

# MAYOR'S OFFICE FOR SENIOR CITIZENS

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## Special Discounts for Senior Citizens and Adults with Disabilities



2016-2018



Aging and Disability Services Division

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# INTRODUCTION AND NOTICE

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**The City of Seattle created this directory to provide discounts for older adults and adults with disabilities.**

**Businesses define “senior” differently (for example, age 60 or 65). Some organizations extend discounts only to holders of the Gold Card for Healthy Aging (senior identification card) or FLASH Card (for adults with disabilities), issued by the Mayor’s Office for Senior Citizens for qualifying residents of Seattle and King County. See pages 4 and 5 for additional information.**

**Notice: This directory does not provide a complete list of discounts for older adults or persons with disabilities. Vendor participation in the directory is voluntary and free. The City of Seattle has not investigated the services listed, and neither endorses the businesses nor warrants the services, products or quality offered. We do not guarantee that businesses offer the lowest price. Discounts and terms listed may change or be discontinued at any time without notice.**

**We urge you to compare prices and seek advertised specials. Before you make a major purchase, weigh your options carefully. Check out the businesses you are thinking of doing business with by contacting the Better Business Bureau (go to [www.thebbb.org](http://www.thebbb.org) on the Web or call 206-431-2222). When purchasing services, request a written estimate or contract describing the work and the cost.**

**If you have comments about services you receive from the businesses listed in this directory, we would like to hear from you. If you know of a business or service not listed here that offers discounts to seniors and/or persons with disabilities, call us at 206- 684-0500 or e-mail [seniors@seattle.gov](mailto:seniors@seattle.gov).**

# MAYOR'S OFFICE FOR SENIOR CITIZENS

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**The Seattle Mayor's Office for Senior Citizens supports healthy aging, independent living and social and civic engagement.**

## **Senior Information and Assistance**

**People age 60+ and family and friends who care for them can receive information about aging issues and free, professional and confidential referrals to a wide variety of services:**

- **Social Security, Medicare and other programs**
- **Health care, dental and vision services and immunizations**
- **Nutrition, meal delivery and shopping assistance**
- **Housing options, including assisted living**
- **Transportation services**

## **Age 55+ Employment Resource Center**

**Mayor's Office for Senior Citizens job counselors evaluate skills and qualifications, provide referrals, assist with job searches, lead workshops, and offer referrals for mature job seekers.**

## **Seniors Training Seniors (computer classes)**

**Learn beginning through intermediate computer skills, including Microsoft Word and Excel, photo editing, and e-mail and Internet techniques. Small classes are taught by computer-savvy volunteers age 50+.**

## **Utility Rate Discounts and assistance programs**

**Low-income utility customers may qualify for reduced rates on Seattle Public Utilities combined utility (water, sewer, and solid waste) and City Light bills. One-time emergency payment assistance may be available for low- and moderate-income City Light customers facing disconnection.**

## **Free tickets to special events**

**Seniors can receive free tickets to arts, recreational and cultural events on a first-call-first-serve basis. For other special event information, request a free subscription to Spotlight, a periodic newsletter published by the Mayor's Office for Senior Citizens.**

## **Gold Card and FLASH Card**

**The Seattle Mayor's Office for Senior Citizens produces the Gold Card (senior identification card) and FLASH Card (for adults with disabilities) for qualifying residents of Seattle and King County. Some of the organizations listed in this directory extend discounts only to holders of one of these cards. See pages 6 and 7 for more information.**

For more information ...

Contact the Seattle Mayor's Office for Senior Citizens between the hours of 8 a.m. and 5 p.m., Monday through Friday (except holidays).

Mayor's Office for Senior Citizens  
Community Support and Self-Sufficiency Division  
Seattle Human Services Department  
810 Third Avenue, Suite 350  
Seattle, WA 98104

Tel 206-684-0500 • Fax 206-684-0494 • TTY 206-233-2778  
seniors@seattle.gov • [www.seattle.gov/seniors](http://www.seattle.gov/seniors)

To access information about a variety of services and resources for adults 60 and over in King County call 1.888.4ELDERS

## GOLD & FLASH CARDS

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### *Gold Card*

The Gold Card, a senior information and discount card issued by the City of Seattle, is available to Seattle and King County residents age 60 and older.

The Gold Card provides information and assistance contact numbers as well as eligibility for discounts from many of the businesses, restaurants, theaters and professional and public service organizations participating in this directory.

Some merchants may require customers to show their Gold Cards to receive a discount, while others may not. Please read and adhere to restrictions.

Valuable discounts available to Gold Card holders include free entrance to the Seattle Aquarium, reduced admission to Woodland Park Zoo, and a 50 percent discount on dog and cat licenses and "Golden Pets for Your Golden Years" adoptions at Seattle Animal Shelter.

In addition to the Mayor's Office for Senior Citizens, Gold Cards can be picked up at:

- [Seattle City Hall's Customer Service Bureau \(206-684-CITY\)](#)
- [City of Seattle Neighborhood Service Centers \("little city halls"\)](#)
- [Seattle Parks and Recreation Community Centers](#)
- [Seattle Animal Shelter](#)
- [North Bellevue Community Center](#)

## ***FLASH (Fun Leisure Access Savings and Health) Card***

The FLASH Card provides provides information and eligibility for a variety of discounts for Seattle and King County residents with qualifying disabilities.

Eligibility requirements are the same as for a Metro Regional Reduced Fare Permit for adults with disabilities. Please note that some forms of disability do not qualify.

The FLASH Card features the Community Information Helpline telephone number (206-461-3200). The card is embossed in Braille, and carries the Crisis Clinic Web address.

Some merchants may require customers to show their FLASH Cards to receive a discount, while others may not. Please read and adhere to restrictions printed in this directory.

In addition to the Mayor's Office for Senior Citizens, FLASH Cards are available at:

- **Community Services for the Blind and Partially Sighted:**  
206-525-5556
- **Alliance of People with disAbilities:**  
Seattle Office: 206-545-7055      TTY 711 Relay  
Bellevue Office: 425-558-0993 x1      TTY 711 Relay
- **STAR Center: 206-325-4284**
- **Download applications at [www.seattle.gov/seniors](http://www.seattle.gov/seniors)**

**For more information about the Gold Card or the FLASH Card, contact the Mayor's Office for Senior Citizens, 8 a.m. and 5 p.m., Monday through Friday.**

Mayor's Office for Senior Citizens  
810 Third Avenue, Suite 350  
Seattle, WA 98104

Tel 206-684-0500 • Fax 206-684-0494 • TTY 206-233-2778  
seniors@seattle.gov • [www.seattle.gov/seniors](http://www.seattle.gov/seniors)

# MAYOR'S OFFICE FOR SENIOR CITIZENS

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# AUTO REPAIR & TOWING

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## **Courtesy Tire**

4820 California Ave SW

Seattle WA 98116

[www.courtesytire.com](http://www.courtesytire.com)

(206) 932-5044

10% off labor. 10% off tires (excluding ad prices). Age 60+ or adults with disabilities.

## **Courtesy Tire**

2102 East Madison St

Seattle, WA 98112

(206) 329 7525

10% off labor. 10% off tires (excluding ad prices). Age 60+ or adults with disabilities

## **Downtown Automotive**

702 6th Ave N

Seattle WA 98109

[DTAbajema@msn.com](mailto:DTAbajema@msn.com)

[www.downtownautomotiveseattle.com](http://www.downtownautomotiveseattle.com)

(206) 270-8500

10% off labor.

AAA/Seniors/Military/Disabled.

## **Edwards Automotive**

**Service**

950 N 128th St

Seattle WA 98133

[edwardsauto@aol.com](mailto:edwardsauto@aol.com)

[www.edwardsauto.com](http://www.edwardsauto.com)

(206) 362-1960

5% off parts and labor. Age 60+ or adults with disabilities.

## **EuroCar Service**

5821 Roosevelt Way NE

Seattle, WA 98105

(206)527 8828

[info@eurocarservice.com](mailto:info@eurocarservice.com)

[www.eurocarservice.com](http://www.eurocarservice.com)

10% off labor up to \$50. Cannot be combined with

other any other offer. Please present Gold or Flash Card.

## **Hermann's International Auto Service**

6800 Roosevelt Way NE

Seattle WA 98115

[victorc0926@msn.com](mailto:victorc0926@msn.com)

[www.europeanautorepairseattle.net](http://www.europeanautorepairseattle.net)

(206) 522-7766

10% off all service and repair.

