors Card holder on upholstery services.

69 MacCallum Circuit, Florey ACT 2615

📞 **0419 370 236**

✉ benstigers@gmail.com

HOUSEHOLD

■ Home Help

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THE BUTLER

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(02) 5134 5982
hello@thebutlercanberra.com.au
www.thebutlercanberra.com.au
94 Fullagar Crescent, Higgins
ACT

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\$20.00 off SOFIHUB Fall Monitoring Devices & Medical Safety Alarms

Sofihub's safety monitoring technologies provide care for independent and active individuals. Our intelligent solutions include the TEQ-Falls Alert fall detection device and the TEQ-Secure personal safety alarm. These non-intrusive solutions enable greater independence and peace of mind, for the user as well as their families and carers.

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Discount Code: ACTSN20

☎ **1300 110 366**

✉ sales@sofihub.com

➔ shop.sofihub.com

The Butler

94 Fullagar Crescent, Higgins ACT 2615

✉ hello@thebutlercanberra.com.au

➔ thebutlercanberra.com.au

The Rose Man - Canberra

10-15% off total for Seniors Card holders for Rose bush pruning and rescue services

Wagga Street, Farrer ACT 2607

☎ **0419 619 259**

✉ therosemancanberra@gmail.com

➔ theroseman.com.au

Joy's Reliable Housesitting & Pet Care

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📞 **0491 767 517**

➡ joyreddey123@dodo.com.au

HOUSEHOLD

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Shop 51 Kembla St Fyshwick ACT

☎ **6280 6611**

✉ class@classclocks.com.au

➡ classlocks.com.au

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www.highsecuritylocksmiths.com.au

High Security Locksmiths

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☎ **0458 786 727**

✉ info@highsecuritylocksmiths.com.au

➡ highsecuritylocksmiths.com.au

Out and About Locksmiths

10% off total invoice price for ACT Seniors Card holders.

☎ **0431 515 640**

✉ service@outandaboutlocksmiths.com.au

➡ outandaboutlocksmiths.com.au

Downsizing with Care - Decluttering, Organising for Ageing in Place, Relocations

5% discount for ACT Seniors Card holders. Not to be used in conjunction with any other offer.

☎ **02 6134 5200**

✉ hello@downsizingwithcare.com.au

➡ downsizingwithcare.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

➡ getwellsorted.com.au

HOUSEHOLD

■ Pest Control

3 Rivers Pest Control

Min 5% (up to 10% depending on size of job)

☎ **02 6299 6665**

✉ dysus.ptyltd@gmail.com

A1 PROFESSIONAL Pest Control

10% discount for all ACT Seniors Card holders

Bennie Street, Macgregor ACT 2615

☎ **02 6278 5858**

✉ admin@a1professionalpestcontrol.com.au

➔ a1professionalpestcontrol.com.au

Bug-Free Pest Control

10% discount on all the services we provide

1/437 Hume Highway, Yagoona NSW 2199

☎ **1300 855 548**

✉ info@bugfree.com.au

Bugalugs Pest Control Pty Ltd

10% off services. Discount on termite services and inspections is at the discretion of the technician due to the varying complexity of termite work

☎ **0428 425 847**

✉ info@bugalugspest.com.au

Flick

10% off for General Pest only, internal and external up to 4 bedroom home.

12/2 Yallourn Street, Fyshwick ACT 2609

☎ **02 6109 4100**

✉ nina.sandow@flick-anticimex.com.au

➔ flick-anticimex.com.au



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- Emergency & planned excavation
- Drainage Certifications & approvals
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20% Discount off labour for seniors



THERMANN



HOUSEHOLD

■ Plumbing and Gasfitting

Born Plumbing

10% discount on services for ACT Seniors Card holders. Licenced plumber and member of Master Plumbers ACT.

☎ **0423 491 249**

✉ ethan@bornplumbing.com

Canberra Plumbing & Drains

20% off labour

82 Kalgoorlie Crescent, Fisher ACT 2611

☎ **6288 5123**

✉ hello@canberraplumbing.net.au

➡ canberraplumbing.net.au

Genuine Connections Plumbing

10% discount on any service

42 Bywong Street, Sutton ACT 2620

☎ **0404 082 359**

✉ info@cgplumbing.com

➡ gcplumbing.com

RJW Plumbing

10% off all services to seniors card holders

☎ **0431 870 404**

✉ rjwplumb@gmail.com

f [/RJWPlumbingCanberra](https://www.facebook.com/RJWPlumbingCanberra)

The Plumbing and Electrical Doctor

10% discount on labour, free plumbing inspection

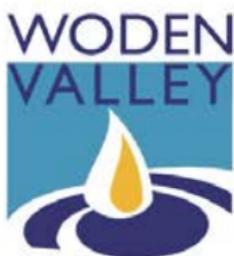
☎ **13 10 91**

✉ contact@plumbingandelectrical.net.au

➡ plumbingandelectrical.net.au

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SERVICING ALL CANBERRA & QUEANBEYAN
**PLUMBING, DRAINAGE, HEATING,
COOLING & GASFITTING**



Plumbing & Gasfitting

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

wodenvalleyp plumbing.com.au



THERMANN



VISA



HOUSEHOLD

■ Plumbing and Gasfitting

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

82 Kalgoorlie Crescent, Fisher ACT 2611

📞 **02 6288 5123**

✉ info@wodenvalleyplumbing.com.au

➡ wodenvalleyplumbing.com.au

Budget Bins

\$10.00 off each booking for Seniors Card holders

 **02 6249 7974**

 office@budget.com.au

 budgetbins.com.au

PROFESSIONAL SERVICES

■ Automotive Services

AutObarn

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

Blcok 2, 310 Anketell Street, Greenway ACT 2900

☎ **02 6214 0600**

✉ sales@tuggeranong.autobarn.com.au

Autoco

Free oil, water and tyre pressure check anytime. Plus 7.5% discount on all vehicle servicing and repairs

Belconnen 02 6264 7700Tuggeranong

02 6293 5000Phillip 02 6281 9899

✉ phillip@autoco.com.au

➔ autoco.com.au

Automotive Computer Diagnostic Centre (ACDC) Pty Ltd

10% discount on Logbook/Handbook Services. 10% discount on Electric Vehicle Services (all types of EV's) 10% on discount on Air-condition service 10% discount on Prins LP Gas installations. 10% discount on 10 year LP Gas Tank inspections. 50% discount on ACT annual LP Gas certificates. The LP Gas certificate is free if we have installed your system.

23 Kemble Court, Mitchell ACT 2911

☎ **02 6262 2680**

✉ info@acdcpityltd.com.au

Bridgestone Select

Free wheel alignment check anytime. Plus 7.5% discount on any vehicle servicing

Belconnen 02 6201 8000Tuggeranong

02 6282 9022Phillip 02 6281 9899

✉ tuggeranong@bselectact.com.au

➔ bridgestoneselect.com.au

C23 Driving School

Save \$10.00 on the regular price of an hour driving lesson

📞 **0408 117 125**

✉️ actdriving@outlook.com

➡️ c23driving.com

Capital Subaru

10% off total invoicing for servicing

34 Ipswich Street, Fyshwick ACT 2609

📞 **02 622 15300**

✉️ service@capitalsubaru.com.au

Car Mechanical Services

10% discount for ACT Seniors Card holders

82 Kalgoorlie Crescent, Fisher ACT

📞 **02 6162 4111**

✉️ admin@carmechanicalservices.com.au

Dyno Tune Mitchell

10% off labour

8/10 Gimwade Street, Mitchell ACT 2911

📞 **02 6241 6109**

✉️ info@dynotune.com.au

JAX Tyres & Auto

10% off mechanical repairs, 5% off tyres

Visit JAX Tyres & Auto website and check the closest store from you

📞 **1300 367 897**

✉️ marketing@jax.com.au

➡️ jaxtyres.com.au/tyre-stores

PROFESSIONAL SERVICES

■ Automotive Services

Pedders

7.5% discount on all vehicle repairs.

Free on roller brake test anytime

Belconnen

☎ 02 6253 1755

Phillip

☎ 02 6217 0670

✉ phillip@pedders.com.au

➡ pedders.com.au

Solartint Belconnen

5% discount

Unit 4/11 Walder Street, Belconnen ACT 2617

☎ 02 6251 8750

✉ solartint@smartchat.net.au

➡ solartintact.com.au

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

**Canberra Centre, Gungahlin Marketplace,
Tuggeranong Hyperdome, Westfield Belconnen,
Westfield Woden, Canberra Outlet, Manuka Terrace,
Chisholm Village**

☎ 02 6251 1007

➡ starcarwash.com.au



Transtate Tyres

5% discount off all transactions

2 Egan court Belconnen

☎ **6251 3852**

➔ www.transtate.com.au

16 Weedon Close Belconnen

☎ **6251 9000**

✉ belconnen@transtate.com.au

1/347 Reed St Tuggeranong

☎ **6293 2538**

✉ tuggeranong@transtate.com.au

141 Uriarra Road Queanbeyan

☎ **62996747**

✉ queanbeyan@transtate.com.au

Waves Carwash

\$5 off any valet wash service everyday. \$10 off any valet wash service on Tuesday Seniors Double Discount Day

Waves Gungahlin

5 O'Brien Place, Gungahlin ACT 2912

Waves Braddon

17 Lonsdale Street, Braddon ACT 2612

➔ wavescarwash.com.au

PROFESSIONAL SERVICES

■ Car Hire

Avis

Discount plus 5th day free* of the base rate. Quote AWD P374900 plus TPPA026 for your free day.

*Terms and conditions apply

National Offer

📞 **13 63 33**

✉ reservations@avis.com.au

➡ avis.com.au/seniors

Budget

Great rates or \$20 off* for 3+ days rentals. Quote BCD D795803 with coupon MPNZ066 for money off.

*Terms and Conditions apply

Valid Australia Wide

📞 **1300 362 848**

✉ reservations@budget.com.au

➡ budget.com.au/seniors

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Receive 10% off domestic and international car hire, motorhomes and European leasing when you book with us today.

Please quote 'SENIORS' when making your booking and provide your Seniors Card number as a reference.

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Level 2, 157 Walker Street, North Sydney NSW 2060

📞 **1300 363 500**

✉ enquiries@driveaway.com.au

➡ driveaway.com.au

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10% off car rental across Australia and New Zealand

189 South Centre Road, Tullamarine VIC 3043

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ACT 2601**

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☎ **1300 13 13 90**

✉ customer.relations@europcar.com.au

➔ europcar.com.au/partners/seniors-act

Towncars Networks Australia

10% off all Towncars services and an additional
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☎ **1300 869 627 or (02) 8874 5000**

✉ bookings@towncarsaust.com.au

➔ towncarsaust.com.au

PROFESSIONAL SERVICES

■ Computers and IT Support

All Marketing

Enjoy a 25% Seniors discount for Tech Tutoring Online. Get familiar with your computer and mobile internet devices with this friendly, patient and custom tutoring for seniors and empower yourself with modern day technology and communications.

✉ info@allmarketing.com.au

➔ allmarketing.com.au

Australian Seniors Computer Clubs Association

Providing support to ACT Seniors Card holders.

☎ **0434 857 222**

✉ office@ascca.org.au

➔ ascca.org.au

Crawford's Computer Service

15% discount for Seniors Card holders

**3/15 Darling Street, Mitchell ACT 2911 and
Shop 39, Homeworld Tuggeranong ACT 2900
(opening soon)**

☎ **02 6112 8380**

10am to 6pm Monday to Friday. Weekend and after hours appointments available

✉ seniors@crawfords.network

PE Computers & Software Solutions

20% discount for Seniors Card holders off our call out fee

5 Colborne Place, Spence ACT 2615

☎ **0419 014 774**

✉ peter@pecomputers.com.au



WITH OVER
25 YEARS
EXPERIENCE

**CANBERRA OWNED
AND OPERATED**



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HOW CAN WE HELP?

- ✓ INTERNET & EMAIL SETUP
- ✓ VIRUS & MALWARE REMOVAL
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- ✓ REPAIRS & UPGRADES - ALL MAKES

6112 8380

SHOP 39 HOMEWORLD CENTER
150 Soward Way Greenway ACT
(next to Access Canberra & Dan Murphy)

PROFESSIONAL SERVICES

■ Computers and IT Support

Get IT

COTA ACT's Get IT program is a free program offering one on one support and guidance on mobile devices. Our Digital Mentor's can assist with a range of issues whether you're a first time user or used a mobile device for years.

Make an appointment by calling COTA ACT on 02 6282 3777.

**Hughes Community Centre, Wisdom Street Hughes
ACT 2605**

☎ **02 6282 3777**

✉ contact@cotaact.org.au

➡ cotaact.org.au

On Again Computer Services

10% discount for seniors card holders

☎ **0424 855 904**

✉ tech@onagain.com.au

➡ onagain.com.au

RyLabs Computing

5% discount for ACT Seniors Card holders off the \$60.00 hourly rate.

Mobile Service

☎ **0406 169 360**

✉ rylabs.computing@gmail.com

Scott Shorter Pty Ltd

We are offering a 15% discount across all our services for all seniors who hold an ACT Seniors Card.

☎ **0431 603 162**

✉ info@scottshorter.com.au

➡ scottshorter.com.au



Get IT

Free Digital Help For Seniors

Do you or a family member need help to use or understand your phone, tablet or laptop?

COTA ACT can provide support on a range of issues, including how to:

- Set up and navigate a smartphone or tablet
- Set up and access an email account
- Texting or use apps
- Fill out online forms
- Video chat to keep in touch with distant family or friends

Our team of friendly digital mentors can spend up to an hour in a free one-on-one session, helping you learn more about your phone or device.

Please call reception on 6282 3777 to book your spot or find out more information.



PROFESSIONAL SERVICES

■ Computers and IT Support

TechFixer

10% discount on onsite support hourly rate

27/1 Christina Stead Street, Franklin ACT 2913

☎ **0469 273 797**

✉ hello@techfixer.com.au

Web Wizards

There are quite a lot of retired and semi retired seniors starting web based businesses for additional or replacement income.

\$500 off 10 page information website (normally \$3,995.00) webwizards.com.au/services/webdesign/custom-website-designer

\$500 off Ecommerce Website (normally \$4995.00) <http://www.webwizards.com/services/ecommerce-web-design/consumer-shopping-carts>

10% off Monthly SEO Services.

We give a customised quote for your business or hobby.

☎ **08 9350 9392**

✉ neville@webwizards.com.au

➡ webwizards.com.au

Xclusive Solutions

50% discount, unlimited remote computer support, remote computer support provided from 9am to 5pm EST Monday to Friday. All users must have internet connection.

☎ **0449 783 594**

✉ purchasing@xclusiveit.com.au

➡ xclusiveit.com.au

Australian Dentists Clinic

10% discount on general and preventative dental treatments. This can include dental services such as examinations, x-ray, clean and fillings.

Level 3 620 Bourke Street, Melbourne VIC 3001

☎ **03 9088 0257**

✉ australiandentistsclinic@gmail.com

➡ dentistsclinic.com.au

EverythingDentures 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.

Suite 6, Playoust Building, Hawker Shopping Centre, Hawker ACT 2614

☎ **02 6281 0099**

✉ wecare@everythingdentures.com.au

➡ everythingdentures.com.au/locations/act/hawker

EverythingDentures 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.

