



Discounts

DISCOUNTS FOR SENIOR CITIZENS

The national U3A website www.u3a.org.za has some useful information about benefits and contact addresses for senior citizens (see the “Concessions” page), and we are aware that a few of the U3A branches have also pursued this angle.

Accordingly, we below include a list of traders in East London that offer facilities to senior citizens.

Trader	Day	*Discount	Requirements
Builders Express	Wed	10%	
Burmeisters	Any	5%+	
Beacon Bay Retail park	Wednesday usually		See a) below
Dot Com Café (Com Office, Berea) (meals and beverages)	Any	10%	
Floradale Nurseries	Tues	10%	
Fruit and Veg city	Tues	5%	
Game	Wed	10%	Card
Gonubie Spar	Mon-Thurs	5% on non-discounted items	Card
Guidos, Vincent	Mon	varies	
Nahoon Superspar	Mon/Wed	5%	
OK Foods Beacon Bay	Any	5%	Card
Retreat Skin and Body Care	Tues	10%	See b) below
Southernwood Spar	Mon	6%	Alternative: Coffee and something sweet
Vincent Superspar	Mon	6%	Card. Free coffee and something sweet
Vincent Hardware	Any	5-10%	

a) Beacon Bay Retail Park (applicable Wednesdays):

1. Register at the Centre Office on the last Wednesday of a month (near Clicks and Bata).
2. They will issue a card.
3. On the last Wednesday of a month, visit this office and they will issue coffee vouchers for the venues below.
4. You will be able to enjoy a free cappuccino at Wimpy, McDonalds, Spur or Bella any weekday. Also, certain shops, as detailed by the Central Office, will give 10% discount on Wednesdays.

b) Retreat Skin and Body Care is operated by Sandra Epstein's daughter, Candice Kay and is situated at 9 Pearl Rd Abbotsford. Ring 083 572 4887 for full details.

c) A tip for you knitters from Pam Hobson: The website www.elleyarns.com has free patterns which are easily downloaded. It is slightly confusing as there is a shopping cart and R0.00 displayed, however in the FAQ's section there is an excellent short video on how to download multiple patterns.

If you are aware of other traders who offers such a discount on a formal basis, could you send an e mail to our treasurer, John Stoddard at john@electrobase.co.za, phone 043 727 0648, cell 082 466 7095 with as much detail of the scheme as is relevant (as above), and we will add to the above list? If there are changes or corrections to the above list, please also let John know. Further, if you know of an existing list that is available to senior citizens locally, could you also provide details to John?