## **Hiline Auto Repair**

**Burien Muffler**

834 SW 149th St

Burien WA 98166

(206) 242-6304

10% off. Age 60+.

## **Jim Adams Auto Clinic**

16268 5th Ave NE

Shoreline WA 98155

[jenn@adamsautoclinic.com](mailto:jenn@adamsautoclinic.com)

(206) 364-0976

5% off (labor only), up to \$30. Age 60+

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## AUTO REPAIR & TOWING

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### **King's Transmission**

**Barr Transmission**

**2939 4th Ave S**

**Seattle WA 98134**

[kingstranssea@hotmail.com](mailto:kingstranssea@hotmail.com)

[www.kinstransmission.com](http://www.kinstransmission.com)

**(206) 624-1859**

10% off. Age 65+, adults with disabilities, and parents of children with disabilities.

### **Lee's Automotive**

**Car Mate Collision**

**13281 Aurora Ave N**

**Seattle WA 98133**

**(206) 362 4449**

[www.leesauto123@gmail.com](mailto:www.leesauto123@gmail.com)

[www.leesautomotive.com](http://www.leesautomotive.com)

### **Meineke Car Care, Inc**

**8401 Aurora Ave. N, Suite D**

**Seattle WA 98103**

**(206) 789-9623**

10% Off Any Service. Please present Gold or Flash Card.

### **North Seattle**

**Transmission, Inc.**

**14711 15th Ave NE**

**Shoreline WA 98155**

[northseattletran@qwestoffice.net](mailto:northseattletran@qwestoffice.net)

**(206) 364-3131**

10% off. Age 60+ or adults with disabilities.

### **Specialty Motors**

**12517 15th Ave NE**

**Seattle WA 98125**

**(206) 367-4403**

10% off parts and labor of foreign cars only. Age 60+ or adults with disabilities.

### **Tom's Automotive Service**

**3616 SW Oregon St**

**Seattle WA 98126**

[Service@tomsautomotive.com](mailto:Service@tomsautomotive.com)

[www.tomsautomotive.com](http://www.tomsautomotive.com)

**(206) 937-1144**

10% off up to \$40. Age 60+.

### **Rose Street Auto Repair**

**8335 Rainier Ave S**

**Seattle WA 98118**

**(206) 723-7500**

[phillipautomotive@yahoo.com](mailto:phillipautomotive@yahoo.com)

10% off on parts, excluding dealer parts. 10% off labor. Gold or FLASH card required.

### **Specialty Auto Care**

**6701 15th Ave NW**

**Seattle WA 98117**

[maytwelve@comcast.net](mailto:maytwelve@comcast.net)

[www.specauto.net](http://www.specauto.net)

**(206) 789-7686**

15% off on labor. Gold or FLASH card required.



# BANKING & FINANCIAL SERVICES

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## **M&T Bank**

**10510 NE Northup Way #150**

**Kirkland, WA. 98033**

[gmeredith@mtb.com](mailto:gmeredith@mtb.com)

[www.mtb.com](http://www.mtb.com)

**(425) 889-4360**

\$350 credit to pay for appraisal on closed loans. Age 62+.

*Many banks offer services for senior citizens for free or at reduced costs. This may include free checking, free notary, free bill payment by telephone or other services. Please ask your bank about senior discounts. Note: Nearly all banks accept direct deposit of Social Security checks. We recommend that you take advantage of the direct deposit service.*

# BEAUTY: HAIR SALONS, BARBERS, SPAS

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## **Bombaii Cutters**

**122 Kirkland Ave**

**Kirkland WA 98033**

[bombaii@juno.com](mailto:bombaii@juno.com)

[www.bombaii.com](http://www.bombaii.com)

**(425) 828-4411**

20% off. Gold or Flash Card required.

## **DeCharlene's Beauty & Boutique**

**2108 E Madison St**

**Seattle WA 98112**

**(206) 322-8296**

20% off hairdos

10% off clothes and wigs.

Age 62+. Special discounts for cancer patients.

## **Earthly Rituals a Personal Spa**

**1817 Queen Anne Avenue North, Suite 209**

**Seattle, WA 98109**

**(206)283-1291**

[www.earthlyrituals.com](http://www.earthlyrituals.com)

15% discount. Gold or Flash Card required.

## **Hair Pro Salon**

**10700 SE 208th St #106**

**Kent WA 98031**

**(253) 373-0915**

20% off. Age 60+ or adults with disabilities.

## **John's Hair Styling**

**15215 Aurora Ave N**

**Shoreline WA 98133**

**(206) 364-0805**

\$2.00 off haircuts. Gold or FLASH card required.

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## BEAUTY SHOPS & BARBERS

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### Living Color Beauty Supply

9416 Rainier Ave S

Seattle WA 98118

[livingcolorsea@yahoo.com](mailto:livingcolorsea@yahoo.com)

[www.livingcolorbeautysupply.com](http://www.livingcolorbeautysupply.com)

(206) 721-5322 (Store)

(206) 725-7772 (Salon)

10% off. Gold or FLASH card required.

### Salon Adidez

3705 South Edmunds St

Seattle WA 98118

[www.salonadidez@qwestoffice.net](http://www.salonadidez@qwestoffice.net)

(206) 725-3841

20% on all services excluding retail products. Please present Gold or Flash Card.

## COMPUTER SERVICES

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### InterConnection Computer Reuse Center

3415 Stone Way N

Seattle, WA 98103

[info@interconnction.org](mailto:info@interconnction.org)

[www.interconnection.org](http://www.interconnection.org)

Special discounts on refurbished laptop and desktop computers. \$149 low income laptop special

## CLEANING SERVICES

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### Merry Maids 486, West Seattle

6417 Fauntleroy Way SW #E

Seattle WA 98136

[merrymaids486@hotmail.com](mailto:merrymaids486@hotmail.com)

(206) 937-7083

10% off first visit. Please present Gold Or Flash Card.

### Simply Clean

1818 Westlake Avenue North, #232

Seattle, WA 98109

[www.seattlesimplyclean.com](http://www.seattlesimplyclean.com)

(206) 973.2525

15% discount

# DISABILITIES ASSISTANCE

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**Alliance of People with disAbilities**  
1120 E. Terrace St, Suite 100  
Seattle, WA 98122  
[www.disabilitypride.org](http://www.disabilitypride.org)  
(206) 545-7055

**SEATTLE OFFICE**

**Alliance of People with disAbilities**  
1150 140<sup>th</sup> Ave NE, Suite 101  
Bellevue, WA 98005  
[www.disabilitypride.org](http://www.disabilitypride.org)  
(425) 558-0993

**BELLEVUE OFFICE**

## EDUCATION

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**Community Colleges** All Washington State community colleges offer courses for adults age 60+ for only \$5 (on a space available basis). In addition, many continuing education courses are designed for older adults. Call your local college for more information.

**Bellevue College (formerly Bellevue Community College)**  
[www.bellevuecollege.com](http://www.bellevuecollege.com)  
(425)564-2216

**North Seattle Community College**  
[www.northseattle.edu](http://www.northseattle.edu)  
(206) 934-3600

**Seattle Central Community College**  
[www.seattlecentral.edu](http://www.seattlecentral.edu)  
(206)934-3800

**Shoreline Community College**  
[www.shoreline.edu](http://www.shoreline.edu)  
(206)546-4611 Enrollment & Financial Svc  
(206)546-4545 Special Services  
**South Seattle Community College**  
Basic Studies for ESL  
(206)546-5823 Community Integration

**South Seattle Community College**  
[www.southseattle.edu](http://www.southseattle.edu)  
(206)934-5389

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## EDUCATION

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### **Lifetime Learning Center**

6208 60th Ave NE

Seattle WA 98115

[www.lifetimelearningseattle.org](http://www.lifetimelearningseattle.org)

**(206) 524-3778**

Low class fees. Low-income scholarship program available. Age 50+

### **Osher Lifelong Learning Institute**

University of Washington

4333 Brooklyn Ave N

Seattle, WA 98105

[www.osher.uw.edu](http://www.osher.uw.edu)

**(206) 685-7372**

University-level classes designed for adults age 50+ do not include homework, tests or grades. Offered at campus and community locations throughout King County. Annual membership fee provides for low per class cost.

### **Seattle Parks and Recreation**

Lifelong Recreation

[www.seattle.gov/parks](http://www.seattle.gov/parks)

**(206) 684-4951**

Low-cost classes in a wide range of subjects offered at community centers throughout Seattle.