65 Colbee Court, Phillip ACT 2606

☎ **02 6281 0099**

✉ wecare@everythingdentures.com.au

➡ everythingdentures.com.au/locations/act/phillip

PROFESSIONAL SERVICES

■ Dental

Franklin Dental Care

10% discount on all dental treatment

Unit 129B, 1 Clare Burton Crescent, Franklin ACT 2913

☎ **02 6170 1405**

✉ reception@franklindentalcare.com.au

Kaleen Family Dental Surgery

5% discount

**Kaleen Shopping Centre,
2 Gwydir Square, Kaleen ACT 2617**

☎ **02 6241 5941**

✉ kfd@kaleenfamilydental.com.au

➔ kaleenfamilydental.com.au



10% SENIORS DISCOUNT

MAVEN DENTAL BELCONNEN
mavendental.com.au/belconnen
BOOK TODAY 02 6251 5454

*Terms and conditions: Offer includes a 10% discount on all general dental treatment for patients with a valid Seniors Card. Must present Seniors Card at time of appointment. Discount not valid on any major dental treatment. Not valid for Defence Health members. Not to be used in conjunction with any other offer. Only valid at Maven Dental Belconnen. Offer ends: 31st of December 2025.

Maven Dental Belconnen

10% Seniors discount for general dental treatment. Defence Health Members are not eligible to receive the 10% Seniors discount offer.

58-69 Lathlain Street, Belconnen ACT 2617

☎ **02 6251 5454**

✉ belconnen@mavendental.com.au

➔ mavendental.com.au

Jamison Dental Care

10% discount on treatment (excludes major dental)

Unit 6, 3 Jamison Centre, Macquarie ACT 2614

☎ **6251 5443**

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

Robert Low Dentist

10% discount on general dental treatments

**Suite 7, Dickson Chambers,
Dickson Place, Dickson ACT 2602**

☎ **02 6248 0827**

✉ malaihew@hotmail.com

Showground Dental Care

10% Discount on dental services.

98 Showground Road, Castle Hill NSW 2154

☎ **02 9894 6655**

✉ showground98@gmail.com

➔ showgrounddentalcare.com.au

Signature Smiles Dental

20% off regular prices

T117/43 Hibberson Street, Gungahlin ACT 2912

☎ **02 6255 7800**

✉ info@signaturesmilesdental.com

➔ signaturesmilesdental.com.au

PROFESSIONAL SERVICES

■ Dental



The Denture Clinic

Gain confidence back in your smile again

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Same Day Relines, Repairs & Adjustments
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combined
experience



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1300 336 887

www.thedenturecliniccanberra.com.au



The Denture Clinic

5% Seniors Card discount on all item codes, services and products

**Suite 8A, Tuggeranong Square,
Cnr Anketell and Reed Streets, Greenway ACT 2900**

**Unit 7c 52-58 Wollongong Street,
Fyshwick ACT 2609**

5/53 Colbee Court, Phillip ACT 2606

☎ **1300 DENTURE - 1300 336 887**

✉ thedentureclinicreception@gmail.com

➡ thedenturecliniccanberra.com.au

Vogue Dental

10% discount on everything except ongoing specials

2/26 Benham Street, Chisholm ACT 2905

☎ **02 6291 5533**

➔ voguefamilydental.com.au

Weston Dentistry

10% discount

15/41-43 Liardet Street, Weston ACT 2611

☎ **02 6287 2889**

✉ westondentistry01@gmail.com

➔ westondentistry.com.au

PROFESSIONAL SERVICES

- Dry Cleaners and Laundromats

AAA Discount Alterations

10% off alterations for ACT Seniors Card holders

205 Anketell Street, Greenway ACT 2900

☎ **6293 4949**

✉ thuyqntk@gmail.com

Clean Touch Dry Cleaners

15% discount on normal retail dry cleaning. Excludes other offers and specials

Shop 6, 118 Hardwick Crescent, Holt ACT 2615

☎ **02 6255 1253**

✉ cleantouchdrycleaners@gmail.com

➔ cleantouchdrycleaners.com.au

R&R Fabricare Services

10% off drycleaning services. Excludes other offers.

Shop S009 Coleman Court, Weston Creek ACT

☎ **02 6288 2721**

✉ enquiries@rrfabricare.com

➔ rrfabricare.com

Accountants and More

10% for Seniors Card holders

228 Victoria Street, Taree NSW 2430

☎ **02 6551 7303**

✉ graham@accountantsandmore.com.au

ACT Tax Agent Services

5% off all tax services for Seniors Card holders.

1a 2-14 Hughes Place, Hughes ACT 2065

☎ **6101 7823**

✉ robert@acttaxagents.com.au

➔ acttaxagents.com

Australian Investment Professionals

33% discount from Standard Statement of Advice Fee, subject to further negotiation.

Suite 1, 53 Dundas Court, Phillip ACT 2606

☎ **02 6290 1496 Ext 2 or 0491 460 164**

✉ ingrid@atp.net.au

➔ Aust-Investment-Professionals.com.au

Balance Aged Care Specialists

10% discount off all financial appointments including home care, granny flat rights, pensions, aged care, downsizing and retirement villages.

☎ **1300556287**

✉ info@bfs.net.au

PROFESSIONAL SERVICES

■ Financial Services

H&R Block Tax Accountants

10% discount on your individual tax return fee. At participating offices only.

**Ground floor, Ethos House, 28 Ainslie Place,
Canberra ACT 2601**

Unit 1, 32 Lonsdale Street, Braddon

Unit 14, 25-35 Lathlain Street, Belconnen

**Shop 122, Gunghalin Square,
43 Hibberson Street, Gungahlin**

Unit 15, 191-203 Anketell Street, Tuggeranong

Unit 2, 7-11 Botany Street, Phillip

☎ **13 23 25**

➔ hrblock.com.au/tax-academy/seniors-card-tax-return-offer

MEB Services

Seniors Card holders receive 5% off all charges.

Unit 1A, 2-14 Hughes Place, Hughes ACT 2605

☎ **6101 7823** or **0426 719 576**

✉ markebrownepharlap@gmail.com

Phillips Wealth Partners

Goal based and fee for service financial advice with accredited aged care specialists.

**Level 4, 1 University Avenue,
Canberra City ACT 2601**

☎ **0420 460 483**

✉ craig@phillipswp.com.au

➔ phillipswp.com.au

Tax Window

Free initial consultation and 20% ongoing discount for ACT Seniors Card holders

16B Murrong Avenue, Bentleigh East VIC 3165

☎ **0401 117 311**

✉ info@taxwindow.com.au

➔ taxwindow.com.au

Wybrow & Associates

Aged Care specialist advice

5/8 Phipps Close, Deakin ACT 2600

📞 **02 6162 4100**

✉️ office@wybrow.com.au

➡️ wybrow.com.au

PROFESSIONAL SERVICES

■ Florists

Blossoms Of Canberra

10% discount on the flower value in store

Shop 24 68 Comrie Street, Wanniasa ACT

☎ **02 6231 0822**

✉ sales@blossomsofcanberra.au

Kingston Florist ACT

10% extra flowers for Seniors Card holders. Senior Card number required prior to ordering.

Shop 5, 22 Jardine Street, Kingston ACT 2604

☎ **02 6295 0721**

✉ kingstonflorist@westnet.com.au

Petals Network

15% discount on flower value of orders placed through www.petals.com.au/seniorstas

86 A Beardy Street, Armidale NSW 2350

☎ **1800 888 668**

✉ partners@petalsnetwork.com

➔ petals.com.au/seniorstas

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

Online Australia Wide

☎ **1300 236 402**

✉ support@ezifunerals.com.au

➔ ezifunerals.com.au



Grave Keepers

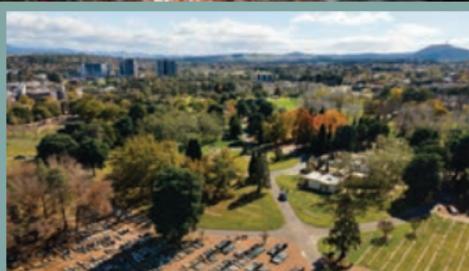
Ask about our discount for Australian Seniors Card holders. Terms and Conditions apply.

50 Brebner Street, Evatt ACT 2617

☎ **0448 329 200**

✉ gravekeepersact@bigpond.com

➔ gravekeepers.com



Canberra Memorial Parks provides Canberrans with a choice in honouring and celebrating life.

Opened in March 2021, the Gungahlin Crematorium at Gungahlin Cemetery is the first publicly owned crematorium in the ACT. It provides another local option for Canberrans and offers the widest range of services that meet the needs of our community. The crematorium's private Viewing Room is ideal for intimate services.

To visit our crematorium or explore the beautiful grounds of our Canberra cemeteries, contact our team today.

To make an appointment to explore your end-of-life arrangements, or request more information, call (02) 6207 0000 or visit us online at www.canberramemorialparks.act.gov.au



Tobin Brothers

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Kingston

☎ 02 6295 2799

Belconnen

☎ 02 6251 2344

Queanbeyan

☎ 02 6297 1546

Tuggeranong

☎ 02 6293 3177

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New Zealand 1072

☎ 1800 352 196

✉ michele@easenz.co.nz

➔ myfuneralwishes.net

PROFESSIONAL SERVICES

■ Funeral Services

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

➔ whiteladyfunerals.com.au/seniors

Your Sunset End of Life Services

10% off our range of end of life planning appointment packages - including Power of Attorney, Advance Care Planning, Funeral Planning.

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✉ hello@yoursunset.com.au

Aqua Hair

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Shop 4, Cook Place, Cook ACT 2614

☎ **02 6251 2103**

✉ aquahair@grapevine.com.au

➔ bentleysofcanberra.com.au

Beauty Bar International

10% discount on services only (excludes products)

**Shop A08, Jamison Plaza, Bowman Street,
Macquarie ACT 2614**

☎ **02 6253 4488**

✉ beautybar@grapevine.com.au

➔ bentleysofcanberra.com.au

Bentleys Hair at Red Hill

10% discount to Seniors Card holders on services only (excludes products)

Unit 2/1-11 Duyfken Pl, Red Hill ACT 2603

☎ **02 6260 6731**

✉ bentleysredhill@iinet.net.au

➔ bentleysofcanberra.com.au

Bentleys Hair of Canberra - Jamison

10% discount on services only (excludes products)

**Shop A07, Jamison Plaza, Bowman Street,
Macquarie ACT 2614**

☎ **02 6251 2681**

✉ bentleyshair@grapevine.com.au

➔ bentleysofcanberra.com.au

Coco's Hair & Beauty

10% discount on services only (excludes products)

Shop 4, Watson Place, Watson ACT 2602

☎ **02 6241 1510**

✉ cocoshair@hotmail.com

PROFESSIONAL SERVICES

■ Hair and Beauty



DeePeez

DeePeez is a salve created to protect and heal dry, scaly or itchy skin that may be affected by dermatitis, eczema, psoriasis. This olive and hemp oil salve is non-perfumed, has no irritating ingredients and can be applied liberally without clogging pores. The cost for a 100g tin is \$25 including delivery. ACT Seniors Card members will receive a 10% discount upon purchase by using the Promo Code SCM2021.

Visit the online shop to purchase and view testimonials fusionfitness.com.au/shop . For more information contact Diane on 0429 145 633 or email fusion_fitness@hotmail.com

☎ **0429 145 633**

✉ fusion_fitness@hotmail.com

➡ fusionfitness.com.au/shop

PROFESSIONAL SERVICES

Hair and Beauty ■



Shop 14 Four Seasons House
191 - 203 Anketell St.
Greenway ACT 2900
02 6293 2992

- Facials & Massage
- Skin Tightening
- Skin & Hair Rejuvenation
- Advanced Skincare
- Cosmetic Tattooing
- Microblading



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on all Products & Services
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www.elegantimage.com.au

Elegant Image

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☎ **02 6293 2992**

✉ info@elegantimage.com.au

➡ elegantimage.com.au

Enhance Skin Care

20% off anti-age facials before 4pm Monday to
Wednesday

64 Allara Street, Canberra City ACT 2601

☎ **02 6247 2100**

✉ jskincare@homemail.com.au

➡ enhanceskincare.com.au

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- Retirement Living
- Home Care
- Allied Health



Our Services

Retirement Living

Own your retirement in a vibrant community. Live life on your terms with new friendships, and new opportunities to help you to make the most out of retirement. Say goodbye to home maintenance and hello to beautiful and secure units that meet your changing needs.

Day Clubs

Get out and about and meet new friends! Experience a range of activities such as group outings, games, light exercise, crafts, BBQ picnics, entertainers and more. Our dedicated team will pick you up and drive you home, and provide all meals in between.

Home Care

Trained and trusted Goodwin carers can help you with a range of tasks in the home or out in the community. We have plenty of services so you can stay at home for longer. Choose from as much, or as little, support as you need.

Residential Care

Full-time care in a safe, supportive, and engaging place to call home. Goodwin Residential Care is known for its exceptional quality of clinical care, and for providing residents with an active and social environment. A place that balances joy and fun with calm and serenity.

Allied Health

A team of specialists dedicated to improving your health and wellbeing. With a physiotherapist, podiatrist, massage therapist and more, we help you stay in tip-top shape so you can do more of what you love.



GOODWIN
THE BETTER LIFE CHOICE

**Talk to our experienced team
so we can find the best fit
for you, together.**

- **General enquiries**
info@goodwin.org.au
- **Residential Care**
admissions@goodwin.org.au
- **Retirement Living**
sales@goodwin.org.au
- **Home Care**
community@goodwin.org.au
- **Allied Health**
alliedhealth@goodwin.org.au

Call 02 6175 5100

Visit goodwin.org.au

PROFESSIONAL SERVICES

■ Hair and Beauty

Just Cuts

Style cuts for Seniors

Monday to Friday - \$34.00, Saturday - Sunday
\$37.00 and works deal - shampoo, scalp massage,
style cut and dry off - \$48.00

**Just Cuts Canberra Centre,
220 Bunda Street, Canberra City ACT 2601**

☎ **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.

**First Floor, 29a/27 Lonsdale, Street,
Braddon ACT 2612**

☎ **02 6248 0490**

✉ naturalbeautycentre@hotmail.com.au

Nu Cut Salon

A wopping 20% off designer cuts, colours and foils.
Short hair only.

**Shop 3, 34 Marcus Clarke Street,
Canberra City ACT 2601**

☎ **02 6249 7163**

Quintessence Nail and Beauty

10% discount on treatments only every Tuesday

2/9 Page Place, Page ACT 2614

☎ **6278 5334**

✉ quintessencenailandbeauty@inet.net.au

➔ beautysalonbelconnen.com.au

Red Light Therapy Kits

\$100 off the Premium Red Light Therapy Wrap and
\$25 off the Mini Premium Light Therapy Wrap

260 De haer Road, Wandi Perth WA

☎ **0409 378 895**

✉ info@redlighttherapykits.com

Salon By Amie

10% off services for Seniors Card holders

9A Higgins Place, Higgins ACT 2615

☎ **6254 2418**

✉ amie.c@live.com.au

Sibu Beauty

Every Tuesday at both our Salons we offer 10% of services when you present your Senior Card. Terms and Conditions apply. Valid only for treatments.

64 Kelleway Avenue, Nicholls ACT 2913

56 Abena Avenue, Crace ACT 2911

☎ Nicholls **02 6241 4115** and
Crace **02 6162 0397**

✉ sibu.beauty@gmail.com

➔ sibubea.com.au Online bookings available

Slow Beauty Eco Salon

10% off services on Tuesdays.

4 Hart Street, O'Connor ACT 2602

☎ **02 6156 4746**

✉ connect@slowbeauty.com.au

➔ slowbeauty.com.au

PROFESSIONAL SERVICES

■ Hair and Beauty

Ultimate Skin and Beauty

Save 5% 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.

