

MONDAY

Every Monday

- Loonie Plus (Montgomery) **-10%**
- Landmark Cinemas - **-20%**

OTHER

- Denny's: Check special lighter menu for seniors
- Smitty's: Earn points redeemable for savings (must use phone app)
- Red Arrow: Approximately **20% off**
- Calgary Transit special annual rates by individual
- Mitillinis Pizza— 1/2 price Pizza— DINE IN ONLY—SUNDAY'S
- Calgary Public Library offers members \$5 worth of free photocopying per month

TUESDAY

First Tuesday of the month

- Safeway/Sobey's **15% off** Senior Shopping Hour 7am-8am daily (Safeway only)
- Save On Foods **15% off**

- The Bay **15% off**
- RONA **10% off**

Every Tuesday

- Value Village (NW) **30% off**
- M&M Meats **10% off** all regular priced items (in store)
- WINS **25% off**
- Bownesian Grocery Bowness **10% off** (must register phone number)
- Humpty's **10% off**
- Lina's Italian Market **10% off**

WEDNESDAY

Every Wednesday

- Bulk Barn **10% off**
- Goodwill (Shaganappi) **15% off**

THURSDAY

First Thursday of the Month

- FREE admission to Glenbow Museum 5:00—9:00 p.m.

Every Thursday

- Shoppers Drug Mart **20% off** regular price items when you use Shoppers/PC Card (Card is FREE) May also apply to regular priced items at HOME HEALTH.
- PETLAND **15% off** regular price last Thursday of the month

Everyday Discounts

- Bow River Hearing **FREE** Hearing Test
- Demin & Smith Barber-shop (Crowfoot) **\$5 off** basic hair cut
- Bowness Health foods **10% off** regular priced items
- Glenbow Museum Special price for seniors **\$11**
- M&M Meats **10% off** curbside pick orders
- Community Natural Foods **5% off**
- Stitch-It (Market Mall) **10% off**
- Smitty's (Must register at restaurant for card to qualify) **10% off**
- Medicine Shoppe Bowness **10% off** regular priced items
- Sweet Home Bowness Bakery **10% off**
- Michael's **10% off**
- Cineplex Odeon— Special price for seniors (varies by location)