### **Seattle Pacific University**

3307 3rd Ave W

Seattle, WA 98119

[www.spu.edu](http://www.spu.edu)

**(206) 281-2031**

Tuition-free courses for adults 65+ on a space available basis (register on second day of quarter). Seniors can audit Undergraduate classes or register for academic credit.

### **Seniors Training Seniors in Computer Basics**

Mayor's Office for Senior Citizens

**(206) 684-0639**

Computer classes for adults age 50+ offered at multiple sites. A nominal fee may apply.

### **Senior Centers**

Contact your local senior center or 1-888-4-ELDERS for more information.

### **University of Washington**

ACCESS for Older Adults

[www.washington.edu/students/reg/access.html](http://www.washington.edu/students/reg/access.html)

**(206)543-8580**

# ELDER SERVICES

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**Home Instead Senior Care**  
3221 Eastlake Avenue E. Ste 120  
Seattle WA 98102  
[www.Homeinstead.com](http://www.Homeinstead.com)

(206) 622 4663  
10% off the first billing.

**Visiting Angels**  
3513 SW Alaska St  
Seattle WA 98126  
[ginasangels@comcast.net](mailto:ginasangels@comcast.net)  
(206) 439-2458

10% off first week of service. Age 60+ or adults with disabilities.

## **NEW: Community Living Connections**

Network of advocates for adults facing aging or disability issues. Calls are free and confidential.  
(206) 962-8467 or 1-844-348-5464 (toll-free)

**Home Instead Senior Care**  
2633 Eastlake Ave East,  
Suite 206  
Seattle WA 98102  
[www.homeinstead.com](http://www.homeinstead.com)  
(206) 622-4663  
Call for senior discount. Age 60+.

**Sound Generations (formerly Senior Services)**  
2208 2nd Ave Suite 100  
Seattle WA 98121-2055  
[info@seniorservices.org](mailto:info@seniorservices.org)  
[www.seniorservices.org](http://www.seniorservices.org)  
(206) 448-5757

Non-profit agency supporting positive aging through a wide variety of programs and services, including Community Living Connections in Seattle, Meals on Wheels, Senior Rights Assistance, health and fitness promotion, and several senior centers.

# HARDWARE, BUILDING SUPPLIES & REPAIRS

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**Greenwood True Value Hardware**  
7201 Greenwood Ave N  
Seattle WA 98103  
[ghw@greenwoodhardware.com](mailto:ghw@greenwoodhardware.com)  
[www.greenwoodhardware.com](http://www.greenwoodhardware.com)  
(206) 783-2900  
10% off all items, except sale items. Age 60+ or adults with disabilities.

**Home Repair Loan Program**  
Seattle Office of Housing  
PO Box 94725  
Seattle WA 98124-4725  
[homewise@seattle.gov](mailto:homewise@seattle.gov)  
[www.seattle.gov/housing/homewise](http://www.seattle.gov/housing/homewise)  
(206) 684-0244  
No-interest loans to qualified low- and moderate-income homeowners in the city of Seattle for needed home repairs. Income restrictions.

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## HARDWARE, BUILDING SUPPLIES & REPAIRS

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### HomeWise Weatherization Program

Seattle Office of Housing

PO Box 94725

Seattle WA 98124-4725

[homewise@seattle.gov](mailto:homewise@seattle.gov)

[www.seattle.gov/housing/homewise](http://www.seattle.gov/housing/homewise)

(206) 684-0244

Free weatherization services to low-income Seattle households for insulation and other energy conservation measures. Income restrictions.

### Housing Repair Program

King County Housing

401 5<sup>th</sup> Avenue, Suite 510

Seattle WA 98104

[www.kingcounty.gov/socialservices/Housing.aspx](http://www.kingcounty.gov/socialservices/Housing.aspx)

(206) 263-9095

Funding for housing repair services to low-income homeowners and renters in King County (except within city limits of Seattle, Beaux Arts, Medina, Newcastle and Normandy Park).

### Minor Home Repair

Senior Services

2208 2nd Ave

Seattle WA 98121

[www.seniorservices.org](http://www.seniorservices.org)

(206) 448-5751

Low-cost home repairs for homeowners of any age who meet income requirements and live within the city boundaries of Seattle, Shoreline or Bellevue. Income-eligible renters with disabilities may also receive disability modifications with landlord permission

## LAWN & GARDEN

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### Seattle Parks and Recreation -

Seattle Conservation Corps

[www.seattle.gov/parks/scc/binsandbarrels.html](http://www.seattle.gov/parks/scc/binsandbarrels.html)

(206) 684-0190

Low-cost compost bins and rain barrels available. Home delivery or pick up at Sand Point/Magnuson Park. Call or see website for current prices.

### Sky Nursery

18528 Aurora Ave N

Shoreline WA 98133

[sky@skynursery.com](mailto:sky@skynursery.com)

[www.skynursery.com](http://www.skynursery.com)

(206) 546-4851

Wednesday is Senior Day. Save 10% off regular priced merchandise. Discount does not apply to gift certificates, bulk deliveries, delivery fees, sale items or prior sales. Age 60+

# LEGAL ASSISTANCE

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## **Catholic Community Services**

### **Legal Action Center**

**100 23rd Ave S**

**Seattle WA 98144**

[www.ccsww.org](http://www.ccsww.org)

**(206) 324-6890**

Free legal services to King County residents with eviction notices, other landlord-tenant issues or debtor-creditor issues related to past housing.

## **Donaldson & Knigge, LLC**

**201 Summit Avenue E**

**Seattle, WA 98102**

[www.seattletrafficlawyer.com](http://www.seattletrafficlawyer.com)

[lisadonaldson@seattletrafficlawyer.com](mailto:lisadonaldson@seattletrafficlawyer.com)

**(206) 915-0137**

Free initial phone consultation. 10% discount off traffic ticket defense.

10% discount off regular rate for personal injury/auto accident cases. Free initial consultation.

## **Elder Law Legal Clinic**

### **Senior Rights Assistance**

**2208 2nd Ave**

**Seattle WA 98121**

**(206) 448-5720**

Free legal information and assistance provided in cooperation with the King County Bar Association. Clients meet privately with an attorney for 30 minutes at no cost. By appointment only.

## **King County Bar Assn**

### **Lawyer Referral Service**

**1200 5th Ave, Suite 600**

**Seattle WA 98101**

[www.kcba.org](http://www.kcba.org)

**(206) 267-7070**

Regular referrals to regular fee attorneys. Free for personal injury cases. \$30 consultation fee for other cases. Must be income eligible. No age requirement.

## **King County Bar Assn**

### **Neighborhood Legal Clinic**

**1200 5th Ave Suite 600**

**Seattle WA 98101**

[www.kcba.org](http://www.kcba.org)

**(206) 267-7070**

Free 30-minute consultation with an attorney for general legal information and referrals. Specialty law clinics available in family law, and debt/bankruptcy and civil rights. Call for an appointment Mon.-Thurs. between 9 a.m.-12 p.m. No age requirement.

## **Senior Rights Assistance-Senior Services**

**2208 2<sup>nd</sup> Avenue, Suite 100**

**Seattle, WA 98121**

**(206)448-5720**

[www.seniorservices.org](http://www.seniorservices.org)

FREE legal & consumer information. Estate planning, guardianship, debt, bankruptcy, social security, and Landlord/Tenant concerns.

# LOCKSMITHS

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## **Bergman's Lock & Key**

1714 12th Ave  
Seattle WA 98122  
(206) 323-5300

10% off all products and services. Age 60+.

## **Key X-press Locksmith, Inc**

17908 51<sup>st</sup> Avenue S.  
Seattle, WA 98188  
[www.keyxpresslocksmith.com](http://www.keyxpresslocksmith.com)  
[aaa@keyxpresslocksmith.com](mailto:aaa@keyxpresslocksmith.com)  
(206) 433-8212 or 713-8040

10% off. Service areas: Federal Way, Skyway, SeaTac, Seattle, Burien, Tukwila, DesMoines, Kent, Renton, Normandy Park. Age 60+ or adults with disabilities.

## **Nyberg Locksmiths**

2106 3rd Ave  
Seattle WA 98121  
[info@nyberglock.com](mailto:info@nyberglock.com)

(206) 448-5625

15% off. Gold or FLASH card required.

# MEDICAL & DENTAL

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## **211 Community Information Line Crisis Clinic**

[info@CrisisClinic.org](mailto:info@CrisisClinic.org)  
[www.crisisclinic.org/211KC.html](http://www.crisisclinic.org/211KC.html)  
(206) 461-3222

Offers up-to-date, comprehensive referrals to health and human services in King County. More than 6,000 services listed. Services are free and professional.