Shop 3, 16 Hardwick Crescent, Holt ACT 2617

☎ **02 6255 3851**

✉ ultimateskinandbeauty@gmail.com

Xanthus Hair

10% discount on services only (excludes products)

**Shop A02 Jamison Plaza, Bowman Street,
Macquarie ACT 2614**

✉ xanthushair@grapevine.com.au

➡ bentleysofcanberra.com.au

Blamey Saunders hears

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

364 Albert Street, East Melbourne VIC 3002

📞 **1300 443 279**

✉️ info@blameysaunders.com.au

➡️ blameysaunders.com.au/Hearing-Aids

Bloom Hearing Specialists

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

1 Farrell Place, Canberra City ACT 2601

Unit 3, 7 Napier Close, Deakin ACT 2600

2/42 Clifford Street, Goulburn 2580

📞 **1800 777 659**

✉️ canberra@bloomhearing.com.au

➡️ bloomhearing.com.au

Canberra Audiology

\$20 discount on your first appointment

1/19 Napier Close, Deakin ACT 2600

📞 **02 6156 4474**

✉️ kim@canberraaudiology.com.au

➡️ canberraaudiology.com.au

Helen King Hearing Solutions

10% discount on all hearing services, including Hearing Aids, hearing tests and consultations

1/30 Bougainville Street, Manuka ACT 2603

📞 **02 6162 4545**

✉️ helen@hkhearingsolutions.com.au

➡️ hkhearingsolutions.com.au

PROFESSIONAL SERVICES

■ Information

All Marketing

Enjoy a 25% Seniors discount for Tech Tutoring Online. Get familiar with your computer and mobile internet devices with this friendly, patient and custom tutoring for seniors and empower yourself with modern day technology and communications.

✉ info@allmarketing.com.au

➡ allmarketing.com.au

ATSA Independent Living Expo Canberra

ATSA Independent Living Expo is free to attend - and by simply pre registering ACT Seniors Card holders will get a free coffee.

The event is back in Canberra on the 8-9 November 2023 at the Exhibition Park in Canberra (EPIC).

For more than 20 years the ATSA Independent Living Expo has been Australia's foremost exhibition for assistive technology, rehabilitation and aged care equipment as exhibitors display products and services in mobility solutions, pressure care, employment support, accessible recreation, holiday ideas, modified motor vehicles and more.

As one of Australia's most comprehensive events for people with disability, seniors, carers and allied health professionals, all ATSA Expos are developed by the industry for the industry.

FREE TO ATTEND for all visitors!

Day One opening hours: 8:30am-4:30pm

Day Two opening hours: 8:30am-3:00pm

Organised by:

Assistive Technology Suppliers Australia & Interpoint Events

☎ **02 8006 7357**

✉ events@atsa.org.au



ACT Seniors Information Service

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

We can help you with Seniors Cards and discounts, social activities, retirement options, aged care navigation and household assistance. We can also provide advice on transport, community and government services, information technology and more.

Please call 6282 3777 or
email contact@cotaact.org.au

COTA
AUSTRALIAN CAPITAL TERRITORY



PROFESSIONAL SERVICES

■ Information

City Services - Pet Registration

Did you know that dog registration is compulsory in the ACT?

All dogs must be registered if:

The dog is over eight weeks old

The dog has been kept in the ACT for 28 days or more

The dog's keeper has been a resident of the ACT for 28 days or more

All cats aged over eight weeks must be registered.

Cats born before 1 July 2022 can be registered for free until 1 July 2023.

Pet owners will receive annual registration reminders by email, text or letter at least 14 days prior to their pet's registration renewal date. Renewal dates are on the anniversary of when your pet was first registered. For instance, if a dog was registered on 1 September 2020, the renewal date will be 1 September each year.

If you hold a Seniors Card or other eligible concession, you can register your cat or dog for the first time for a one-off concessional fee of \$20.70.

Keeping your pet's registration details up to date is part of being a responsible pet owner. It also enables Domestic Animal Services to return lost pets to their owners as quickly as possible.

For more information on fees and how to register visit the City Services website at www.cityservices.act.gov.au/pets-and-wildlife/domestic-animals/dog-and-cat-registration.

 **13 22 81**

 cityservices.act.gov.au

Access Canberra

Access Canberra is the front door for ACT Government services. From driver licences and parking permits to registrations and fair trading, we're a one-stop-shop for all your ACT Government services.

You can complete most Access Canberra transactions online or over the phone. The only transactions that need to be done in person are registrations that require a photo such as a driver's licence, proof of identity, working with vulnerable people card or vehicle related transactions including new registrations, transfer of registration or to order custom plates.

If you need to visit us in person, we are located in Gungahlin, Belconnen, Woden and Tuggeranong. We recommend checking wait times on our website before you visit. You can also book an appointment ahead of time at some of our locations. If you need assistance when you arrive at a service centre, please let staff know when you arrive and they will be happy to assist.

Access Canberra does not issue ACT Seniors Cards or stock the ACT Seniors Card Discount Directory. To apply for a Seniors Card, visit www.actseiniorscard.org.au.

 Ph: **13 22 81**

 www.accesscanberra.act.gov.au

PROFESSIONAL SERVICES

Information



Motor vehicle registration concessions for seniors

If you hold a valid concession, you may be entitled to a discount on some vehicle registration fees.



ACT
GOVERNMENT

Access
Canberra.

COTA ACT

Access a range of services, programs and events - free or low cost. Free Seniors Information Service provides information, advice and referrals.

**Hughes Community Centre, 2 Wisdom Street,
Hughes ACT 2606**

 **02 6282 3777**

 info@cotaact.org.au

 cotaact.org.au

 [/cotaact](https://www.facebook.com/cotaact)

Flexible Bus Service

Free Service for the over 70's within zones between 9:30am - 1:30pm Monday to Friday

Wheelchair accessible mini-bus

Local shopping and medical centre drop-off

 **13 17 10**

 transport.act.gov.au



Access Seniors Services at ACT Libraries

If you want to understand more about services for seniors, housing options, getting support with technology or ACT Seniors Cards – or if you just don't know where to start – drop into one of COTA ACT's outreach services.

Sessions are drop in – no appointment necessary. We visit a range of ACT Libraries locations across the year.

For upcoming dates please visit the COTA ACT website cotaact.org.au or call the office on 6282 3777.

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COTA
AUSTRALIAN CAPITAL TERRITORY

PROFESSIONAL SERVICES

■ Information

Libraries ACT

Belconnen, 12 Chandler Street

Civic, Civic Square

Dickson, Dickson Place

Erindale, McBryde Crescent

Gungahlin, Hibberson Street

Kingston, Giles Street

Kippax, Hardwick Crescent

Tuggeranong, Cowlshaw Street

Woden, Corinna Street

Fyshwick, 255 Canberra Avenue
(ACT Heritage Library)

 02 6205 9000

 library.act.gov.au

Services Australia Scams and Identity Theft Helpdesk



Australian Government



Services
Australia

The Helpdesk provides advice on protecting your identity online. Call us if you have given any personal information to a scammer.

 1800 941 126

 servicesaustralia.gov.au/scams



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Consider the PDS & TMD available from us and if the product is right for you. Insurance issued by nib Travel Services (Australia) on behalf of Pacific International Insurance. *Cover is subject to the terms, conditions, limits, and exclusions in the PDS. #The discount applies to the total COTA travel insurance premium and is for seniors card holders only when purchased over the phone. Discounts do not apply to the rate of GST and stamp duty or any changes you make to the policy. nib has the discretion to withdraw or amend this discount offer at any time. This discount cannot be used in conjunction with any other promotional offer or discount. Offer is valid from 1st October 2023 9am AEST until 31st October 2025 11:59pm AEST. For full T&Cs visit www.cota.com.au/termsconditions-seniorscard/

PROFESSIONAL SERVICES

■ Insurance

Australian Seniors Insurance Agency

Up to 20% discount on combined home and contents. 1

10% discount on pet insurance

5% discount on car insurance¹

5% discount on combined building and contents for landlords insurance. 1

DARE magazine offer for new customers. 1

1 T&Cs apply, see website for details.

50 Norwest Boulevard, Norwest NSW 2153

 seniors.com.au

COTA Insurance

Up to 10% off selected insurance. Call 1300 1300 50 for details.

PO Box 7156 Hutt Street, SA 5000

 **1300 1300 50**

 insurance@cota.com.au

 cota.com.au

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.

Use promotional code SCARD10

 info@easytravelinsurance.com.au

Curo Financial Services

10% rebate on your life insurance premiums once your new policy has been in place for 12 months

704/53 Walker Street, North Sydney NSW 2060

 **02 9222 1234**

 admin@curofinancialservices.com.au

 curofinancialservices.com.au/



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www.nobleoak.com.au/seniorsact

or call NobleOak on **1300 041 494**
and mention '**Seniors ACT**'.

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NobleOak Life Limited ABN 85 087 648 708 AFSL No. 247302 issues the products. This information is of a general nature only and does not consider your individual objectives, financial situation or needs. Please read the My Protection Plan Product Disclosure Statement and Target Market Determination at www.nobleoak.com.au. Age limitations apply. People who seek to replace an existing Life Insurance policy should consider their circumstances including continuing the existing cover until the replacement policy is issued and cover confirmed. Online quotes are indicative only - actual premiums depend on factors such as health, age and pastimes.

*17% lifetime discount. Seniors Card ACT members are entitled to a 17% discount (which remains for the life of the cover) on NobleOak's My Protection Plan standard premium rates on term Life Insurance cover (not in conjunction with a discount from any other program). Details on website.

PROFESSIONAL SERVICES

■ Insurance

Fast Cover Travel Insurance

10% OFF Travel Insurance for ACT Seniors under 80. Click link & enter code SNRSCRD in 'Apply a Voucher' box on checkout page to apply coupon and get 10% OFF your Seniors Travel Insurance premium. ^Ends 31/12/24, offer may be extended. Applies to total undiscounted premium at checkout (Max 1 offer or discount can be used per policy). Underwritten by Certain underwriters at Lloyd's. Consider PDS & TMD on fastcover.com.au before purchasing a policy. Terms, conditions, limits, sub limits & exclusions apply.

Use promotional code SNRSCRD

Level 11, 74 Castlereagh Street Sydney NSW 2000

☎ **1300 409 322**

✉ info@fastcover.com.au

➔ fastcover.com.au/SeniorsCardACT

MEB Services

Seniors Card holders receive 5% off all charges.

Unit 1A, 2-14 Hughes Place, Hughes ACT 2605

☎ **6101 7823** or **0426 719 576**

✉ markebrownepharlap@gmail.com

NobleOak Life

17% lifetime discount on Lifecover for ACT Senior Card holders. .

Level 7, 66 Clarence Street, Sydney NSW 2000

☎ **1 300 041 494**

✉ enquiry@nobleoak.com.au

➔ quote.nobleoak.com.au/seniorscardact

RentalCover.com

30% off all car rental insurance policies online at RentalCover.com

2/55 Pyrmont Bridge Road, Pyrmont NSW 2009

✉ sales@rentalcover.com

➔ rentalcover.com/seniors-discount

Chamberlains Law Firm

5% discount on conveyancing and estate planning

Level 8, 224 Bunda Street, Canberra City ACT 2601

Level 12, 59 Goulburn Street, Sydney NSW 2000

37 Bolton Street, Newcastle NSW 2300

☎ **02 6188 3600**

✉ hello@chamberlains.com.au

➔ chamberlains.com.au

Gathered Here

Gathered Here is Australia's top-rated free online Wills platform. Gathered Here offers you the opportunity to write your Will for free, plus free and unlimited updates for life: <http://www.gatheredhere.com.au/make-a-will-online/>

✉ enquiries@gatheredhere.com.au

➔ gatheredhere.com.au/make-a-will-online/

Hourigan Visa and Migration Service

Tell us you are a Seniors Card holder and your initial appointment is free. Up to 10% discount on professional fees for ongoing Australian visa and citizenship services.

Level 4, AMP Building,

1 Hobart Place, Canberra City ACT 2601

☎ **02 62473373**

✉ reception@hourigan.com.au

LegalWill.com.au

20% discount off single and couple Wills

20% discount of Power of Attorney kits.

✉ support@legalwill.com.au



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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)

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221 London Circuit, Canberra City ACT 2601

☎ **02 6207 9800**

➡ ptg.act.gov.au

QuickWills.com.au

50% off our online Will and Living Will services. Simply use the code: SC1770

✉ customerassistance@keptsafe.com

➡ quickwills.com.au

Wilbr Wills

\$20 off for Seniors Card holders. Flat \$139.00 fee. Create your legal will online now. Avoid shock bills, legal jargon and lengthy appointments. Free storage. No hidden costs.

Please use promotional code TAKEOFF40 for the discount.

☎ **0488 110 434**

✉ support@wilbr.app

Your Wills

20% discount of the Standard and Premium Will Options for Seniors Card holders. Use the promotional voucher Seniorscard20 at checkout. Go to www.yourwills.com.au today

**Ground floor, Suite 105, 470 Kilda Road,
Melbourne VIC 3004**

☎ **03 8415 6622**

✉ info@yourwills.com.au

➡ yourwills.com.au

PROFESSIONAL SERVICES

■ Medical Services

Australia Medic Alert Foundation

The MedicAlert Foundation is Australia's most trusted provider of emergency medical information. Our QR Code innovation, designed with paramedics, ensures instant access to your vital health information when seconds count.

Secure digital storage of your health information in a digital MedicAlert Record gives instant 24/7 access via your custom engraved MedicAlert ID from anywhere in the world. Using QR Code technology and the back-up of our 24/7 Emergency Information hotline, your MedicAlert ID alerts first responders to information they can trust, such as conditions, allergies, medicines, care instructions, emergency contacts and doctors' details.

The MedicAlert Foundation gives you confidence that we will speak for you when you can't speak for yourself.

☎ **1800 882 222**

✉ enquiry@medicalert.org.au

➔ medicalert.org.au

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Gap only payments. Discounted billing for all ACT Seniors Card holders at greatly reduced prices. 10 convenient locations across the ACT and southern NSW

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John James Healthcare Campus, Deakin ACT

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Bourke Street, Goulburn NSW

Hibberson Street, Gungahlin ACT

Antill Street, Queanbeyan NSW

Grattan Court, Wanniasa ACT

☎ **1300 788 508**

✉ info@cig.com.au

➔ canberraimaging.com.au

Canberra Imaging Group is one of the longest established medical imaging practices in Canberra and surrounding NSW.

Supporting the local community with an ongoing commitment to the highest standard of imaging quality and service excellence.



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

For further information
please phone:

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- Provider of Nuclear Medicine services including PET/CT and SPECT/CT
- The premier provider of specialist Breast imaging in the ACT
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www.canberraimaging.com.au

PROFESSIONAL SERVICES

■ Medical Services

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The sale of small CPAPs for Travel. The Transcend Micro is the smallest, lightest Travel CPAP available. The Transcend Micro, is available for existing CPAP users who wish to upgrade or replace their current CPAP but want the convenience of the smallest and lightest, fully featured CPAP, that can be easily be carried in your hand luggage, briefcase or handbag. The Micro is the size of a baseball or an apple.

\$85 worth of spares for the Transcend Micro CPAP with each purchase (HME Cartridges and Filters) with each order of the Transcend Micro CPAP Kit (505000PK1) when purchased online at www.minitravelcpap.com

PO Box 5181 Elanora Heights NSW 2101

✉ info@minitravelcpap.com

➔ minitravelcpap.com

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10% off all RRP prices

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☎ **1300 692 727**

✉ cpap@cpapaustralia.com.au

➔ cpapaustralia.com.au

Emergency ID Australia

The largest and most diverse range of medical alerts and Emergency ID worldwide. A large range of Emergency ID medical bracelets, alert ID necklaces, insulated medication bags, key rings engraved with medical and emergency information, I.C.E USBs, wallet ID cards, emergency medical alerts for to wear, carry or keep in your home. Ideal for when you are out and about and especially when travelling.

