

Keep this list and send a copy to your senior friends and relatives.

As I was waiting in line behind an older gentleman at Wendy's recently, I heard him ask for his senior discount. The girl at the register apologized and charged him less. When I asked the man what the discount was, he told me that seniors over age 55 get 10% off everything on the menu, every day.

Being of 'that' age myself, I figured I might as well ask for the discount too.

This incident prompted me to do some research, and I came across a list of restaurants, supermarkets, department stores, travel deals and other types of offers giving various discounts with different age requirements. I was actually surprised to see how many there are and how some of them start at the young age of 50 .

This list may not only be useful for you, but for your friends and family too.

Dunkin Donuts gives free coffee to people over 55 .

If you're paying for a cup every day, you might want to start getting it for FREE.

YOU must ASK for your discount!

RESTAURANTS:

Applebee's: 15% off with Golden Apple Card (60+)

Arby's: 10% off (55 +)

Ben & Jerry's: 10% off (60+)

Bennigan's: discount varies by location (60+)

Bob's Big Boy: discount varies by location (60+)

Boston Market: 10% off (65+)

Burger King: 10% off (60+)

Chick-Fil-A: 10% off or free small drink or coffee (55+)

Denny's: 10% off, 20% off for AARP members (55 +)

Dunkin' Donuts: 10% off or free coffee (55+)

Einstein's Bagels: 10% off baker's dozen of bagels (60+)

Fuddrucker's: 10% off any senior platter (55+)

Gatti's Pizza: 10% off (60+)

Golden Corral: 10% off (60+)

Hardee's: \$0.33 beverages everyday (65+)

IHOP: 10% off (55+)

Jack in the Box: up to 20% off (55+)

KFC: free small drink with any meal (55+)

Krispy Kreme: 10% off (50+)

Long John Silver's: various discounts at locations (55+)

McDonald's: discounts on coffee everyday (55+)

Mrs. Fields: 10% off at participating locations (60+)

Shoney's: 10% off

Sonic: 10% off or free beverage (60+)

Steak 'n Shake: 10% off every Monday & Tuesday (50+)

Subway: 10% off (60+)

Sweet Tomatoes: 10% off (62+)

Taco Bell : 5% off; free beverages for seniors (65+)

TCBY: 10% off (55+)

Tea Room Cafe: 10% off (50+)

Village Inn: 10% off (60+)

Waffle House: 10% off every Monday (60+)

Wendy's: 10% off (55 +)

RETAIL & APPAREL:

Banana Republic: 30% off (50 +)

Bealls: 20% off first Tuesday of each month (50 +)

Belk's: 15% off first Tuesday of every month (55 +)

Big Lots: 30% off

Bon-Ton Department Stores: 15% off on senior discount days (55 +)

Clarks : 10% off (62+)

Dress Barn: 20% off (55+)

Goodwill: 10% off one day a week (date varies by location)

Hallmark: 10% off one day a week (date varies by location)

Kmart: 40% off (Wednesdays only) (50+)

Kohl's: 15% off (60+)

Modell's Sporting Goods: 30% off

Rite Aid: 10% off on Tuesdays & 10% off prescriptions

Ross Stores: 10% off every Tuesday (55+)

The Salvation Army Thrift Stores: up to 50% off (55+)

Stein Mart: 20% off red dot/clearance items first Monday of every month (55 +)

GROCERY:

Albertson's: 10% off first Wednesday of each month (55 +)

American Discount Stores: 10% off every Monday (50 +)

Compare Foods Supermarket: 10% off every Wednesday (60+)

DeCicco Family Markets: 5% off every Wednesday (60+)

Kroger: 10% off (date varies by location)

TRAVEL:

Airlines:

Alaska Airlines: 50% off (65+)

American Airlines: various discounts for 50% off non-peak periods (Tuesdays - Thursdays) (62+)and up (call before booking for discount)

Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations

Southwest Airlines: various discounts for ages 65 and up (call before booking for discount)

United Airlines: various discounts for ages 65 and up (call before booking for discount)

U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

Rail:

Amtrak: 15% off (62+)

Bus:

Greyhound: 15% off (62+)

Trailways Transportation System: various discounts for ages 50+

Car Rental:

Alamo Car Rental: up to 25% off for AARP members

Avis: up to 25% off for AARP members

Budget Rental Cars: 40% off; up to 50% off for AARP members (50+)

Dollar Rent-A-Car: 10% off (50+) Enterprise Rent-A-Car: 5% off for AARP members Hertz: up to 25% off for AARP members

National Rent-A-Car: up to 30% off for AARP members

Overnight Accommodations:

Holiday Inn: 20-40% off depending on location (62+)

Best Western: 40% off (55+)

Cambria Suites: 20%-30% off (60+)

Waldorf Astoria - NYC \$5,000 off nightly rate for Presidential Suite (55 +)

Clarion Motels: 20%-30% off (60+)

Comfort Inn: 20%-30% off (60+)

Comfort Suites: 20%-30% off (60+)

Econo Lodge: 40% off (60+)

Hampton Inns & Suites: 40% off when booked 72 hours in advance

Hyatt Hotels: 25%-50% off (62+)

InterContinental Hotels Group: various discounts at all hotels (65+)

Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)

Marriott Hotels: 25% off (62+)

Motel 6: Stay Free Sunday nights (60+)

Myrtle Beach Resort: 30% off (55 +)

Quality Inn: 40%-50% off (60+)

Rodeway Inn: 20%-30% off (60+)

Sleep Inn: 40% off (60+)

ACTIVITIES & ENTERTAINMENT:

AMC Theaters: up to 30% off (55 +)

Busch Gardens Tampa, FL: \$13 off one-day tickets (50 +)

Cinemark/Century Theaters: up to 35% off

Massage Envy - NYC 20% off all "Happy Endings" (62 +)

U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)

Regal Cinemas: 50% off Ripley's Believe it or Not: @ off one-day ticket (55 +)

SeaWorld, Orlando , FL : \$3 off one-day tickets (50 +)

CELL PHONE DISCOUNTS:

AT&T: Special Senior Nation 200 Plan \$19.99/month (65+)

Jitterbug: \$10/month cell phone service (50 +)

Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

MISCELLANEOUS:

Great Clips: \$8 off hair cuts (60+)

Supercuts: \$8 off haircuts (60+)

NOW, go out there and claim your discounts - - - - and remember ----

YOU must ASK for your discount ---- no ask, no discount.