## **Carolyn Downs Family Medical Center**

2101 E Yesler, Seattle, WA 98112  
(206) 299-1900

Sliding scale services start at 15%

## **Country Doctor Community Clinic**

Serves all ages. Call for more information.

[www.countrydoctor.org](http://www.countrydoctor.org)  
(206)299-1600

500 19<sup>th</sup> AVE E. Seattle, WA

Sliding scale services start at 15%

## **Harborview Medical Center**

325 9th Ave  
Seattle WA 98104

<http://uwmedicine.washington.edu>  
(206) 744-3000

Regional medical center offers wide variety of health services . Call for more information.



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# MEDICAL & DENTAL

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## HealthPoint Clinics

Serves all ages. Call for more information.

**HealthPoint Auburn Community Dental**  
126 Auburn Ave Suite 300  
Auburn WA 98002  
(253) 735-0166 Medical  
(206) 804-8713

**HealthPoint Federal Way**  
33431 13th Pl S  
Federal Way WA 98003  
(253) 874-7634 Medical  
(253) 874-7646 Dental

**HealthPoint Bothell**  
10414 Beardslee Blvd. Suite 100  
Bothell, WA 98011  
(425) 486-0658

**HealthPoint Kent**  
403 E. Meeker St., Suite 200  
Kent WA 98031  
(253) 852-2866 Medical  
(253) 796-4071 Dental

**HealthPoint Redmond Dental Clinic**  
16225 NE 87th St Together Center, Bldg. C  
Redmond WA 98052  
(425) 883-8000

**HealthPoint Redmond Medical Clinic**  
16225 NE 87th St Together Center, Bldg. B  
Redmond WA 98052  
[www.healthpointchc.org](http://www.healthpointchc.org)  
(425) 882-1697  
Sliding fee discount

**HealthPoint Renton**  
200 S 2nd St  
Renton WA 98055  
(425) 226-5536

**HealthPoint SeaTac**  
4040 S 188th St #201  
SeaTac WA 98188  
(206)277-7200

## Highline Medical Group

Serves all ages. Call for more information.

[www.highlinemedicalcenter.org](http://www.highlinemedicalcenter.org)

**Highline Medical Center**  
16122 8th Ave SW Suite B-1  
Seattle WA 98166  
206-9788-5724

**Roxbury Family Health Care**  
9635 17th Ave SW  
Seattle WA 98106  
(206) 763-5057

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# MEDICAL & DENTAL

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## International Community Health Centers

Serves all ages. Call for more information.

[www.ichs.com](http://www.ichs.com)

**Holly Park Health Center**  
3815 S Othello St, 2nd floor  
Seattle WA 98118  
(206) 788-3500 Medical  
(206) 788-3502 Dental

**International Community Health Services—  
Medical & Dental**  
720 8th Ave S Suite 100  
Seattle WA 98104  
(206) 788-3700

## Neighbor Care

(formerly Puget Sound Neighborhood Health Centers)

[www.neighborcare.org](http://www.neighborcare.org)

**Neighborcare Health at Pike Place Market**  
1930 Post Alley  
Seattle, WA 98101  
206-728-4143 Medical

**Neighborcare Health at Central District**  
2101 E. Yesler Way  
Seattle, WA 98122  
206-461-7801 Dental

**Neighborcare Health at 45th Street**  
1629 North 45th Street  
Seattle, WA 98103  
206-633-3350 Medical  
206-548-2964 Dental

**Neighborcare Health at Greenwood**  
415 North 85th Street  
Seattle, WA 98103  
206-782-8660 Medical

**Neighborcare Health at Meridian**  
10521 Meridian Avenue North  
Seattle, WA 98133  
206-296-4990 Medical

**Neighborcare Health at St. Vincent de Paul -  
Aurora**  
13555 Aurora Avenue North  
Seattle, WA 98133  
206-548-7600 Medical

**Neighborcare Health Ballard Homeless Clinic at  
Nyer Urness House**  
1753 NW 56th Street, Suite 200 - Nyer Urness  
House  
Seattle, WA 98107  
206-782-5939 Medical

**Neighborcare Health at Columbia City**  
4400 37th Avenue South  
Seattle, WA 98118  
206-461-6957 Medical

**Neighborcare Health at Rainier Beach**  
9245 Rainier Avenue South  
Seattle, WA 98118  
206-722-8444 Medical  
206-461-6981 Dental

**Neighborcare Health at Georgetown**  
6200 13th Avenue South  
Seattle, WA 98108  
206-461-6943 Dental

**Neighborcare Health at Lake City**  
12721 30th Avenue NE, Suite 101  
Seattle, WA 98125  
206-417-0326 Medical

**Neighborcare Health at McDermott Place**  
12736 33rd Avenue NE, Suite 200  
Seattle, WA 98125  
206-367-0150 Medical

**Neighborcare Health at High Point**  
6020 35th Avenue SW  
Seattle, WA 98126  
206-461-6950 Medical  
206-461-6966 Dental

## **Public Health—Seattle & King County**

Most clinics serve all ages.

Call for information: (206)535-2497 or

[www.kingcounty.gov/healthservices.aspx](http://www.kingcounty.gov/healthservices.aspx)

**Auburn Public Health Center**  
901 Auburn Way N Suite A  
Auburn WA 98002  
(206) 296-8400

**Columbia Public Health Center**  
4400 37th Ave S  
Seattle WA 98118  
(206) 296-4650 Medical  
(206) 296-4625 Dental

**Downtown Public Health Center**  
2124 4th Ave  
Seattle WA 98121  
(206) 296-4755 Medical  
(206) 205-0577 Dental

**Eastgate Public Health Center**  
14350 SE Eastgate Way  
Bellevue WA 98007  
206-296-4920 Medical  
206-296-9726 Dental

**Kent Public Health Center/Birch Creek**  
13111 SE 274th St  
Kent WA 98030  
(206) 205-5470

**Kent Public Health Center/East Hill**  
13210 SE 240th St  
Kent WA 98042  
(206) 296-4500

**North Public Health Center**  
10501 Meridian Ave N  
Seattle WA 98133  
(206) 296-4765

**North Public Health Center,  
Dental Clinic**  
12359 Lake City Way NE  
Seattle WA 98125  
(206) 205-8580

Federal Way Public Health Center  
33431 13th Pl S  
Federal Way WA 98003  
(253) 838-4557

Renton Public Health Center, Dental Clinic  
10700 SE 174th Suite 101  
Renton WA 98055  
(206) 296-4955

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## MEDICAL & DENTAL

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### SeaMar

Community-based organization committed to providing quality, comprehensive health and human services to diverse communities, specializing in service to Latinos. Call for information.

[www.seamar.org](http://www.seamar.org)

SeaMar Bellevue  
1811 156th Ave NE Suite 2  
Bellevue WA 98007  
(425) 460-7140

SeaMar Burien Urgent Care Clinic  
14434 Ambaum Blvd SW  
Burien WA 98166  
(206) 812-6140

SeaMar Community Health Center  
8720 14th Ave S  
Seattle WA 98108  
(206) 762-3730 Medical  
(206) 762-3263 Dental

### Lake Washington Technical College Dental Clinic

11605 132nd Ave NE  
Kirkland WA 98034  
[www.lwtc.edu](http://www.lwtc.edu)  
(425) 739-8130

Clinic staffed by dental professionals and students serving patients' oral health care needs. Call for information. Serves ages 3 and

### Seattle Central Dental Hygiene Clinic

SCCC/Seattle Vocational Institute  
2120 S Jackson St Rm 407  
Seattle WA 98144

[www.seattlecentral.edu](http://www.seattlecentral.edu)

(206) 934-4423 new#

Clinic staffed by dental professionals and students

### Seattle Indian Health Board Medical and Dental Services

611 12th Ave S  
Seattle WA 98144

[www.sihb.org](http://www.sihb.org)

(206) 324-9360

Call for information. Serves all ages.

### University of Washington Dental School Clinics/Health Sciences Center

1959 NE Pacific Ave  
Box 35665  
Seattle, WA 98195

up. serving patients' oral health care needs. Call for information. Serves ages 14 years and older. 20%-40% off private fees; same for all patients. Patient selection based on learning opportunities for dental students.

**Adult emergencies: 206-685-9014**

**Adult new patient and non-emergency: 206-616-6996**

**Child clients: 206-543-3525**

20%-40% off private fees; same for all patients.  
Patient selection based on learning opportunities for dental students.