All items are CUSTOM engraved FREE of charge and there are NO unnecessary membership or yearly fees. Emergency ID Australia support Australian senior citizens by offering you a 20% discount on all our full priced items. Cannot be used in conjunction with any other discount codes or on items already on sale. Enter COUPON CODE: , 'Seniors Card,' in checkout.

55 High St Campbell Town TAS 7210

☎ **1300 369 142**

✉ enquiries@emergencyid.com.au

Emergency Medical Services

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safeTcare monitoring together with our safeTwear medical alert pendant provides Australia's leading emergency alert 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.

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☎ **1300 699 159**

✉ care@emsas.com.au

➔ emsas.com.au

PROFESSIONAL SERVICES

■ Medical Services

FeverMates

15% discount on all FeverMates products including PPE, facemasks, Australian made hand sanitiser (lab and derma tested), first aid kits and medical and health products. Use code SENIORS at the checkout. This code can be used anytime throughout the year.

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✉ info@fevermates.com

➡ fevermates.com

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Level 1, 67-69 Chandos Street, St, Leonards NSW 2065

📞 **1300 796 401**

✉ info@medibandplus.com

➡ medibandplus.com/contactus.aspx

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✉ info@medibc.com

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📞 **1300 100 247**

✉ canberra@nursenextdoor.com.au

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📞 **1800 226 445**

✉ sales@orthocare.com.au

➡ orthocare.com.au

PROFESSIONAL SERVICES

■ Medical Services



Nurse Next Door[®]
home care services

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unic.com.au

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Rosie medical alert personal alarm with fall detection and GPS locator.

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Personal emergency alarms that take on life with you. Only \$39.00 per month and a one-off \$50.00 establishment fee for your Rosie 24/7 Personal Alarm Service.

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📞 **1800 476 743**

✉ info@rosie.help

➡ rosie.help

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📞 **03 9588 0392**

✉ sales@safelife.com.au

PROFESSIONAL SERVICES

■ Medical Services

HRD (Australia)

Established in 1985 HRD (Australia) is a family clinic offering counselling, psychotherapy and clinical hypnotherapy services. We specialise in relationship counselling, mental health and AOD (alcohol and other drugs) issues. A full range of services can be viewed at www.hrdaustralia.com.au We are based in Kambah but also offer a mobile service to homes and businesses in the region. We offer a 25% discount on our sessions to Seniors Card holders.

Glass Place, Kambah ACT 2902

📞 **0422 967 969**

✉ hrdcanberra@gmail.com

➡ hrdaustralia.com.au

Canberra Vision Care

10% off when purchasing a complete set of frames and lenses.

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**Erindale Shopping Centre, 68 Comrie Street,
Wanniassa ACT 2903**

📞 **02 6296 3540**

✉️ reception@canberravisioncare.com.au

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\$100 off a complete pair of Spectacles (frames and lenses) when you mention this discount offer at the time of purchasing.

**Suite 3B, Level 1, 3 Sydney Avenue, Barton ACT
2600**

📞 **02 6273 7458**

✉️ info@capitaleye.com.au

MacKinley Optical

10% off frames when you mention our ACT Seniors Card Directory ad

**25 Petrie Plaza, Canberra City, ACT 260102 6248
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VisionDirect.com.au

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SENIORAU30 30% on Prescription Lenses

SENIORAU30 30% on Progressive Lenses

Discover more than 180 designer eyewear brands and over 80,000 pairs of sunglasses and eyeglasses for the best price at Vision Direct

📞 **1800 320 660**

✉️ customerservice@visiondirect.com.au

➡️ visiondirect.com.au

PROFESSIONAL SERVICES

■ Optometrists

Curtin Optical

CURTIN OPTICAL

***Quality Affordable Eyewear
Since 1995***

10% off complete pairs of spectacles (frames and lenses) when you present your Seniors Card at the time of ordering and mentioning our ACT Seniors Card Directory listing.

Shop 1b Curtin Place, Curtin ACT

☎ **6281 1220**

✉ curtinoptical@outlook.com.au

OPSM

10% off complete pair of spectacles (frames and lenses)

10% off complete pair of prescription glasses (frames and lenses) only redeemable for eligible Seniors Card members who hold a Seniors Card issued by a state or Territory Government in Australia. The Seniors Card must be presented at the time of purchase. Offer cannot be redeemed online or used in conjunction with any other discount, offer, rebate or benefit from any other source other than a health fund rebate. Offer excludes eye tests, gift cards and Alain Mikli, Cartier, Chanel, Lindberg, Oliver Peoples, Ray Ban Stories and Starck products.

☎ Contact your local OPSM store

Vision City by George & Matilda Eyecare

10% discount on goods and services

10 Moore St, Canberra City ACT 2617

☎ **02 6249 7559**

✉ canberra@georgeandmatilda.com.au

➔ georgeandmatilda.com.au

Canberra Behaviour Vet

20% discount off home visit behaviour consultations.

Mobile service

✉ dr.eloisebright@gmail.com

City Services - Pet Registration

Did you know that dog registration is compulsory in the ACT?

All dogs must be registered if:

The dog is over eight weeks old

The dog has been kept in the ACT for 28 days or more

The dog's keeper has been a resident of the ACT for 28 days or more

All cats aged over eight weeks must be registered.

Cats born before 1 July 2022 can be registered for free until 1 July 2023.

Pet owners will receive annual registration reminders by email, text or letter at least 14 days prior to their pet's registration renewal date. Renewal dates are on the anniversary of when your pet was first registered. For instance, if a dog was registered on 1 September 2020, the renewal date will be 1 September each year.

If you hold a Seniors Card or other eligible concession, you can register your cat or dog for the first time for a one-off concessional fee of \$20.70.

Keeping your pet's registration details up to date is part of being a responsible pet owner. It also enables Domestic Animal Services to return lost pets to their owners as quickly as possible.

For more information on fees and how to register visit the City Services website at www.cityservices.act.gov.au/pets-and-wildlife/domestic-animals/dog-and-cat-registration.

☎ **13 22 81**

➔ cityservices.act.gov.au

PROFESSIONAL SERVICES

■ Pet Care

Everyday Pets

10% off total order across all products

📞 **1300 093 782**

✉ info@everydaypets.com.au

➡ everydaypets.com.au

Joy's Reliable Housesitting & Pet Care

Free Service

📞 **0491 767 517**

➡ joyreddey123@dodo.com.au

Paw Ventures

10% off dog walking, pet sitting visits, overnight house sitting and transport to veterinary appointments.

Queanbeyan NSW 2620

✉ info@pawventures.net

➡ pawventures.net

Pets & Positive Ageing

A free emergency contact card for Seniors with pets is available from Pets and Positive Ageing

PO Box 400, Curtin ACT 2605

✉ info@petsandpositiveageing.com

➡ petsandpositiveageing.com

📘 [/PetsandPositiveAgeing](https://www.facebook.com/PetsandPositiveAgeing)

PURR Luxury Cat Hotel

10% discount for bookings 14 days or over

234 Fernloff Road, Wamboin NSW 2620

☎ **0427 800 990**

✉ heidi@purrcahotel.com.au

➔ purrcahotel.com.au

RSPCA ACT

50% discount on adoption fees for pets which are more than 8 years old at RSPCA ACT.

12 Kirkpatrick Street , Weston ACT 2611

☎ **02 6287 8100**

✉ rspca@rspca-act.org.au

PROFESSIONAL SERVICES

■ Pharmacy

Aussie Pharma Direct Pty Ltd

ACT Seniors Card holders receive 10% off the total price at checkout.

☎ **1300 783 113**

✉ sales@aussiepharmadirect.com.au

➔ aussiepharmadirect.com.au

**REWARDS
& DOUBLE POINTS**
for Seniors Card holders.

10% Equivalent Rebate

Capital Chemist

Loyalty matters

Please see our website for store locations and contact detail
capitalchemist.com.au

Capital Chemist

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

➔ 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

33 Colbee Court, Phillip ACT 2606

📞 **02 6282 6771**

✉️ colbee@ypm.com.mx

Coleman Court Pharmacy - Life Pharmacy Group

7% discount for Seniors on eligible products, on top of our in-store Life Club loyalty rewards program

Coleman Court, Brierly Street, Weston ACT 2611

📞 **02 6288 1867**

✉️ coleman@lifepharmacygroup.com.au

➡️ lifepharmacygroup.com.au

Erindale Pharmacy - Life Pharmacy Group

7% discount for Seniors on eligible products, on top of our in-store Life Club loyalty rewards program

Erindale Shopping Centre, Erindale ACT 2903

📞 **02 6231 6550**

✉️ erindale@lifepharmacygroup.com.au

➡️ lifepharmacygroup.com.au

Lanyon Pharmacy - Life Pharmacy Group

7% discount for Seniors on eligible products, on top of our in-store Life Club loyalty rewards program

Lanyon Market Place, Sidney Nolan Drive, Conder ACT 2906

📞 **02 6284 8555**

✉️ lanyon@lifeparmacygroup.com.au

➡️ lifepharmacygroup.com.au

PROFESSIONAL SERVICES

■ Pharmacy

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

➔ lifepharmacygroup.com.au

Watson Pharmacy

10% off over the counter products.

Shop 1, Watson Pace, Watson ACT 2602

☎ **02 6241 1506**

☎ 02 6241 3787

✉ watsonpharmacy@yahoo.com.au

➔ watsonpharmacy.com.au

Weston Pharmacy

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

7-11 Brierly Street, Weston ACT 2611

☎ **02 6288 4888**

✉ weston.pharmacy@nunet.com.au

EmPower Better Health

\$50.00 off Woman's Health Physiotherapy initial consultation

Seniors rate for Gym group classes

CISAC 16/100 Eastern Valley Way, Bruce ACT 2617

☎ **02 6140 3282**

✉ info@empowerbetterhealth.com.au

➡ empowerbetterhealth.com.au

Fortis Physiotherapy

\$15 discount on Physiotherapy, Exercise Physiology and Remedial Massage sessions

8/5 McKay Gardens, Turner ACT 2612

☎ **02 6247 7033**

✉ admin@fortisphysio.com.au

➡ fortisphysio.com.au

Kingston Physio

10% discount on all Physiotherapy, Hydrotherapy and Exercise Physiology classes.

**Green Square Centre, Shop 4 62 Jardine Street,
Kingston ACT 2604 (above Capital Chemist)**

☎ **02 6260 8244**

✉ info@positivemotion.com.au

➡ kingstonphysio.com.au

Neurospace

\$5 discount per visit for physiotherapy and exercise physiology

10 Colbee Court, Phillip ACT 2606

☎ **02 6162 0450**

✉ reception@neurospace.com.au

➡ neurospace.com.au

PROFESSIONAL SERVICES

■ Physiotherapy

Positive Motion Physiotherapy

10% discount on all oncology group classes and active senior classes.

**Green Square Centre, Shop 4 62 Jardine Street,
Kingston ACT 2604**

☎ **02 6147 1355**

✉ info@positivemotion.com.au

➡ positivemotion.com.au

Queanbeyan Physiotherapy Centre

10% off consultations on presentation of Seniors Card.

276 Crawford St, Queanbeyan NSW 2620

☎ **02 6297 1005**

✉ info@queanbeyanphysio.com.au

➡ queanbeyanphysio.com.au

Southside Physio

\$5.00 discount per session for Seniors Card holders

**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

Southside Physio Mobile - We come to you 62931955

➡ southsidephysio.com.au

SportsCare & Physiotherapy

\$10 off any physiotherapy treatment

**16/41-43 Liardet Street, Weston ACT Cnr Antill &
Cowper Streets, Dickson ACT Level 7A, 3 Sydney
Ave, Barton ACT**

☎ **1800 001 500**

✉ weston@sportscarephysio.com.au barton@sportscarephysio.com.au dickson@sportscarephysio.com.au

➡ sportscarephysio.com.au

SportsTec Clinic

\$12.50 for student physiotherapy, exercise physiology and exercise classes for Seniors

81/71 Giles Street, Kingston Foreshore ACT 2604

📞 **02 6156 1308**

✉ admin@sportstecclinic.com.au

➡ sportstecclinic.com.au

The Y Chifley - Leaders in Seniors' Health

Memberships from just \$17.50 per week for Seniors Card Holders (30% discount).

Over 30% off casual visit passes.

Fully serviced gym.

No lock in contracts.

Welcoming and inclusive environment with a community feel.

Private Exercise Physiology sessions available.

Low impact, beginner friendly Group Fitness classes tailored towards seniors.

NDIS Registered.

9/71 MacLaurin Crescent, Chifley ACT

📞 **02 6281 0124**

✉ Yfitness.can@ymca.org.au

PROFESSIONAL SERVICES

■ Real Estate

Edge Mark Higgins Real Estate

Having an A Grade Electrical Licence and with many years of experience in the housing industry, I would be happy to provide a free consultation to Seniors Card holders on how you can improve your property's market appeal to ensure you receive top dollar for your home on sale.

5 McLaren Crescent Pearce ACT 2607

☎ **0421 338 025**

✉ mark@edge.com.au

INGLE Property Services

5% off total commission

1a 2-14 Hughes Place, Hughes ACT 2605

☎ **02 6101 7823**

✉ robert@acttaxagents.com.au

➡ acttaxagents.com

Northbourne Valuers

5% off our services

Level 9, 2 Phillip Law Street, New Acton ACT 2601

☎ **0412 875 060**

✉ info@northbournevaluers.com

➡ northbournevaluers.com

One Agency Sandy Morris

15% off agent fee for selling your home

10% off monthly management fee for renting

5/5 Primmer Court, Kambah ACT 2902

☎ **0408 240 138**

✉ andrewmorris@oeagencysandy.com.au

Property Registry

Land titles, property ownership and valuations are all in the one place with the Property Registry. Seniors can receive a 15% discount on any online copy of Land Titles, Survey Plans and Property Evaluations by using SENIOR15OFF at checkout.

44 Kings Park Road, Perth WA 6005

☎ **1300 459 335**

✉ mathew@propertyregistry.com.au

➡ propertyregistry.com.au

Yes Property Agents

Save up to 50% on your first three months of management fees.

Fixed Fee selling on selling your property, \$5500

No sale = no commission. Pay nothing upfront.

32 Monaro Street, Queanbeyan NSW 2620

☎ **0426 918 473**

✉ yespropertyagents@gmail.com

PROFESSIONAL SERVICES

■ Telecommunications

Myhomefone

10% off all costs (setup and monthly fees) across all products for Seniors Card holders.

Level 1, 100 William Street, Woolloomooloo NSW 2011

☎ **1300 031 107**

✉ sales@myhomefone.com.au

➡ myhomefone.com.au

Pennytel

Get 10% off our Seniors exclusive mobile plans plus an additional \$10 credit for the first month.

*Available for new service orders: 10% off standard charges for all ACT Seniors Card members for the duration of your service. An additional \$10 credit for the first month. Excess data and non-standard calls and texts are charged at PAYG rates. Valid for new services. Limited time offer - Pennytel reserves the right to end the promotion at any time without notice. This offer is exclusive and cannot be used in conjunction with any other offer. SIM card must be activated within 2 months. Limit to 2 customers located at the same address. Pennytel does its best to offer Members our best market pricing at the time a member orders a plan but cannot guarantee that a plan acquired by a member will always be supplied at the best market price.

SE 409 90 Podium Way Oran Park NSW 2570

☎ **1300 232 888**

✉ enquiries@pennytel.com.au

➡ pennytel.com.au/act-seniors-card/

Hughes Community Centre Hall & Room Hire



Hall: seats up to 140 theatre style

Room 2: seats up to 25

Room 3: seat up to 45

The main hall has a wooden floor suitable for dance schools. Other rooms are carpeted. Chairs, tables and kitchen are available.

Hughes Community Centre is managed by COTA ACT by our Facility Manager. Phone 6282 3777 for more.

COTA
AUSTRALIAN CAPITAL TERRITORY



RECREATION AND ENTERTAINMENT

■ Recreation and Entertainment

Aussie Traveller

15% off all products. Excludes promotional or discounted items.

235 Barry Road, Campbellfield VIC 3061

☎ **1300 663 868**

✉ enquiries@aussietraveller.com.au

Canberra School of Bollywood Dancing (CSBD)

10% discount on classes

Harrison School, Harrison

McGrath Irish Dance, Phillip
University of Canberra, Bruce

☎ **0411 158 506**

✉ csbd.cbr@gmail.com

➡ canberrabollywood.com

Chronicle

Chronicle is Australia's first curated history documentary channel on demand - like Netflix, but just for history. Discover new insights on WWII, or Australia's greatest sporting heroes, there's a story for all history lovers. Memberships are \$99 a year or \$12 a month. We are offering a 20% discount to all seniors cards holders using the coupon code: CHRONICLESENIORSCARD

☎ **02 6248 8444**

✉ support@chronicle.watch

➡ chronicle.watch

National Zoo & Aquarium

\$7.00 discount per person upon presentation of a Seniors Card

999 Lady Denman Drive, Weston Creek ACT 2611

☎ **02 6287 8400**

✉ frontdesk@nationalzoo.com.au

➡ nationalzoo.com.au

Best Western Hotels and Resorts



10% off Flexible Rate in Australia and NZ

☎ Australia: **131 779** New Zealand: **0800 237 893**

✉ Customer service requests and feedback email
au.customerservice@bestwestern.com

Crowne Plaza Canberra

Save up to 30% off your accommodation at Crowne Plaza Canberra when you book direct on any day of the week.

1 Binara Street, Canberra City ACT 2601

☎ **1800 593 932**

✉ reservations.cbrbs@ihg.com

Forrest Hotel and Apartments

5% discount to all Seniors Card holders

30 National Circuit, Forrest ACT

☎ **0411 461 316**

✉ reservations@forresthôtel.com

➔ forresthôtel.com

Golden Chain Motels

10% discount to Seniors Card holders

**Red Cedars Motel, 11 Aspinall Street, Watson
 ACT800 hotels in 80 countries worldwide**

☎ **02 9211 2377**

✉ email@goldenchain.com.au

➔ goldenchain.com.au

RECREATION AND ENTERTAINMENT

■ Accommodation



IBIS Styles The Entrance

10% off best available rates and \$125.00 room and Continental breakfast (Sunday-Thursday)

Seniors card holders also have access on level 2 to Diggers@TheEntrance. Daily bingo, food and beverages. Guests receive Diggers members pricing for all food and beverages.

315 Central Coast Highway, The Entrance NSW 2261

☎ **02 4336 0400**

✉ reservations@ibisstylestheentrance.com.au

➡ ibistheentrance.com.au

Mariners on the Waterfront Hotel

Book rooms via the Mariners on the Waterfront Hotel Website www.marinerswaterfront.com.au or call (02) 4472 6222 (walk ins available but availability will be limited). Senior discount of 5% will be applied to the rooms current rate upon checking in when the senior discount card and identification is presented. Also a 5% discount will be given on all meals purchased during your stay. From December 24th till 26th of January this offer will not be valid

31 Orient Street, Batemans Bay NSW 2536

☎ **02 4472 6222**

✉ info@marinerswaterfront.com.au

➔ marinerswaterfront.com.au

Oaks Hotels & Resorts

10% discount all year plus exclusive hotel deals

☎ **07 3246 1700**

✉ reservations@theoaksgroup.com.au

➔ oakshotels.com

Ramada by Wyndham Diplomat Canberra

10% off best available rate

2 Hely Street, Griffith ACT 2603

☎ **02 6295 2277**

✉ info@ramadadiplomatcanberra.com.au

➔ ramadacanberra.com.au

RECREATION AND ENTERTAINMENT

■ Accommodation

Sapphire Palms Motel

Seniors may book a Queen Room until 2023 for only \$69 per night for a minimum of 6 nights (Sun-Fri), excluding public holidays, long weekends, Christmas and New Year

178-182 The Entrance Road, The Entrance NSW 2261

☎ **02 4332 5799**

✉ theentrance@sapphirepalmsmotel.com.au

➡ sapphirepalmsmotel.com.au

Statesman Hotel

10% off food and beverages

14 Theodore Street, Curtin ACT 2605

☎ **02 6281 1777**

✉ hello@statesmanhotel.com.au

➡ statesmanhotel.com.au/eat-and-drink

Terrigal Sails Serviced Apartments

10% discount when providing your Seniors Card

6 Maroomba Road, Terrigal NSW

☎ **02 4384 7444**

✉ reception@terrignalsails.com.au

Dendy Cinemas

\$8.00 Senior Wednesdays with complimentary morning tea before 12pm.

Level 2, North Quarter Canberra Centre, 148 Bunda St, Canberra ACT 2601

☎ **02 6221 8908**

➡ dendy.com.au

Limelight Cinemas

Senior Card holders save \$2.00 per ticket. If they join our Free Membership program, they will save \$4.50

157 Anketell Street, South Point Shopping Centre, Greenway ACT 2900

☎ **02 6293 6190**

✉ info@limelightcinemas.com.au

➡ limelightcinemas.com



STAR BUFFET

ALL-YOU-CAN-EAT



Where friends meet

Enjoy great saving with senior card!



Star Buffet - Burns Club

28 kett street, KAMBAH ACT

Tel: (02)6296 3045

Email: burns@starbuffet.com.au

The Scottish Club

Ainslie Football & Social Club

Ask about our special offers for ACT Seniors Cardholders

52 Wakefield Avenue, Ainslie, ACT 2602

☎ **02 6248 8422**

✉ ainslie@ainsliegroup.com.au

➔ ainsliegroup.com.au/venues/ainslie-football-club

Burns Club - Star Buffet

Discounted meals for Seniors Card holders

☎ **02 6296 3045**

✉ burns@starbuffet.com.au

➔ starbuffet.com.au

Gungahlin Lakes Golf and Community Club

Ask about our special offers for ACT Seniors Cardholders

110 Gundaroo Drive, Nicholls ACT 2913

☎ **02 6242 6283**

✉ lakes@ainsliegroup.com.au

➔ ainsliegroup.com.au/venues/gungahlin-golf-club

Statesman Hotel

10% off food and beverages

14 Theodore Street, Curtin ACT 2605

☎ **02 6281 1777**

✉ hello@statesmanhotel.com.au

➔ statesmanhotel.com.au/eat-and-drink

The Tradies

DICKSON

The Tradies has been a Canberra institution for nearly 60 years, operating a licensed community club in Dickson

JUST A PEEK AT WHAT'S ON

Seniors' Morning Tea

Tuesdays 9.30am - 11.30am

Lunch specials *from* \$16

Weekdays 12pm to 2pm



Complimentary stretch session

Saturday 9.30am - 11.15am

Become a Tradies member to avail these offers.

The Dickson Tradies

2 Badham St, Dickson ACT, 2602

thetradies.com.au || 02 6162 5656

Members only | Terms apply.
Responsible service of alcohol rules apply.

The Juniors Kingsford

Special Seniors discounted menu

558A Anzac Parade, Kingsford NSW 2032

☎ **02 9349 7555**

➡ thejuniors.com.au

The Tradies

Complimentary Seniors morning tea every Tuesday morning

2 Badham Street, Dickson ACT 2600

☎ **02 6162 5656**

✉ ContactUs@thetradies.com.au

➡ thetradies.com.au

RECREATION AND ENTERTAINMENT

■ Community Education

COTA ACT

Access a range of services, programs and events - free or low cost. Free Seniors Information Service provides information, advice and referrals.

**Hughes Community Centre, 2 Wisdom Street,
Hughes ACT 2606**

☎ **02 6282 3777**

✉ info@cotaact.org.au

➔ cotaact.org.au

f [/cotaact](https://www.facebook.com/cotaact)

St John Ambulance Australia (ACT) Inc

15% off accredited courses and first aid kits, 10% off non-accredited courses. Free basic first aid session

14 Thesiger Court, Deakin ACT 2600

☎ **02 6282 2399**

✉ schools@stjohnact.com.au

➔ stjohnact.com.au

Community Education



COTA ACT can provide guest presenters to speak on a number of important topics relevant to people over 50 in our community.

Community education sessions about the work of COTA ACT are:

- FREE
- Available across Canberra
- Delivered by COTA ACT staff
- Designed to be interactive
- Sessions provide simple practical strategies for tackling issues and solving problems
- For groups small or large
- 45 minutes to an hour in duration

For a complete list of topics, or to book a community education session, please call COTA ACT on 6282 3777 or email contact@cotaact.org.au



RECREATION AND ENTERTAINMENT

■ Crafts and Hobbies

19 Mosaics

10% off all products excluding postage

☎ **0413 468 062**

✉ cherylhardwick@19mosaics.com.au

➡ 19mosaics.com.au

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

PO Box 273, Dickson ACT 2602

✉ actstampartists@gmail.com

Canberra School of Photography

15% discount for Seniors Card holders

☎ **0412 412 223**

✉ irenelorbergs@ozpix.com.au

Embroiderers' Guild ACT Inc

10% discount on membership for Seniors Card holders

Maitland House, 100 Maitland Street, Hackett ACT 2602

☎ **02 6262 8035**

✉ embroideryact@gmail.com

➡ embroidersact.org.au

Music Classes Canberra

Music Classes Canberra specialises in adult music education, fostering community and connection through small group classes. Seniors card holders are entitled to 10% discount from the standard full term fee on the first term of enrolment.

30 Elouera Street, Braddon ACT

☎ **0403 576 025**

✉ info@musicclassescanberra.com

➡ musicclassescanberra.com

Ardanien Entertainment

Ardanien Entertainment provide personalised DJ and MC services. For a full range of our options please see our website, or contact us for an obligation-free chat about your next event. Seniors card holders receive a 10% discount on any booking (normal terms and conditions apply).

☎ **02 6169 6845**

✉ info@ardanien.com.au

➡ ardanien.com.au

Event Corner

20% discount for Seniors Card holders. We provide space to suit your event. Enjoy the space for a whole day without having to worry about excessive rent. Venue suits parties/celebrations/milestones/christenings/babyshowers/social events/playgroups/workshops/Yoga/photoshoots/study/conferences/meetings/seminars.

Weekdays 4 hours 9-1pm, 1-5pm \$200 5-9pm \$250. Weekdays 8 hours 9-5pm \$350, 1-9pm \$400.

Weekends 4 hours 9-1, 1-5 \$300, 5-9pm \$350.

Weekends 8 hours 9-5pm \$500, 1-9pm \$550

G11/48 Gungahlin Place, Gungahlin ACT 2912

☎ **0406 379 935**

✉ G11.eventcorner@gmail.com

📷 [/at_event_corner](https://www.instagram.com/at_event_corner)

Get involved with COTA ACT

COTA ACT puts on a range of events across the year designed to inform, inspire and educate ACT seniors to live their life to the fullest.

These include the ACT Seniors Expo, Chief Minister's Seniors Concert, Seniors Achievement Awards and Midweek Matters information seminars.

Visit the COTA ACT website cotaact.org.au or contact the office on 6282 3777 for information on upcoming events.



COTA
AUSTRALIAN CAPITAL TERRITORY



A Life Plus

Free delivery over \$50.00 for Seniors Card holders

☎ **02 8804 7457**

✉ help@alifeplus.com.au

➡ alifeplus.com.au

Dinner's Ready

20% off our hand-made meals for your first order, and 5% off additional orders. You can order online using the following codes:

SENACT1 for your first order, and SENACT2 for subsequent orders. Or you can order by calling us on 0477 197 617 (please mention this offer)

PO Box 4697 Kingston ACT 2604

☎ **0477 197 617**

✉ info@dinnerready.com.au

➡ dinnerready.com.au

Lite n' Easy

Save 30% on your first delivery. Order online using promo code SENACT or call us on 13 15 12 and mention this offer.

☎ **13 15 12**

✉ privacy@liteneasy.com.au

➡ liteneasy.com.au

Tender Loving Cuisine

5% to 13% discount on additional orders for Seniors Card holders. You'll love the homemade taste of our award-winning meals delivered to over 3,200 suburbs.

Suite 201, 166 Great North Road, Five Dock NSW 2046

☎ **1800 801 200**

✉ clientservices@tlcmeals.com.au

➡ tlcmeals.com.au

The secret to ageing well is simple, eat well.

Developed by dietitians and prepared by chefs, Lite n' Easy offers more than just a weight loss solution. We also offer great tasting meals, designed to promote healthy eating and well-being.

- Plenty of variety and choice with over 235 meals.
- My Choice range of dinners, soups and desserts designed for older people with smaller appetites.
- Flexible options, home delivered.
- No lock in contracts or subscriptions.
- On a Home Care Package? Approved HCP recipients could pay as little as 30% for their Lite n' Easy meals. Call your provider for more information.



Australia's No.1 Healthy Meal Delivery Service
4 years in a row!

Save 30% on your first delivery

Order online using promo code **SENACT** or, if you are a HCP recipient, call us on 13 15 12 and mention this offer.

Offer valid for new customers only on their first delivery. Cannot be used with any other offer

Lite n' Easy

liteneasy.com.au | 13 15 12

The Good Meal Co

As an ACT Seniors Card member, you can save 20% off your deliveries from The Good Meal Co. Order online using promo code SENIORACT20 or call us on 1800 155 255 and mention this offer

 **1800 155 255**

 enquiries@goodmeal.com.au

 goodmeal.com.au



RECREATION AND ENTERTAINMENT

■ Groups and Classes

Alessandro's Kitchen

20% off for ACT Seniors Card holders. Please use the code Elderly20 when signing up

5/118-128 Mawson Place, Mawson ACT 2607

☎ **0400 941 468**

✉ alessandroskitchenaustralia@gmail.com

➡ classbento.com.au/alessandros-kitchen

Canberra School of Bollywood Dancing (CSBD)

10% discount on classes

Harrison School, Harrison

McGrath Irish Dance, Phillip
University of Canberra, Bruce

☎ **0411 158 506**

✉ csbd.cbr@gmail.com

➡ canberrabollywood.com

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

➡ capitalnordicwalking.com.au

Carlingford Music Centre

10% off for Seniors with a valid Seniors Card (instore) or type SENIORS online at the checkout. This offer cannot be used with other discount offers or on already discounted/marked down products.

320 Pennant Hills Road, Carlingford NSW 2118

☎ **02 9873 2333**

✉ contact@carlingfordmusic.com.au

➡ carlingfordmusic.com.au

COTA ACT

Access a range of services, programs and events - free or low cost. Free Seniors Information Service provides information, advice and referrals.

**Hughes Community Centre, 2 Wisdom Street,
Hughes ACT 2606**

☎ **02 6282 3777**

✉ info@cotaact.org.au

➔ cotaact.org.au

f [/cotaact](https://www.facebook.com/cotaact)

Heart Foundation Walking

Free walking groups.