## MUSEUMS

### **Bellevue Arts Museum**

**510 Bellevue Way NE  
Bellevue, WA 98004  
(425)519-0770**

[www.bellevuearts.org](http://www.bellevuearts.org)

Discount \$7(\$10 reg. admission), \$40 membership (\$55 reg); \$75 dual membership. Please present Gold or Flash Card.

### **Burke Museum of Natural History & Culture**

**University of Washington  
17th Ave NE & NE 45th St  
Seattle WA 98195  
(206) 543-5590**

[theburke@u.washington.edu](mailto:theburke@u.washington.edu)  
[www.burkemuseum.org](http://www.burkemuseum.org)

\$8.00 senior admission (\$9.50 regular admission).

Age 65+.

Open until 8 p.m. on Thursdays.

### **Frye Art Museum**

**704 Terry Avenue  
Seattle WA 98104  
[info@fryemuseum.org](mailto:info@fryemuseum.org)  
(206)622-9250**

Seniors receive FREE admission and a discounted

Membership \$30 per individual or \$45 for dual

### **Log House Museums**

**3003 61<sup>st</sup> Ave SW  
Seattle, WA 98116**

[www.loghousemuseum@comcast.net](mailto:www.loghousemuseum@comcast.net)

**(206)938 5293**

10% off in Gift Shop

### **Museum of History and Industry (MOHAI)**

[information@seattlehistory.org](mailto:information@seattlehistory.org)

[www.seattlehistory.org](http://www.seattlehistory.org)

**860 Terry Avenue N  
Seattle, WA 98109  
(206) 324-1126**

\$15 entrance fee for Seniors

1<sup>st</sup> Thursday FREE to general public

Children under 14yrs are always Free

Membership for 1 person \$50

Open daily from 10am to 5pm

Thursdays open 10am to 8pm

Closed Thanksgiving and Christmas

### **Northwest African American Museum**

**(206)518-6000**

[www.naamnw.org](http://www.naamnw.org)

\$4 entrance fee for Seniors & Students

1<sup>st</sup> & 2<sup>nd</sup> Thursdays Free to general public

Free Parking

For volunteer opportunities please contact

Laeilani Lewis

### **Seattle Art Museum**

membership.

**(206) 625-8900**

[www.seattleartmuseum.org](http://www.seattleartmuseum.org)

1<sup>st</sup> Friday Free to Seniors

1<sup>st</sup> Thurs Free to General Public

*For Special Exhibitions Seniors are asked for an additional \$10 fee.*

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## MUSEUMS

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### **Seattle Asian Art Museum**

**(206)625-8900**

[www.seattleasianart.org](http://www.seattleasianart.org)

\$5 entrance for Seniors & Children

1<sup>st</sup> Friday Free age 62+

1<sup>st</sup> Saturday Free to General Public

### **Seattle Pinball Museum**

**508 Maynard Ave S**

**Seattle, WA 98104**

**(206) 623-0759**

10% off, please present Gold or Flash Card.

## OPTICIANS & OPTICAL

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### **Sight Connection**

**9709 3rd Ave NE, Suite 100**

**Seattle WA 98115-2027**

[info@sightconnection.org](mailto:info@sightconnection.org)

[www.sightconnection.org](http://www.sightconnection.org)

**(206) 525-5556 Voice/TDD**

**1-800-458-4888**

Services to individuals with severe vision loss, including counseling, instruction in safe movement and travel, independent living skills, low-vision evaluation and training, adaptive aids store and volunteer support. No charge for some services.

# PETS & PET CARE

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## **Evergreen Veterinary Hospital**

**14423 124th Ave NE**

**Kirkland WA 98034**

**(425) 821-9040**

10% off most services and retail (doesn't include pet food). 20% discount for canine companions for independence and guide dogs. Age 60+ or adults with disabilities.

## **Seattle Animal Shelter**

**2061 15th Ave W**

**Seattle WA 98119**

[www.seattleanimalshelter.org](http://www.seattleanimalshelter.org)

**(206) 386-PETS**

50% off Seattle altered pet licenses. 50% off adoption price of a dog or cat 2 years of age or older; free adoption for any dog or cat 6 years of age or older (pet license fees still apply at the reduced rate); supplemental pet food, toys leashes and collars available on a first-come, first-serve basis; financial assistance available to assist with the spay/neuter of a cat or dog. Gold or FLASH card required.

*Note: Although King County Pet licensing does not accept the Gold Card, seniors and people with a disability pay \$15 for a license, ½ of the regular \$30. licensing fee.*

## **Seattle Humane Society**

**13212 SE Eastgate Way**

**Bellevue WA 98005**

[petfoodbank@seattlehumane.org](mailto:petfoodbank@seattlehumane.org)

[www.seattlehumane.org](http://www.seattlehumane.org)

**(425) 649-7566**

Age 55+: Provide free supplemental pet food for low-income seniors.

Age 60+

## **Woodinville Animal Hospital**

**Alan E. Marsh, DVM**

**16511 140th Pl NE**

**Woodinville WA 98072**

[doc@woodinvilleanimal.com](mailto:doc@woodinvilleanimal.com)

[www.woodinvilleanimal.com](http://www.woodinvilleanimal.com)

**(425) 483-5005**

10% off services (excluding supplies and medications). Age 62+.

## PLUMBERS & SEWER CLEANERS

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### **Best Plumbing & Rooter**

4129 Stone Way N

Seattle WA 98103

[info@bestplumbing.com](mailto:info@bestplumbing.com)

[www.bestplumbing.com](http://www.bestplumbing.com)

**(206) 633-1700**

10% off plumbing repairs, water heaters and drain cleaning service calls. Free annual plumbing inspection for a one-time fee of \$89. Age 62+.

### **Collier Plumber, Inc.**

10814 5th Ave S

Seattle WA 98168

[www.collierplumber.com](http://www.collierplumber.com)

[collierplumber@clearwire.net](mailto:collierplumber@clearwire.net)

**(206) 246-5325**

10% off. Gold Card required.

### **TLC Plumbing**

2442 NW Market St #9

Seattle WA 98107

**(206) 783-1548**

10% off. Age 60+ or adults with disabilities.

## PROPERTY & REAL ESTATE SERVICES

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### **Real Estate Appraisal Svc**

Larry Wedhoff, CREA

4511 264<sup>th</sup> Avenue NE

Redmond, WA 98053

[larry@wedhoff.net](mailto:larry@wedhoff.net)

[www.larryappraisal.com](http://www.larryappraisal.com)

**(425) 868-1997**

10% discount. Age 55+ or adults with disabilities.



# RECREATION

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## National Parks Service

[www.nps.gov/fees\\_passes.htm](http://www.nps.gov/fees_passes.htm)

Two passes provide discounts for seniors and adults with disabilities who request the America the Beautiful National Parks and Federal Recreational Lands Pass. passes must be obtained in person at a participating Federal recreation site or office, due to documentation and identification requirements. Call or visit the Klondike Gold Rush National Historical Park or Outdoor Recreation Information Center for more information.

## Klondike Gold Rush Historic National Park – Seattle Unit Seattle Unit

319 2nd Ave S  
Seattle WA 98104

[klse\\_ranger\\_activities@nps.gov](mailto:klse_ranger_activities@nps.gov)

[www.nps.gov/klse](http://www.nps.gov/klse)

(206) 220-4240

No entrance fee— exhibits, movies  
Park. Fully accessible building.

## Lifelong Recreation

Low-cost classes and activities for older adults offered at Seattle Parks and Recreation community centers throughout Seattle. Age 50+.

### Northwest Seattle

[jayla.mcgill@seattle.gov](mailto:jayla.mcgill@seattle.gov)  
(206) 233-7138

### Northeast Seattle

[cheryl.brown@seattle.gov](mailto:cheryl.brown@seattle.gov)  
206-386-9106

### Central Seattle

[carol.baxter@seattle.gov](mailto:carol.baxter@seattle.gov)  
206-684-4240

### Southeast Seattle

[angelap.smith@seattle.gov](mailto:angelap.smith@seattle.gov)  
206-684-7484

### Southwest Seattle

[mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)  
206-935-2162

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## RECREATION

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**City of Bellevue**  
**Parks and Community Services Department**  
**North Bellevue Community Center**  
**4063 148<sup>th</sup> Avenue NE**  
**Bellevue, WA 98007**  
**(425) 452-7681**

[www.bellevuewa.gov](http://www.bellevuewa.gov)  
[NBCC@bellevuewa.gov](mailto:NBCC@bellevuewa.gov)

Adults age 50 and over receive \$10 off on a new fitness program, or a program they haven't taken part in for over 3 months. One time discount per person.