☎ **13 11 12**

✉ walking@heartfoundation.org.au

➔ walking.heartfoundation.org.au

Music Classes Canberra

Music Classes Canberra specialises in adult music education, fostering community and connection through small group classes. Seniors card holders are entitled to 10% discount from the standard full term fee on the first term of enrolment.

30 Elouera Street, Braddon ACT

☎ **0403 576 025**

✉ info@musicclassescanberra.com

➔ musicclassescanberra.com

Rainbow Music Adventures

10% off all music lessons.

Coombs ACT 2611

☎ **0466 048 488**

✉ rainbowmusicadventures@gmail.com

RECREATION AND ENTERTAINMENT

■ Groups and Classes

Stitch

10% discount for Seniors Card holders

Level 3, WeWork, 100 Harris Street Pyrmont NSW 2009

☎ **02 8880 0371**

✉ support@stitch.net

➔ wipeoutloneliness.org/contact

6th Position

Concession 10 class pass (save \$20) or 5 class pass (save \$10) are available to seniors card holders. Purchase from: 6thposition.com.au/class-prices#concession

83 Petrie Plaza, Canberra City ACT 2601

☎ **0416 894 288**

✉ 6thposition.studio@gmail.com

Ainslie Tennis Club

\$15.00 reduction in the cost of single adult annual membership for Seniors Card holders

Patterson Street, Corroboree Park, Ainslie ACT 2602

☎ **0409 906 215**

✉ president@ainslietennis.org.au

ATSA Independent Living Expo Canberra

ATSA Independent Living Expo is free to attend - and by simply pre registering ACT Seniors Card holders will get a free coffee.

The event is back in Canberra on the 8-9 November 2023 at the Exhibition Park in Canberra (EPIC).

For more than 20 years the ATSA Independent Living Expo has been Australia's foremost exhibition for assistive technology, rehabilitation and aged care equipment as exhibitors display products and services in mobility solutions, pressure care, employment support, accessible recreation, holiday ideas, modified motor vehicles and more.

As one of Australia's most comprehensive events for people with disability, seniors, carers and allied health professionals, all ATSA Expos are developed by the industry for the industry.

FREE TO ATTEND for all visitors!

Day One opening hours: 8:30am-4:30pm

Day Two opening hours: 8:30am-3:00pm

Organised by:

Assistive Technology Suppliers Australia & Interpoint Events

☎ **02 8006 7357**

✉ events@atsa.org.au

Canberra Balloon Flights

10% off balloon flights. Not valid during the Canberra Balloon Spectacular

19 Kallaroo Road, Pialligo ACT

☎ **02 6248 8200**

✉ sales@dawndrifters.com.au

➔ dawndrifters.com.au



COTA Visitors

COTA Visitors are volunteers who provide regular friendly and companionship to older people who are isolated.

COTA ACT is part of the Aged Care Volunteer Visitors Scheme (ACVVS), an Australian Government initiative that provides friendly volunteers for older people who are at risk of loneliness or social isolation.

If you're interested in becoming a COTA Visitor, you can contact our friendly team on acvvs@cotaact.org.au or 6282 3777.



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).

1 Kingsley Street, Canberra City ACT 2602

☎ **0435 025 365**

✉ canberradancetheatre@gmail.com

➡ canberradancetheatre.com

Canberra School of Dancing

Up to 20% off group lessons & 10% off private lessons

**Weston Uniting Church, 16 Parkinson Street,
Weston ACT 2611**

☎ **0412 629 436**

✉ canberraschoolofdancing@gmail.com

➡ canberraschoolofdancing.com.au



RECREATION AND ENTERTAINMENT

■ Recreation and Leisure

Canberra Seniors Centre

All programs discounted and designed for seniors
Seniors are eligible for a range of low priced social and creative activities, mental stimulation, and exercise options. Lunch available Tuesdays and Thursdays.

10 Watson Street, Turner ACT 2612

📞 **6248 9509**

✉ ops@canberraseniors.org.com

➡ canberraseniors.org.au

Canberra Walk In Aviary

Seniors entry \$13 (saving of 15%)

Unit 13 Federation Square, O'Hanlon Place, Nicholls ACT 2913

📞 **02 6230 2044**

➡ canberrawalkinaviary.com.au

Chronicle

Chronicle is Australia's first curated history documentary channel on demand - like Netflix, but just for history. Discover new insights on WWII, or Australia's greatest sporting heroes, there's a story for all history lovers. Memberships are \$99 a year or \$12 a month. We are offering a 20% discount to all seniors cards holders using the coupon code: CHRONICLESENIORSCARD

📞 **02 6248 8444**

✉ support@chronicle.watch

➡ chronicle.watch

Cockington Green Gardens

25% saving off adult entry free

11 Gold Creek Road, Nicholls ACT 2913

📞 **02 6230 2273**

✉ info@cockingtongreen.com.au

➡ cockingtongreen.com.au

Gungahlin Lakes Golf and Community Club

Ask about our special offers for ACT Seniors Cardholders

110 Gundaroo Drive, Nicholls ACT 2913

☎ **02 6242 6283**

✉ lakes@ainsliigroup.com.au

➔ ainsliigroup.com.au/venues/gungahlin-golf-club

iVenture Card Travel

iVenture Card is offering 10% off pre-paid attraction passes for over 305+ attractions, tours and experiences worldwide.

Suite 202, 9 Alexander Street, Crows Nest NSW 2065

☎ **02 9263 1100**

✉ info@iventurecard.com

➔ iventurecard.com/au

Life's An Adventure

\$100.00 discount for Senior Card holders. This offer is for the first time traveller with Life's an Adventure only.

Shop 7, 1306 -1312 Pittwater Road, Narrabeen, NSW, 2101

☎ **02 9775 4553**

✉ walks@lifesanadventure.com.au

➔ lifesanadventure.com.au

RECREATION AND ENTERTAINMENT

■ Recreation and Leisure

National Dinosaur Museum

Adults \$18.00, Seniors Card discount \$14.00. Open 10am-4pm 7 days (except Christmas) Wheelchair and pram access. Last admission into museum is 4pm. Cafe & Bistro close by.

6 Gold Creek Road, Nicholls ACT 2913

☎ **02 6230 2655**

✉ admin@nationaldinosaurmuseum.com.au

➡ nationaldinosaurmuseum.com.au

National Zoo & Aquarium

\$7.00 discount per person upon presentation of a Seniors Card

999 Lady Denman Drive, Weston Creek ACT 2611

☎ **02 6287 8400**

✉ frontdesk@nationalzoo.com.au

➡ nationalzoo.com.au

NatureArt Lab

10% discount on courses and workshops by NatureArt Lab

☎ **0414 342 839**

✉ info@natureartlab.com.au

NCE Pty Ltd

15% off full priced items, excluding gift cards, special offers and promotions

34-48 Stanley Drive, Somerton VIC 3062

☎ **1300 366 024**

✉ cs@homeandrv.com.au

➡ homeandrv.com.au

Resumes by Lana

10% off all services with your Seniors Card

📞 **0493 423 983**

✉️ hello@resumesbylana.com

The Y Chifley - Leaders in Seniors' Health

Memberships from just \$17.50 per week for Seniors Card Holders (30% discount).

Over 30% off casual visit passes.

Fully serviced gym.

No lock in contracts.

Welcoming and inclusive environment with a community feel.

Private Exercise Physiology sessions available.

Low impact, beginner friendly Group Fitness classes tailored towards seniors.

NDIS Registered.

9/71 MacLaurin Crescent, Chifley ACT

📞 **02 6281 0124**

✉️ Yfitness.can@ymca.org.au

Yass Outdoor Sports and Camping

10% discount to Seniors Card holders in line with loyalty card already offered.

156 Comur Street, Yass NSW 2582

📞 **02 6226 6884**

✉️ yassoutdoorsports@bigpond.com

➡️ yassoutdoorsports.com.au

RECREATION AND ENTERTAINMENT

■ Tourist Attractions

Australian Parliament House

Concession price offered on all standard public tours, adult tickets \$28pp, concession tickets \$21pp. Presentation of a valid concession card required.

**Australian Parliament House, Parliament Drive,
Canberra ACT 2601**

☎ **02 6277 5399**

✉ parliament.shop@aph.gov.au

➔ aph.gov.au/Visit_Parliament

Cockington Green Gardens

25% saving off adult entry free

11 Gold Creek Road, Nicholls ACT 2913

☎ **02 6230 2273**

✉ info@cockingtongreen.com.au

➔ cockingtongreen.com.au

iVenture Card Travel

iVenture Card is offering 10% off pre-paid attraction passes for over 305+ attractions, tours and experiences worldwide.

**Suite 202, 9 Alexander Street, Crows Nest NSW
2065**

☎ **02 9263 1100**

✉ info@iventurecard.com

➔ iventurecard.com/au

National Dinosaur Museum

Adults \$18.00, Seniors Card discount \$14.00. Open 10am-4pm 7 days (except Christmas) Wheelchair and pram access. Last admission into museum is 4pm. Cafe & Bistro close by.

6 Gold Creek Road, Nicholls ACT 2913

☎ **02 6230 2655**

✉ admin@nationaldinosaurmuseum.com.au

➔ nationaldinosaurmuseum.com.au

National Library Bookshop

10% discount on purchases in store (exceptions apply)

National Library, Parkes Place, Parkes ACT 2600

☎ **02 6262 1424**

✉ nlshop@nla.gov.au

➡ bookshop.nla.gov.au

National Zoo & Aquarium

\$7.00 discount per person upon presentation of a Seniors Card

999 Lady Denman Drive, Weston Creek ACT 2611

☎ **02 6287 8400**

✉ frontdesk@nationalzoo.com.au

➡ nationalzoo.com.au

She Shapes History

10% off our normal tour price for seniors

Canberra 2600

✉ hello@sheshapeshistory.com.au

➡ sheshapeshistory.com.au

RECREATION AND ENTERTAINMENT

■ Travel

Aussie Traveller

15% off all products. Excludes promotional or discounted items.

235 Barry Road, Campbellfield VIC 3061

☎ **1300 663 868**

✉ enquiries@aussietraveller.com.au

Australian Pacific Touring Pty Ltd

\$100 per person discount for Seniors Card holders.

Level 4, 1230 Nepean Hwy, Cheltenham VIC 3192

☎ **1300 656 985**

✉ customer.sales@aptouring.com.au

➔ aptouring.com.au

BKB Holidays

Discount on selected tours and rail bookings

Unit 2, 69 Graham Street, Wembley WA 6008

☎ **1300 357 057**

✉ bookings@bkbholidays.com

➔ bkbholidays.com

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.

Use promotional code SCARD10

✉ info@easytravelinsurance.com.au

Driving Miss Daisy CBR/QBN

10% discount on all bookings for Senior Card holders - return trips only.

PO Box 1071 Woden ACT 2606

☎ **0419 255 395**

✉ eastcbrwestqbn@drivingmissdaisy.com.au

➔ drivingmissdaisy.com.au

EXCLUSIVE
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Car, Motorhome Hire
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💻 driveaway.com.au

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*Conditions Apply

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Receive 10% off domestic and international car hire, motorhomes and European leasing when you book with us today.

Please quote 'SENIORS' when making your booking and provide your Seniors Card number as a reference.

*Terms and conditions apply & note this discount cannot be combined with any other offer.

Level 2, 157 Walker Street, North Sydney NSW 2060

☎ **1300 363 500**

✉ enquiries@driveaway.com.au

➔ driveaway.com.au

Europcar Australia

10% off car rental across Australia and New Zealand

189 South Centre Road, Tullamarine VIC

3043 Novotel City, 65 Northbourne Avenue,

Canberra City ACT 2601 Terminal Building, Canberra Airport ACT

☎ **1300 13 13 90**

✉ customer.relations@europcar.com.au

➔ europcar.com.au/partners/seniors-act

RECREATION AND ENTERTAINMENT

■ Travel

Fast Cover Travel Insurance

10% OFF Travel Insurance for ACT Seniors under 80. Click link & enter code SNRSCRD in 'Apply a Voucher' box on checkout page to apply coupon and get 10% OFF your Seniors Travel Insurance premium. ^Ends 31/12/24, offer may be extended. Applies to total undiscounted premium at checkout (Max 1 offer or discount can be used per policy). Underwritten by Certain underwriters at Lloyd's. Consider PDS & TMD on fastcover.com.au before purchasing a policy. Terms, conditions, limits, sub limits & exclusions apply.

Use promotional code SNRSCRD

Level 11, 74 Castlereagh Street Sydney NSW 2000

📞 **1300 409 322**

✉ info@fastcover.com.au

➡ fastcover.com.au/SeniorsCardACT

International Rail Australia

Up to 15% off global rail passes and tickets

63 Rosstown Road, Carnegie VIC 3163

📞 **1300 387 245**

✉ service@internationalrail.com.au

➡ internationalrail.com.au

iVenture Card Travel

iVenture Card is offering 10% off pre-paid attraction passes for over 305+ attractions, tours and experiences worldwide.

Suite 202, 9 Alexander Street, Crows Nest NSW 2065

📞 **02 9263 1100**

✉ info@iventurecard.com

➡ iventurecard.com/au

Japan Explorer

\$100.00 per person discount for Japan travel packages which include airfares plus accommodation

227A, 98 Elizabeth Street, Melbourne VIC 3000

📞 **1300 527 269**

✉ info@japanexplorer.com.au

➡ japanexplorer.com.au

Life's An Adventure

\$100.00 discount for Senior Card holders. This offer is for the first time traveller with Life's an Adventure only.

Shop 7, 1306 -1312 Pittwater Road, Narrabeen, NSW, 2101

📞 **02 9775 4553**

✉ walks@lifesanadventure.com.au

➡ lifesanadventure.com.au

She Shapes History

10% off our normal tour price for seniors

Canberra 2600

✉ hello@sheshapeshistory.com.au

➡ sheshapeshistory.com.au

Spirit of Coorong

8-10+% discount across "Spirit of Coorong" tour range

Main Wharf, Goorwa SA 5124

📞 **08 8555 2203**

✉ bookings@spiritaustaliacruises.com.au

➡ spiritofthecoorong.com.au

RECREATION AND ENTERTAINMENT

■ Travel

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

➡ northsidetvl.com.au

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

➡ towncarsaust.com.au

Travelmarvel

\$100 per person discount for Seniors Card holders.

Level 4, 1230 Nepean Hwy, Cheltenham VIC 3192

☎ **1300 656985**

✉ customer.sales@aptouring.com

➡ travelmarvel.com.au

Valhalla Travel

50% off the commitment deposit saving \$100 (usually \$200)

10% saving on travel insurance quotes through NIB, Covermore or Aussie Travel Cover

\$50 per person flight cred when booking any Club Med holiday

☎ **02 6249 6122**

✉ askus@valhalla.travel

➡ valhalla.travel

1882 Bar and Grill

10% discount Tuesday - Friday 12pm to 2.30pm

13 Gladstone Street, Hall ACT 2618

✉ events@1882barandgrill.com.au

➔ 1882barandgrill.com.au

Ainslie Football & Social Club

Ask about our special offers for ACT Seniors
Cardholders

52 Wakefield Avenue, Ainslie, ACT 2602

☎ **02 6248 8422**

✉ ainslie@ainsliigroup.com.au

➔ ainsliigroup.com.au/venues/ainslie-football-club

Caffe Luxxe

\$0.30 discount on coffee and tea

**G-058 Tuggeranong Hyperdome,
Anketell Street, Tuggeranong ACT 2906**

☎ **0421 440 658**

✉ caffeluxxe@hotmail.com

Chifley's Bar & Grill

Seniors Lunch Discount Monday to Friday
10% off Chifley's Bar and Grill Express Lunch
between 12noon and 2:30pm

\$3.00 coffees all day

8 National Circuit, Barton ACT 2600

☎ **02 6234 4444**

✉ chifleys@hotelkurrajong.com.au

➔ hotelkurrajong.com.au/chifleys-bar-grill

RETAIL AND SHOPPING

■ Cafes and Restaurants

Double Drummer

6% discount on all purchases

4 National Circuit, Barton ACT 2600

☎ **02 6273 8008**

✉ accounts@thedoubledrummer.com.au

➔ thedoubledrummer.com.au

Gungahlin Lakes Golf and Community Club

Ask about our special offers for ACT Seniors Cardholders

110 Gundaroo Drive, Nicholls ACT 2913

☎ **02 6242 6283**

✉ lakes@ainsliigroup.com.au

➔ ainsliigroup.com.au/venues/gungahlin-golf-club

Indian Affair Restaurant

Dine in customers - 10% discount

Take away customers - a complimentary side dish of your choice for orders over \$20.00

64 Colbee Court, Phillip ACT 2606

☎ **02 6282 1483** or **02 6282 1492**

✉ bookings@indianaffair.com.au

Little Steamer

10% off for Seniors Card holders

G06/39 London Circuit, Canberra City ACT 2601

☎ **02 6193 8577**

✉ info@littlesteamer.com.au

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

➔ 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

**Shop 10 and 11, 4 Riley Close,
Ngunnawal ACT 2913**

☎ **02 6241 0011**

✉ chefseby@hotmail.com

Neutral Grounds Cafe

Seniors Card holders receive 10% discount on coffee, tea and other hot beverages.

2/47 Nettleford Street, Belconnen ACT 2617

☎ **0427 117 013**

✉ neutralgroundsespresso@gmail.com

Round

10% off any pizzas. 10% off on beer and wine.

Unit 8/28 Challis Street, Dickson ACT 2602

☎ **02 6199 0022**

✉ roundpizzadickson@gmail.com

➔ pizzaallround.com.au/menu

f [/pizzaallround](https://www.facebook.com/pizzaallround)

Siam Twist

5% discount

1/5 Hackett Place, Hackett ACT 2602

☎ **6249 1386**

✉ contact@siamtwist.com.au

➔ siamtwist.com.au

RETAIL AND SHOPPING

■ Cafes and Restaurants

Statesman Hotel

10% off food and beverages

14 Theodore Street, Curtin ACT 2605

☎ **02 6281 1777**

✉ hello@statesmanhotel.com.au

➡ statesmanhotel.com.au/eat-and-drink

Thai Basil Restaurant Erindale

5% discount for ACT Seniors Card holders

38 Gartside Street, Wanniasa ACT 2903

☎ **02 6231 2365**

✉ Pekky_kha@hotmail.com

➡ thai-basil.com.au

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

102 Emu Bank, Belconnen ACT 2617

☎ **02 6253 4999**

✉ thaichiangrai@yahoo.com

➡ thaichiangrai.com

Vibe Café & Juice Bar

Small coffee and cake for \$7.00 on Tuesdays

**Macquarie Shopping Centre,
Lachlan Street, Macquarie ACT 2615**

Wheat and Oats

10% off for Seniors Card holders

Unit 2 22/24 Colbee Court, Phillip ACT 2606

☎ **02 6282 6828**

✉ wheatandoat@gmail.com

Belconnen Fresh Food Markets

Seniors Card discount in select shops each Thursday

10 Lathlain Street, Belconnen ACT 2617

✉ pm@sentiare.com.au

➔ belconnenmarkets.com.au

FishCo Fish Market

10% off on Thursday when Seniors Card is shown.
Not valid for the week leading up to Christmas and
Easter

19 Dalby Street, Fyshwick ACT 2609

☎ **02 6239 6415**

✉ info@fishco.com.au

➔ fishco.com.au

Kenko Tea

Save 10% on all products at <https://Kenkotea.com.au>
with coupon code 'SENIOR'

449/585 Little Collins Street, Melbourne VIC 3000

☎ **03 9999 7274**

✉ hello@kenkotea.com.au

➔ Kenkotea.com.au

RETAIL AND SHOPPING

■ Food and Drink

Liquor Legends Woden

5 - 10% off for ACT Seniors Card holders

**Paul's Centre, Unit 4 101 Hindmarsh Drive Phillip
ACT 2606**

☎ **02 6282 0539**

✉ liquorlegends.woden@gmail.com

Naked Foods Organic Health Foods Woden

Seniors Card holders receive 5% off storewide

Shop G103, Keltie Street, Phillip ACT 2606

☎ **6260 5283**

✉ woden@nakedfoods.com.au

Plonk Beer and Wine Stores

10% discount each Thursday for single bottles of wine, beer and cider. See in store for conditions

**Fyshwick Markets 19 Dalby Street,
Fyshwick ACT 2609**

☎ **02 6260 6336**

**Belconnen Markets, Lathlain Street,
Belconnen ACT 2617**

☎ **02 6253 5507**

✉ info@plonk.net.au

➡ plonk.net.au

Purematcha

Seniors Card holders get 10% off our entire Purematcha teas, matcha tea sets and matcha tea accessories range. Use SENIOR10 at cart checkout. We import the finest quality Matcha green tea powder directly from Japan. 100% organic and full of amazing health benefits making it gram for gram one of the most powerful antioxidants in all of nature.

☎ **1300 50 44 69**

✉ info@purematcha.com.au

➡ purematcha.com.au

Elite Supps

15% off, applicable at all Elite Supps stores

Elite Supps Woden

Lvl 1, Westfield Woden Keltie St Woden ACT 2606

☎ 02 6281 5563

Elite Supps Tuggeranong

205 Anketell St Tuggeranong ACT 2900

☎ 02 6293 9853

Elite Supps Fyshwick

2/88 Newcastle St Fyshwick ACT 2601

☎ 02 6239 1222

Elite Supps Canberra City

Shop 5/75 Garema Place Canberra ACT 2601

☎ 02 6257 8444

Elite Supps Gungahlin

33 Hibberson Street, Gungahlin Marketplace
Gungahlin ACT 2912

☎ 02 6242 6606

Elite Supps Belconnen

Shop 48A Lvl 2, Westfield Belconnen
Benjamin Way Belconnen ACT 2615

☎ 02 6251 7717

Elite Supps CISAC (Club Lime)

100 Eastern Valley Way, Bruce ACT 2617

☎ 02 6253 1888

✉ enquiries@elitesupps.com.au

➔ elitesupps.com.au

Norton Road Wines

10% discount at the restaurant and 5% discount on cellar door wine purchases for Seniors Card holders

344 Norton Road, Wamboin NSW 2620

☎ 02 6238 3148

✉ enquiries@nortonroadwines.com.au

➔ nortonroadwines.com.au

RETAIL AND SHOPPING

■ Food and Drink

Round

10% off any pizzas. 10% off on beer and wine.

Unit 8/28 Challis Street, Dickson ACT 2602

☎ **02 6199 0022**

✉ roundpizzadickson@gmail.com

➡ pizzaallround.com.au/menu

f [/pizzaallround](https://www.facebook.com/pizzaallround)

Supabarn Supermarkets

5% off every Wednesday. Excludes tobacco, liquor and already discounted items

Supabarn Casey,

15 Kingsland Parade, Casey ACT 2913

☎ **02 6225 7270**

Supabarn Crace

56 Abena Avenue, Crace ACT 2911

☎ **02 6162 0913**

Supabarn Kingston,

34 Eyre Street, Kingston ACT 2604

☎ **02 6257 1777**

➡ supabarn.com.au

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. Click here to learn more about matcha health benefits.

✉ hello@zengreentea.com.au

➡ zengreentea.com.au

4 Corners Picture Framers

10% discount on custom picture framing

59 Colbee Court, Phillip ACT 2606

☎ **02 6282 3535**

✉ sales@4cornersframing.com.au

➔ 4cornersframing.com.au

All Things For Kids

10% off store wide.

☎ **03 9013 7059**

✉ info@allthingsforkids.com.au

➔ allthingsforkids.com.au

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

➔ amante.com.au

Aussie Pharma Direct Pty Ltd

ACT Seniors Card holders receive 10% off the total price at checkout.

☎ **1300 783 113**

✉ sales@aussiepharmadirect.com.au

➔ aussiepharmadirect.com.au

Autumn Avenue

Seniors Card holders receive 10% off all orders.

Please advise via email or online chat that you hold a Seniors Card to receive this offer.

PO Box 843 Northcote VIC 3070

☎ **03 9016 9460**

✉ info@autumnavenue.com.au

➔ autumnavenue.com.au

RETAIL AND SHOPPING

■ Shopping

Baselayers

25% off everything on the website only. Use coupon code Senior25 at checkout. Applies to thermal underwear, briefs, slips and sleepwear.

617 Glenferrie Road, Hawthorn VIC 3122

☎ **03 9818 3000**

✉ sales@brandella.com

➔ baselayers.com.au

Beautiful Gems and Jewellery

30% off selected anniversary and birthstone jewellery.

PO Box 775, Mudgeeraba QLD 4213

☎ **0448 959 233**

✉ james@beautifulgemsjewellery.com.au

➔ beautifulgemsjewellery.com.au

Black Mango

10% discount off all furniture and lighting at Black Mango with code SR10%

☎ **03 9005 6000**

✉ team@blackmango.com.au

➔ blackmango.com.au

Books R Us & More

5% Discount

☎ **02 6280 4041**

✉ booksrusandmore@iinet.net.au

➔ booksareusandmore.com.au

Buvelot Picture Framers

10% off all custom frames, readymade frames and accessories

45 Colbee Court, Phillip ACT 2606

☎ **02 6282 4605**

✉ framing@buvelot.com.au

➔ buvelot.com.au

Buy A Safe

Offering prioritized service for ACT Senior Card holders

203 Victoria Road, Marrickville NSW 2204

📞 **1300 405 200**

✉ admin@apexlocksmiths.com.au

➡ buyasafe.com.au

Capital Eye Optometrist

\$100 off a complete pair of Spectacles (frames and lenses) when you mention this discount offer at the time of purchasing.

Suite 3B, Level 1, 3 Sydney Avenue, Barton ACT 2600

📞 **02 6273 7458**

✉ info@capitaleye.com.au

Carlingford Music Centre

10% off for Seniors with a valid Seniors Card (instore) or type SENIORS online at the checkout. This offer cannot be used with other discount offers or on already discounted/marked down products.

320 Pennant Hills Road, Carlingford NSW 2118

📞 **02 9873 2333**

✉ contact@carlingfordmusic.com.au

➡ carlingfordmusic.com.au

Cassidy's Department Store

10% off original price, 7 days a week, dry-cleaning and discounted items excluded

Shop A5 Jamison Plaza, Macquarie ACT 2614

📞 **02 6251 1911**

✉ admin@cassidysjamison.com.au

RETAIL AND SHOPPING

■ Shopping

Colleen's Lingerie & Swimwear

10% off full priced items (excludes breast forms)

Shop 6, Garran Place, Garran ACT 2605

☎ **02 6285 1311**

✉ info@colleens.com.au

Custom Neon

10% discount on the entire range. Simply enter the promo code SENIORS10 at checkout. We sell a stunning range of custom design LED neon lights and signs.

☎ **1800 725 574**

✉ info@customneon.com

➡ customneon.com.au

Dawn Clocks

10% discount for ACT Seniors Card holders.

PO Box 5167 Kahibah NSW 2290

☎ **1300 958 905**

✉ info@dawn-clocks.com

➡ dawn-clocks.com/

Dentons Pillows

10% discount across all products using code SENIORS10

93 Lewis Road, Wantirna South VIC 3152

☎ **03 9887 0001**

✉ <http://enquiries@dentons.com.au>

➡ dentons.com.au

E-Ride Solutions

5% discount for Seniors Card holders

☎ **1300 617 339**

✉ info@eridesolutions.com.au

➡ eridesolutions.com.au

***Terms and conditions:**

50% Discount Offer: Order and pay for 2x 45kg home LPG bottles and you will receive a 50% discount on the gas price for your first order. Standard bottle rental charges will apply.

Eligibility: This offer is only available to new Supagas residential customers. You may only redeem the discount once. Proof of Seniors Card is required.

Pricing: Bottle rental and gas prices apply for LPG home bottles. Rental fees are paid annually in advance. Supagas retains ownership of bottles. Gas prices are fixed for 24 months. Supagas branches set their own prices. Contact your local branch to obtain current pricing and supply terms.

Availability: Offers valid until 30 September 2024, from participating Supagas branches only. Offers not available via agents, dealers or distributors.

***Terms and conditions:**

Rental Discount Offer: Order one or more 45kg LPG home bottles and receive \$10 off yearly rental.

Eligibility: This offer is only available to existing Supagas residential customers. Proof of Seniors Card is required.

Pricing: Bottle rental and gas prices apply for LPG home bottles. Rental fees are paid annually in advance. Supagas retains ownership of bottles. Supagas branches set their own prices. Contact your local branch to obtain current pricing and supply terms.

Availability: Offers valid until 30 September 2024, from participating Supagas branches only. Offers not available via agents, dealers or distributors.

ELGAS

\$100 worth of LPG gas account credits.

*terms and conditions apply.

5 Geelong Street, Fyshwick ACT 2609

☎ **131 161**

✉ canberra@elgas.com.au

➡ elgas.com.au

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. Save 35% off all mattresses & beds, 15% off pillows, sheets and protectors. Use discount code: “seniorscard”. Visit our website or call us directly on 1300 791 753 today!

7/2 Sabre Close, Rutherford NSW 2320

☎ **1300 791 753**

✉ hello@ergoflex.com.au

➡ ergoflex.com.au

RETAIL AND SHOPPING

■ Shopping

Focus On Furniture

5% off already discounted items

**Canberra Outlet Centre, Canberra Ave, Fyshwick
ACT 2609**

☎ **02 6288 1680**

✉ canberra@focusonfurniture.com.au

Frankie & Lois “The Cat’s Whisker”

Personal Retail Shopper- Canberra, Queanbeyan
Region 10% off hourly rate of \$25.00

Ainslie ACT 2602

☎ **0431 256 320**

✉ margaretvlay@gmail.com

French Affair

Enjoy 10% discount on full priced items with code:
SeniorsACT

PO Box 411, Artarmon NSW 1570

☎ **0491 056 026**

✉ sue@frenchaffair.com.au

➔ frenchaffair.com.au

FurnitureOkay

10% off all products when shopping online or in-store

21/200 Boundary Road, Braeside VIC 3195

☎ **1300 682 302**

✉ info@furnitureok.com.au

➔ furnitureok.com.au/collections

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.

490 Northbourne Avenue, Dickson ACT 2602

☎ **0438 297 552**

✉ simon.cunich@heirloomfilms.com.au

➡ heirloomfilms.com.au

inkybluemoon

12.5% off graphic design and digital photo restoration services

170 Copland Drive, Evatt ACT 2617

☎ **0401 050 057**

✉ inkybluemoon.graphicdesign@gmail.com

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

**Shop 10B, Jamison Plaza,
Bowman Street, Macquarie ACT 2614**

☎ **02 6162 1646**

✉ la.shabbie@hotmail.com

RETAIL AND SHOPPING

■ Shopping

Larsen Wedding Rings

10% off ready-to-wear gift range

**The Strand Arcade, Level 5,
412-414 George Street, Sydney NSW**

Melbourne's GPO, Level 2, 350 Bourke Street,
Melbourne VIC

☎ **02 9223 2006**

✉ sydney@larsenjewellery.com.au

➡ larsenjewellery.com.au

Lucent Imaging

Show your seniors Card for a 10% discount on professional photo restoration, film and slide digitisation and high quality photo printing.