**Bill Speidel's Underground Tour**  
**608 1st Avenue**  
**Seattle, WA 98104**  
**(206) 682-4646**

[www.undergroundtour.com](http://www.undergroundtour.com)  
[Info@undergroundtour.com](mailto:Info@undergroundtour.com)

\$13 for seniors age 60+. Tour of underground Seattle and remains of the 1889 Seattle Fire. In Seattle's Pioneer Square, between Cherry Street and Yesler Way.

**Outdoor Recreation**  
**Information Center**  
**(inside the Seattle REI store)**  
**222 Yale Ave N**  
**Seattle WA 98109**  
**(206) 470-4060**

Receive discounts at national parks and forests with the Senior Pass (\$10 for seniors 62+) or Access Pass (free for citizens who are blind or permanently disabled).

**Pacific Science Center**  
**Seattle Center**  
**(206) 443-2001**

Adults age 65+: Wednesdays free exhibits and \$6 add-on for regular IMAX films. May exclude special engagement exhibits and IMAX films.

Adults with disabilities: Discounted \$2.00 off admission to the Science Center with FLASH card and \$6 add-on for IMAX films. May exclude special engagement exhibits and IMAX films.

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## RECREATION

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### Seattle Aquarium

Pier 59

(206) 386-4349

Free entrance with the Gold or FLASH Card. Call (206) 684-0500 for more information

### Seattle Japanese Garden

1075 Lake Washington Blvd E

Seattle WA 98112

Seattle WA 98112

[www.seattle.gov/parks/parkspaces/japanesegarden.htm](http://www.seattle.gov/parks/parkspaces/japanesegarden.htm)

(206) 684-4725

Seniors get a discount entry rate of \$4.00

### Seattle Woodland Park Zoo

601 N 59th St

Seattle WA 98103

(206) 548-2500

Gold or FLASH Card.

75% off of full price admission rate only. No other discounts. Age 60+ or adults with disabilities.

Must present Gold or Flash Card.

### Seattle Parks and

### Recreation Pools

[www.cityofseattle.net/parks/Aquatics/index.htm](http://www.cityofseattle.net/parks/Aquatics/index.htm)

Call for information about Lifelong Recreation swim and fitness programs.

#### Ballard Pool

1471 NW 67th St

Seattle WA 98117

(206) 684-4094

\$3.25 swim admission or

\$3.50 exercise classes.

\$10.00 Admission Quick

#### Helene Madison Pool

13401 Meridian Ave N

Seattle WA 98133

(206) 684-4979

#### Meadowbrook Pool

10515 35th Ave NE

Seattle WA 98125

#### Mounger Pool (Magnolia)

2535 32nd Ave W

Seattle WA 98199

(206) 684-4708

65+ receive discount

\$1.50 for recreation and

\$2.50 discount for fitness.

**Card – Approximately 10% discount. Available for seniors and special populations all the time!**  
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**(206) 684-4989**

**Queen Anne Pool**  
**1920 1st Ave W**  
**Seattle WA 98119**  
**(206) 386-4282**

**Colman Saltwater Pool at Lincoln Park (summer only)**  
**8603 Fauntleroy Way SW**  
**Seattle WA 98136**  
**(206) 684-7494**

**Medgar Evers Pool**  
**500 23rd Ave**  
**Seattle WA 98122**  
**(206) 684-4766**

**Rainier Beach Pool**  
**8825 Rainier Ave S**  
**Seattle WA 98118**  
**(206) 386-1944**

**Evans Pool**  
**7201 E Greenlake Dr N**  
**Seattle WA 98115**  
**(206) 684-4961**

**Southwest Pool**  
**2801 SW Thistle St**  
**Seattle WA 98126**  
**(206) 684-7440**

## RECREATION

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### Senior Centers

Contact your local senior center or 1-888-4ELDERS for information about senior centers in your community.

### Sound Steps

[sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

[www.seattle.gov/parks/Seniors/index.htm](http://www.seattle.gov/parks/Seniors/index.htm)

**206-684-4664**

Walking groups throughout the city provide opportunities to meet other other walkers and enjoy incentives, health seminars, walking maps, and special events. Join Sound Striders for longer walks.

### Washington State Parks

**PO Box 42650**

**Olympia WA 98504-2650**

[info@parks.wa.gov](mailto:info@parks.wa.gov)

[www.parks.wa.gov/passes/](http://www.parks.wa.gov/passes/)

**(360) 902-8500**

Several passes provide discounts for seniors and adults with disabilities: Off-Season Senior Citizen Pass, Senior Citizen Limited Income Pass, Disability Pass, and Disabled Veteran Lifetime Pass. Call or e-mail to request cost information or an application.

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## RECREATION

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### Washington State Dept. of Fish and Wildlife

#### Licensing Division

600 Capitol Way N

Olympia WA 98501

[licensing@dfw.wa.gov](mailto:licensing@dfw.wa.gov)

[https://fishhunt.dfw.wa.gov/wdfw/licenses\\_fees.html](https://fishhunt.dfw.wa.gov/wdfw/licenses_fees.html)

(425) 775-1311

Reduced license fees for seniors and adults with disabilities. Call for more information.

## RESTAURANTS

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### Peaks Frozen Custard and Coffee House

1026 NE 65th St #A-101

Seattle WA 98115

[info@peaksfrozencustard.com](mailto:info@peaksfrozencustard.com)

[www.peaksfrozencustard.com](http://www.peaksfrozencustard.com)

(206) 588-2701

15% off any fresh custard or coffee item. Age 60+ or adults with disabilities. Must present Gold or FLASH Card.

### Skylark Cafe & Club

3803 Delridge Way SW

Seattle WA 98106

[jessie@skylarkcafe.com](mailto:jessie@skylarkcafe.com)

206-935-2111

10% off entire lunch, dinner, or weekend brunch. Age 60+ or adults with disabilities. Must present Gold or FLASH Card.

## RETAIL SHOPS

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### Aqua Quip

3447 4th Ave S

Seattle WA 98134-1904

[sales@aquaquip.com](mailto:sales@aquaquip.com)

[www.aquaquip.com](http://www.aquaquip.com)

(206) 624-4394

10% off products. Age 62+.

### Cheap Chickadee Thrift Store

Southeast Seattle Senior Center

4645 S Holly St

Seattle WA 98118

[kateh@seniorservices.org](mailto:kateh@seniorservices.org)

[www.sessc.org](http://www.sessc.org)

(206) 760-9650

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**Arundel Books**

1001 1st Ave  
Seattle WA 98104

[www.arundelbooks.com](http://www.arundelbooks.com)

(206) 624-4442

10% off. Age 60+ or adults with disabilities.

10% off all purchases. Gold or FLASH card required.

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## THEATERS & PERFORMING ARTS

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**Cascade Symphony Orchestra**

Performs at Edmonds Center for the Arts

410 4<sup>th</sup> Avenue North

Edmonds, WA 98020

(425) 275-9595

[www.cascadesymphony.org](http://www.cascadesymphony.org)

Senior discount \$20 per concert, \$80.00 for Season (5 concerts in season)

**Meany Hall for the Performing Arts**

Univ. of WA. Dance Program

4000 15<sup>th</sup> Ave NE

Seattle, WA 98195-1150

(206) 543-4880

[www.meany.org](http://www.meany.org)

Meany Hall (continued)

Senior tickets \$10 in advance.

\$12 at the door. For all performances.

(Regular prices are \$14 to \$20)

Please present Gold or Flash Card.

**Orchestra Seattle/Seattle Chamber Singers**

P.O. Box 15825

**Regal Cinemas**

Regal Entertainment Group

Check prices at box office or

[www.REGmovies.com](http://www.REGmovies.com)

Discount pricing available for Seniors 60+  
At present \$8.50. For all showings.

**Seattle Jewish Film Festival**

(206) 388-0833

[www.seattlejewishfilmfestival.org](http://www.seattlejewishfilmfestival.org)

International festival in spring with year-round screenings.

Regular films: \$10 for seniors age 65+ (\$13 for others).

Special events: \$15-20 for seniors; \$20-25 for others (opening/closing nights, brunch, and screenings with food/music).

Senior matinee: \$5.00 (\$10 for others).

Senior pricing for Jewish Community Center members.

**Seattle, WA 98115**

**(206)682-5208**

[www.ossccs.org](http://www.ossccs.org)

10% off please present your gold or flash card.

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**Town Hall Seattle**

**1119 8<sup>th</sup> Avenue**

**Seattle, WA 98101**

**(206) 652 4255**

[www.townhallseattle.org](http://www.townhallseattle.org)

Please present Gold or Flash Card

Senior discount 30% off individual

Town Hall membership (\$25 regularly \$35)

Will receive monthly newsletter of upcoming events.

## TRANSPORTATION

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**Amtrak**

**303 S Jackson St**

**Seattle WA 98104**

[www.amtrak.com](http://www.amtrak.com)

**1-800-872-7245**

15% off best available coach rail fare at the time of booking. Age 62+ or adults with disabilities (proof of age or disability required).

**Metro Transit**

**201 S Jackson St**

**Seattle WA 98104**

[www.kingcounty.gov/metro](http://www.kingcounty.gov/metro)

**(206) 553-3060**

Offers \$3 ORCA Regional Reduced Fare. Permit for adults age 65+ and for younger adults with disabilities; Bring proof of age for senior card; for ORCA. Reduced Fare Disabled Permit, younger disabled adults bring either SSI or Medicare award letter. Annual Verification required; or, may obtain a physician's form from Metro to be completed by doctor to verify either temporary or permanent disability. If permanent disability verified by doctor's completion of Metro form, annual verification not required. Can purchase \$27 monthly sticker, purchase \$5 up to \$300 for E-Purse which can be used to pay fare, or pay 75 cents per ride.

**Seattle Center Monorail**  
**370 Thomas St, 2<sup>nd</sup> Floor**  
**Seattle WA 98109**  
[www.seattlemonorail.com](http://www.seattlemonorail.com)  
**(206) 905-2601**

**One-Way Fares:**

\$2.25 for Adults

\$1.00 for Youth ages 5-12

**\$1.00 for Reduced Rate**  
**(Seniors 65+, disabled, persons with Medicare cards, & active duty U.S. military)**

Children 4 and under ride free

Roundtrip rates are twice that of one-way fare.

Cash only – ORCA Cards are *not* accepted.

**\$20 Reduced Fare Passes** are available for Seniors 65+, Disabled, Persons with Medicare Card. Pass valid for 34 days from order date (to take into account shipping time) Can be purchased on-line at <http://www.seattlemonorail.com/information/monthly-passes> or directly from the Monorail ticket booth at Westlake Center or Seattle Center – no credit cards accepted at the ticket booth.

**Seattle Center Monorail departs approximately every 10 minutes from two stations:**

Seattle Center station:  
Adjacent to the Space Needle

Westlake Center Mall station:  
At Fifth Avenue and Pine Street

**Monday through Friday**

7:30am-11:00pm

**Saturday through Sunday**

8:30am-11:00pm

*Closed Thanksgiving Day and Christmas Day.*

**Taxi scrip** (for half-price fares on taxis) is available for adults age 65+ and adults with disabilities meeting low income guidelines. **Call 206.684.1578**



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## UTILITIES & CABLE TV

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### **Broadstripe**

(formerly M Broadstripe)

(formerly Millennium Cable)

10427 ML King Jr Way

Seattle WA 98178-2047

[contact.nw@broadstripe.com](mailto:contact.nw@broadstripe.com)

[www.broadstripe.com](http://www.broadstripe.com)

1-800-829-2225

Senior discountable service. Call about discount and requirements for discount.

Eligibility is determined over the phone.

### **COMCAST**

18 W Mercer St

Seattle WA 98119

[www.comcast.com](http://www.comcast.com)

(206) 386-1989

Senior discount.

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## UTILITIES – Financial Assistance

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**COMMUNITY INFORMATION LINE:** dial **2-1-1** or **800-621-4636** (M-F 8AM-6PM)

Offers up-to-date, comprehensive referrals to health and human services in King County. More than 6,000 services listed, including assistance with utility and rent/mortgage payments.

**CRISIS CLINIC:** [info@crisisclinic.org](mailto:info@crisisclinic.org) or 24/7 dial: **(206) 461-3222** or **866-4-CRISIS** (866-427-4747)

**WA RECOVERY HELP LINE:** **866-789-1511** (24/7)

**TEEN LINK:** **866-833-6546** (EVENINGS 6-10pm)

**TTY/TDD:** 24-Hour Crisis Line, WA Recovery Help Line and Teen Link **206-461-3219**  
2-1-1 Community Information Line **206-461-3610**

**711 Relay:** Give the Crisis Line toll-free number **1-866-427-4747**

# UTILITIES – Financial Assistance

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## **Cancer Lifeline**

6522 Fremont Ave N

Seattle WA 98103

[pboyle@cancerlifeline.org](mailto:pboyle@cancerlifeline.org)

[www.cancerlifeline.org](http://www.cancerlifeline.org)

**(206) 832-1298**

Utility assistance available for cancer patients.

## **Catholic Community Services**

100 23rd Ave S

Seattle WA 98144

[brandyt@ccsw.org](mailto:brandyt@ccsw.org)

[www.ccsw.org](http://www.ccsw.org)

**(253) 854-0077**

Utility assistance available. Low-income households.

## **Centerstone**

722 18th Ave

Seattle WA 98122

[www.center-stone.org](http://www.center-stone.org)

**1-866-348-7144**

Low Income Home Energy Assistance Program (LIHEAP) provides energy grants to eligible households once per year. Call 24-hour appointment hotline to schedule an Energy Assistance appointment: 1-800-348-7144 or TTY (800) 246-1646.

## **City of Seattle**

### **Utility Discount Program**

[UDP@seattle.gov](mailto:UDP@seattle.gov)

[www.seattle.gov/seniors](http://www.seattle.gov/seniors)

**(206) 684-0268**

Income-eligible Seattle City Light and Seattle Public Utilities customers may receive a 50% discount on their Seattle City Light bill and reduced rates on their Seattle Public Utilities (sewer, drainage, and solid waste) bill. Must meet income guidelines. Applicant may not be a resident of federally subsidized housing (Section 8, Seattle Housing Authority, King County Housing Authority, HUD, Shelter+Care, etc.), except SHA Bond apartments. The residential Seattle City Light bill must be in the applicant's name.

### **Emergency Low Income Assistance Program (ELIA)**

**Seattle City Light**

700 5th Ave Suite 3200

Seattle WA 98104

[anthony.scott@seattle.gov](mailto:anthony.scott@seattle.gov)

[www.seattle.gov/light](http://www.seattle.gov/light)

**(206) 684-3688**

Emergency payment assistance for low-income Seattle City Light customers.

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## UTILITIES – Financial Assistance

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### **Hopelink**

(North King County)

15809 Westminster Way N

Seattle WA 98133

For questions and appointments:

[www.hope-link.org](http://www.hope-link.org)

1-800-348-7144

Low Income Home Energy Assistance Program (LIHEAP) provides energy grants to eligible households once per year.

### **North Helpline**

12707 30th Ave NE

Seattle WA 98125

[ed@northhelpline.org](mailto:ed@northhelpline.org)

[www.northhelpline.org](http://www.northhelpline.org)

(206) 365-8043

Utility payment assistance available for low-income residents.

### **Pierce County Community Action**

3602 Pacific Ave S Suite 200

Tacoma WA 98499

[thilyar@co.pierce.wa.us](mailto:thilyar@co.pierce.wa.us)

[www.co.pierce.wa.us](http://www.co.pierce.wa.us)

1-866-233-1068

Utility payment assistance available for low-income residents.

### **Project Share**

Seattle City Light

[www.seattle.gov/light/help/share](http://www.seattle.gov/light/help/share)

(206) 684-3000

One-time emergency payment assistance for low-income Seattle City Light customers facing

### **Puget Sound Energy**

PO Box 91269

Bellevue WA 98009

[suzanne.hanson@pse.com](mailto:suzanne.hanson@pse.com)

[www.pse.com](http://www.pse.com)

1-888-225-5773

Warm Home Fund energy assistance available for income-eligible gas and electric customers, administered by the Salvation Army.

### **Queen Anne Helpline**

311 W McGraw St

Seattle WA 98119

[info@queenannehelpline.org](mailto:info@queenannehelpline.org)

[www.queenannehelpline.org](http://www.queenannehelpline.org)

(206) 282-1540

Utility payment assistance available for low-income residents.