☎ **02 6153 3308**

✉ hello@lucentimaging.com.au

➡ lucentimaging.com.au

Macka's Griffith Newsagency

10% off recommend retail price on all stationery

Griffiths Shops, 4 Barker Street, Griffith ACT 2603

✉ macka@mackasnews.com.au

➡ mackasnews.com.au

My Little Love Heart

15% off to all ACT Seniors Card holders across our baby gifts and accessories online store.

Unit 6, 18 Watson Place, Maylands WA 6051

☎ **0456 714 869**

✉ info@mylittleloveheart.com.au

➡ mylittleloveheart.com.au

Myhomefone

10% off all costs (setup and monthly fees) across all products for Seniors Card holders.

Level 1, 100 William Street, Woolloomooloo NSW 2011

☎ **1300 031 107**

✉ sales@myhomefone.com.au

➔ myhomefone.com.au

National Library Bookshop

10% discount on purchases in store (exceptions apply)

National Library, Parkes Place, Parkes ACT 2600

☎ **02 6262 1424**

✉ nlshop@nla.gov.au

➔ bookshop.nla.gov.au

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.

Ask us about our new design, the “Wonder Sheet + PLUS”

Free postage within Australia for Seniors Card holders

PO Box 490 Chirn Park QLD 4215

☎ **07 5591 1629**

✉ info@neeki.com.au

➔ neeki.com.au

RETAIL AND SHOPPING

■ Shopping

Mister Minit

10% off all services (Shoe Repairs, Key Cutting, Engraving, Watch Services & Car Key and Remote Control Duplication)

**Westfield Belconnen Kiosk 101,
Benjamin Way, Belconnen ACT 2617**

☎ **6251 3999**

**South Point Tuggeranong, K0002, Anketell St,
Tuggeranong ACT 2900**

☎ **6293 4158**

**Westfield Woden, Kiosk KL7, Keltie Street,
Woden ACT 2606**

☎ **6281 1302**

**Westfield Woden 2, Kiosk KG009c, Keltie Street,
Woden ACT 2606**

☎ **6282 1223**

**The Terrace Manuka, Shop 35, Flinders Way,
Manuka ACT 2603**

☎ **6295 2181**

**Majura Park, Kiosk 23, 18 26 Spitfire Avenue,
Majura ACT 2609**

☎ **6247 0755**

**Gungahlin Marketplace, Shop 11a,
30 Hibberson Street, Gungahlin ACT 2912**

☎ **6255 4212**

**Canberra Centre, Kiosk EFK32, 148 Bunda Street,
Canberra City ACT 2601**

☎ **6257 5248**

**Riverside Plaza Queanbeyan, Shop 3 131 Monaro
St, Queanbeyan NSW 2620**

☎ **6179 3901**

☎ **02 95219100**

✉ info@minit.com.au

➔ misterminit.co

Not Another Baby Shop

10% off full priced items. Enter code Seniors at checkout

✉ notanotherbabystore@gmail.com

➔ notanotherbabystore.com.au

Online Trophy Shop.com.au

10% discount website wide

☎ **1300 787 861**

✉ alan@imagedata.com.au

Outdoor Living Essentials

10% off for all Seniors Members only

Please contact us via phone or email before purchasing

3/86 Charman Road, Mentone VIC 3194

☎ **1300 785 191**

✉ info@outdoorlivingessentials.com.au

➔ outdoorlivingessentials.com.au

Personal Cooling Products

10% off on all products. Visit our website and upon checkout in the Discount Options enter the coupon code 3912 for Seniors Card Discount Code or quote the number when calling.

14/2 Taylors Drive, Lane Cove North NSW 2066

☎ **1300 820 708**

✉ pcpsales18@gmail.com

➔ personalcoolingproducts.com.au

RETAIL AND SHOPPING

■ Shopping

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

Level 3, 16 Peel Street, South Brisbane QLD 4101

☎ **1300 366 265**

✉ Liz@unionshopper.com.au

➡ seniorshopper.com.au

The Crystal Chalice

10% on all shop items

**Shop 1, Ginninderra Village,
11 O'Hanlon Place, Nicholls ACT 2913**

☎ **6241 0799**

✉ lilitu.shop@gmail.com

➡ lilitu.com.au

Town & Country Mattresses & Beds

5% discount

68 Research Road, Pooraka SA 5095

☎ **08 8349 6565**

✉ quotes3@bigpond.com

➡ electricadjustablebeds.com.au

VisionDirect.com.au

Please use the following codes:-

SENIORAU10 10% discount sitewide

SENIORAU30 30% on Prescription Lenses

SENIORAU30 30% on Progressive Lenses

Discover more than 180 designer eyewear brands and over 80,000 pairs of sunglasses and eyeglasses for the best price at Vision Direct

☎ **1800 320 660**

✉ customerservice@visiondirect.com.au

➡ visiondirect.com.au

Yass Outdoor Sports and Camping

10% discount to Seniors Card holders in line with loyalty card already offered.

156 Comur Street, Yass NSW 2582

☎ **02 6226 6884**

✉ yassoutdoorsports@bigpond.com

➔ yassoutdoorsports.com.au

19 Mosaics

10% off all products excluding postage

☎ **0413 468 062**

✉ cherylhardwick@19mosaics.com.au

➔ 19mosaics.com.au

Australian Bedding Company

10% Discount off All Beds Including Electric Adjustable Beds and Free Installation. * Conditions apply

The Australian Bedding Company is locally owned and has been in business for over 25 years. We pride ourselves on offering old fashioned service and we supply quality Australian made products, factory direct at competitive prices.

We are offering ACT Seniors Card holders 10% discount off all beds and free installation*. Conditions apply. These conditions are dependent on access and location and we ask you to discuss any of these variables with our sales staff who will provide you with a competitive quote on your purchase.

We also take away old beds, bed bases and frames with only minimal handling charges above what the government charges for recycling and disposal. Our showroom is open Mon-Sat 9am - 5pm

2/78 Hoskins Street, Mitchell ACT 2911

☎ **02 6262 3260**

✉ accounts@ausbedco.com

➔ australianbeddingcompany.com.au



Make Life Better with an Electric Adjustable Bed from ABC

SmartFlex 2

- Head & Foot Adjustability
- Steel Construction
- Wireless Hand Control
- Vibration Massage
- USB Charging Ports
- Underbed Lighting
- Customizable Preset Positions



SmartFlex 3

- Stylish Modern Design
- Zero Gravity Position
- Wireless LED Remote
- Lockable Castors
- 3 Speed Massage Unit
- Dual Zone Massage
- Hi-Lo Function
- Battery Back Up



Hi-Lo Chair Bed

- Easy-Up Functionality
- Vibration Massage
- Head & Foot Adjustability
- Hi-Lo Functionality
- Steel Construction
- Castors Optional
- Wired Hand Control



Seniors Card holders receive Free Delivery and Installation of Electric Adjustable Beds.

** Conditions apply*



2/78 Hoskins St, Mitchell ACT
M-F 9-5 Sat 10-4 Ph: 02 6262 3260
Web: australianbeddingcompany.com.au
Email: retail@ausbedco.com.au

Bubs The Word

10% discount on selected items

📞 **0424 131 289**

✉ info@bubstheword.com.au

➡ bubstheword.com.au

📘 [/bubstheword.com.au](https://www.facebook.com/bubstheword.com.au)

📷 [/bubstheword.com.au](https://www.instagram.com/bubstheword.com.au)

Carlingford Music Centre

10% off for Seniors with a valid Seniors Card (instore) or type SENIORS online at the checkout. This offer cannot be used with other discount offers or on already discounted/marked down products.

320 Pennant Hills Road, Carlingford NSW 2118

📞 **02 9873 2333**

✉ contact@carlingfordmusic.com.au

➡ carlingfordmusic.com.au

Clover Fields

10% off all orders over \$16.00 use code: SENIORS10

26 Peachtree Road, Penrith NSW 2750

📞 **02 4732 1644**

✉ sales@cloverfields.com

➡ cloverfields.com

ELGAS

\$100 worth of LPG gas account credits.

*terms and conditions apply.

5 Geelong Street, Fyshwick ACT 2609

📞 **131 161**

✉ canberra@elgas.com.au

➡ elgas.com.au

RETAIL AND SHOPPING

■ Shopping

Chilada

10% off storewide with Seniors Card

Chilada Airport

Shop 19, Majura Park shopping centre,
18-26 Spitfire Avenue, Canberra Airport ACT 2601

☎ 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 2911

☎ 02 6262 0080

Trading Hrs: Mon - Sat 10-4
Sunday & public holiday close

Chilada Gungahlin

Shop G2/48 Gungahlin place ,
Anthony Rolfe Avenue,ACT 2912

☎ Tel: 02 6242 4190

Trading Hrs: Mon - Sat 10-5
Sunday & public holiday 10-3

✉ info@chilada.com.au

➔ chilada.com.au

Envy Nightwear

15% off EnvyNightwear.com.au

✉ customerservice@envynightwear.com.au

➔ envynighwear.com.au

Exquisite Jewellers

10% off on all sale items and 10% off watch batteries
starting from \$10.00

Shop 28 Kippax Fair, 48 Hardwick Crescent,
Holt ACT 2615

☎ 6254 0388

✉ exquisitejewellers@gmail.com

French Affair

Enjoy 10% discount on full priced items with code:
SeniorsACT

PO Box 411, Artarmon NSW 1570

☎ **0491 056 026**

✉ sue@frenchaffair.com.au

➔ frenchaffair.com.au

Hydragun Australia

\$39.90 off HYDRAGUN at hydragun.com.au/. Enjoy Deep-Tissue Massages In The Comfort of Your Home. Redeem now by emailing support@hydragun.com with your Seniors Card ID number.

Level 10, 171 Clarence Street, Sydney NSW 2000

☎ **6581 613811**

✉ support@hydragun.com

Plant and Leaf

10% off all stock on website. Use discount code SENIORS10 at checkout.

☎ **0425 610 932**

✉ admin@plantandleaf.com.au

➔ plantandleaf.com.au

RETAIL AND SHOPPING

■ Shopping

South Pacific Hemp



5% discount for ACT Seniors Card holders on a wide range of products including clothing, manchester, fabric, oils, baby clothes and blankets, food, hair and skin care and pet supplies.

84 Wollongong Street, Fyshwick ACT 2609

☎ **0431 318 898**

✉ sthpacifichemp@gmail.com

➡ southpacifichemp.com.au

Sleeptime

Senior Card holders get \$200 below the advertised price

Mobile Showroom, Greater Sydney

☎ **02 9018 9255**

✉ info@sleeptime.com.au

➡ sleeptime.com.au

Sunny Bunny Solar Pty Ltd

Shop online for solar lights. Top range, high quality both residential and commercial. 10% off when you use the code SOLARACT. Free delivery.

PO Box 93 Canterbury NSW 2193

☎ **02 9055 6225**

✉ solarpower@sunnybunny.com.au

➡ sunnybunny.com.au

f [/sunnybunnysolaraustralia](https://www.facebook.com/sunnybunnysolaraustralia)

📷 [/sunnybunnysolar](https://www.instagram.com/sunnybunnysolar)

SunStak Energy Solutions

\$400 Off a SunStak Solar Energy System (Small, Medium or Large) sunstak.com.au/solar-installs-canberra

\$100 Off the hardware cost of a Sanden Hot Water Heat Pump system. sunstak.com.au/hot-water-heat-pump-sanden

\$100 Off the hardware cost of a Tesla Powerwall 2 sunstak.com.au/solar-battery-tesla-powerwall

\$50 Off the installation cost of a Tesla (HPWC) EV Charger sunstak.com.au/ev-charging

110 Woodberry Avenue, Coombs ACT 2611

☎ **02 5127 5000**

✉ team@sunstak.com.au

➡ sunstak.com.au

📘 [/sunstak.energy](https://www.facebook.com/sunstak.energy)

***Terms and conditions:**

50% Discount Offer: Order and pay for 2x 45kg home LPG bottles and you will receive a 50% discount on the gas price for your first order. Standard bottle rental charges will apply.

Eligibility: This offer is only available to new Supagas residential customers. You may only redeem the discount once. Proof of Seniors Card is required.

Pricing: Bottle rental and gas prices apply for LPG home bottles. Rental fees are paid annually in advance. Supagas retains ownership of bottles. Gas prices are fixed for 24 months. Supagas branches set their own prices. Contact your local branch to obtain current pricing and supply terms.

Availability: Offers valid until 30 September 2024, from participating Supagas branches only. Offers not available via agents, dealers or distributors.

***Terms and conditions:**

Rental Discount Offer: Order one or more 45kg LPG home bottles and receive \$10 off yearly rental.

Eligibility: This offer is only available to existing Supagas residential customers. Proof of Seniors Card is required.

Pricing: Bottle rental and gas prices apply for LPG home bottles. Rental fees are paid annually in advance. Supagas retains ownership of bottles. Supagas branches set their own prices. Contact your local branch to obtain current pricing and supply terms.

Availability: Offers valid until 30 September 2024, from participating Supagas branches only. Offers not available via agents, dealers or distributors.

RETAIL AND SHOPPING

■ Shopping

Supagas



SUPAGAS
YES WE CAN!

Discount or offer: New customers, order 2 x 45kg LPG home gas bottles and you'll get a 30% discount on gas supply for your first order. Standard rental charges apply. PLUS, you will receive 24 months fixed pricing and FREE delivery to most areas. T& Cs apply. Existing customers, order one or more 45kg LPG home bottles and receive \$10 off total yearly rental, plus FREE delivery to most areas. T& Cs apply.

2 Tooth Street, Mitchell ACT 2911

✉ canberraorders@supagas.com.au

➡ supagas.com.au

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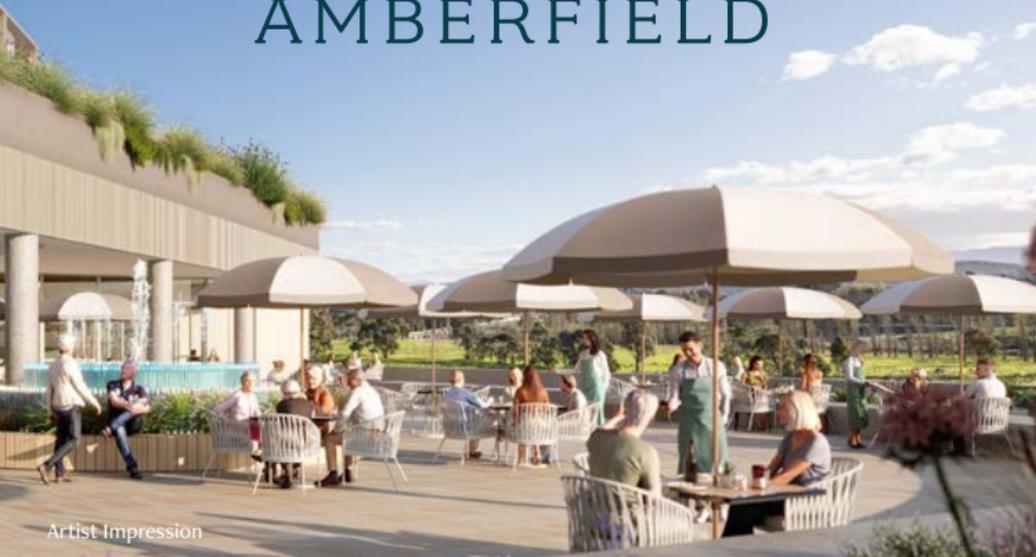
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