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## UTILITIES – Financial Assistance

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### **ROAR of Washington**

717 N 36th St

Seattle WA 98103

[staff@roarofwashington.org](mailto:staff@roarofwashington.org)

[www.roarofwashington.org](http://www.roarofwashington.org)

**(206) 634-1977**

Utility payment assistance available for low-income

### **Salvation Army**

Seattle/White Center

9050 16th Ave SW

Seattle WA 98106

[kathy.sargent@usw.salvationarmy.org](mailto:kathy.sargent@usw.salvationarmy.org)

[www.salvationarmynw.org](http://www.salvationarmynw.org)

**(206) 767-3150**

Utility payment assistance available for low-income residents.

### **Society of St. Vincent de Paul**

5950 4th Ave

Seattle WA 98108

[HelpCenter@svdpsseattle.org](mailto:HelpCenter@svdpsseattle.org)

[www.stvincentdepaulseattle.org](http://www.stvincentdepaulseattle.org)

**(206) 767-6449**

Helpline Center offers help with energy bills, food, clothing, rent, and a host of other needs. Low-income households.

### **South King County Multi-service Center**

1215 S Central

Kent WA 98032

[oksanas@skcmssc.com](mailto:oksanas@skcmssc.com)

[www.skcmssc.com](http://www.skcmssc.com)

**1-866-233-1068**

Low Income Home Energy Assistance Program (LIHEAP) provides energy grants to eligible households once per year.

### **University Churches Emergency Fund**

4515 16<sup>th</sup> Avenue NE

Seattle WA 98105

[director@uchurchesemergencyfund.org](mailto:director@uchurchesemergencyfund.org)

[www.uchurchesemergencyfund.org](http://www.uchurchesemergencyfund.org)

**(206) 524-7885**

Utility payment assistance available, up to \$150.00, for low-income, in zip codes 98105, 98115.

# OTHER SENIOR DISCOUNTS MAY BE AVAILABLE:

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*Please note:* Although not recognizing the Gold and FLASH Cards, many business do provide discounts to seniors. Policies can change, so do call in advance to confirm the discount information listed below.

## Acupuncture

**Kang Acupuncture & Herbal Medicine Center, 13400 Northup Way #3, Bellevue WA 98005**

[www.huacupuncture.com](http://www.huacupuncture.com)

**(425) 401-8885**

20% off acupuncture treatments; 10% off Chinese herbs. Age 60+ or adults with disabilities.

**North Seattle Community Acupuncture, 11329 Pinehurst Way NE, Seattle, WA 98125**

[www.northseaforme.com](http://www.northseaforme.com)

**(206)524-6428**

Our sliding scale fee range is \$15-\$40, we are wheelchair accessible, and our wide hallway and large bathroom make it easy to maneuver around.

## Beauty Salons/Barbers

**Great Clips**

[www.greatclips.com](http://www.greatclips.com)

- |  |               |
|--|---------------|
| 1. 1403 Broadway, Seattle              | (206)328-4789 |
| 2. 5401 25 <sup>th</sup> Ave, Seattle, | (206)525-0725 |
| 3. 21 W Mercer St, Seattle             | (206)216-1956 |

Seniors (65+) Men & Women \$12 seven days a week.

**Master Cuts**

[www.mastercuts.com](http://www.mastercuts.com)

- |                                  |               |
|----------------------------------|---------------|
| 1. 401 NE Northgate Way, S       | (206)417-1101 |
| 2. 191 Southcenter Mall, Tukwila | (206)244-2443 |
| 3. 216 Broadway, Seattle         | (206)325-6247 |

Seniors (65+) 20%off haircuts Mon thru Thursday

**Super Cuts**

[www.supercuts.com](http://www.supercuts.com)

1. 4736 42<sup>nd</sup> Ave, SW Seattle (206)932-0400
2. 2318 NW Market St, Seattle (206)789-8656
3. 543 NE Northgate Way, Seattle (206)367-8363

Seniors (65+) Men & Women \$13 seven days a week

## Motels/Hotels

**Best Western**-At least 10% off regular room rates. Late checkouts and other offers also available. AARP or Ages 55+.

**Choice Hotels**-*Comfort Inn, Comfort Suites, Quality, Sleep Inn, Clarion, Cambria Suites, MainStay Suites, Suburban, Econo Lodge, Rhodeway Inn*

Every Day 10% discount Mature Travelers rate. Ages 50+. 60+ with advanced reservations 20-30% discount

**Double Tree**-Ages 62+ are eligible for the senior rate.

**Hampton Inn**-AARP members get up to 10% off best available rate.

**Holiday Inn Express** Get a discount at participating locations. Ages 62+.

**Hyatt**-Save up to 50% at participating hotels. Ages 62+.

**La Quinta**- AARP members save up to 10%. Also senior discount rate for ages 65+.

**Marriott Hotels**-A discount of at least 15% for ages 62+. Good seven days a week.

**Motel 6**- 10% discount at over 900 locations. Ages 60+.

**Radisson**-10% off the standard rate. Ages 60+.

**Starwood Hotels:** *Aloft, Elements, Four Points, Sheraton, St. Regis, W Hotels, Westin.*

Up to 20% off best available rates. AARP members or 50+.

## Museums

**Chihuly Garden and Glass**

**Seattle Center**

**305 Harrison Street**

**Seattle 98119**

**(206)753-4940**

[www.chihulygardenandglass.com](http://www.chihulygardenandglass.com)

General senior discount \$17, King County

Senior Residents \$15, Reg price \$19.

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## Museums

### **Last Resort Fire Department Museum**

(Located in **Seattle Fire Department Headquarters**)

**301 – 2<sup>nd</sup> Ave South**

#### **HOURS OF OPERATION**

Summer hours: **Wednesdays & Thursdays** – 11:00 am to 3:00 pm

Winter hours: **open Wednesdays only** – 11:00 am to 3:00 pm

**Phone 206-783-4474**

**ADMISSION IS FREE**

[lastresortfd@hotmail.com](mailto:lastresortfd@hotmail.com)

### **Seattle Metropolitan Police Museum**

**317 Third Ave south**

(Directly across the street from Seattle Lighting and ½ block north of the King Street Station)

#### **HOURS & ADMISSION**

**Tuesday through Saturday** 11:00 am – 4:00 pm

**\$5.00** (Adults and children age 12 and over)

**\$3.00** (Children under 12 and handicapped and/or special needs visitors)

**\$4.50** (Guided Tours-Large groups, Adults & Children over 12)

**\$3.00** (Guided Tours-Large groups, Children under 12)

**Phone: 206-748-9991**

[smpmuseum@aol.com](mailto:smpmuseum@aol.com)

## Restaurants

**Applebees:** A 10% discount with free Golden Apple Card.

**Arby's:** A 10% discount at participating locations. Ages 55+.

**Burger King:** Discounts vary by location.

**Chick-Fil-A:** Discounts varies by location.

**Chili's:** A 10% discount at participating locations. Ages 55+.

## Restaurants (continued)

**Denny's:** AARP members get a 20% discount off the total check amount from 4pm-10pm. Coffee is \$1 - a cup round-the-clock for members and guests.

**Mrs. Fields:** A 10% discount at participating locations. Ages 60+

**IHOP:** A 10% discount at participating locations. Ages 55+.

**Long John Silvers:** Discount for ages 55+.

**McDONALD'S:** Everyday discount senior coffee.

**Taco Bell:** Free drinks for seniors at participating locations.

## Retail Stores

**Goodwill:** 10% discount one day a week for ages 55+. Check with location.

**Khol's:** 15% discount, every Wednesday - 62+.

**Ross:** 10% off on Tuesdays for ages 55+.

## Theaters

**AMC Theaters:** A discount of up to 30% is available for ages 60+ at most theater locations.

**Regal Cinema:** Everyday discount for Ages 60 + anytime of the day.

## Transportation

**Alamo:** AARP members receive up to 25% off, plus free unlimited mileage.



**Avis:** Up to 25% off. Must be AARP member.

**Budget Rent A Car :** up to 20% off rates (both standard and promotional). Must be AARP member.

## Transportation (continued)

**Enterprise-**5% off rental, plus free upgrade; 20% in Florida. AARP members only.

**Hertz-** Up to 25% off rates for AARP members.

**National Car Rental-Everyday** CALL 1-800-CAR-RENT for details. Ages 50+. AARP members save up to 25%.

**Amtrak-**Everyday. 15% discount on adult rail fare with some exclusions. Ages 62+.

**Bolt Bus Service from Seattle to Portland & Vancouver BC.** None of Bolt Bus fares are expensive and range from \$5 to \$25. Visit Boltbus.com

**Greyhound-**5% discount on unrestricted passenger fares. Ages 62+.

**Norwegian Cruise Line** 5% discount for AARP members. Must book nine months in advance.