

INTRODUCTION AND NOTICE

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 6 and 7.

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 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.

MAYOR’S OFFICE FOR SENIOR CITIZENS

The Seattle Mayor’s Office for Senior Citizens supports healthy aging, independent living and social and civic engagement, especially for older adults.

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 for Healthy Aging and FLASH Card

The Seattle Mayor's Office for Senior Citizens produces the Gold Card for Healthy Aging (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
Aging & Disability Services
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

GOLD & FLASH CARDS

Gold Card for Health Aging

The Gold Card for Healthy Aging, 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

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
- Washington Coalition of Citizens with Disabilities:
206-545-7055 or TTY 206-632-3456
- STAR Center: 206-325-4284
- Download applications at www.seattle.gov/seniors

For more information about the Gold Card for Healthy Aging 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

AUTO REPAIR & TOWING

212th Automotive

7612 S 212th St

Kent WA 98032

212thautomotive@qwestoffice.net

(253) 395-4434

10% off of parts used in vehicle repair. Age 60+

A & M Bellevue Auto Repair

13551 SE 27th Pl

Bellevue WA 98005

amautoservice@hotmail.com

www.amautofactoria.com

(425) 641-9455

10% off. Age 60+.

Aurora Clutch & More

8401 Aurora Ave N, Ste C

Seattle WA 98103

info@auroracluthandmore.com

www.auroraclutchandmore.com

(206) 782-1531

10% off any service over \$500. Age 60+

Bothell Automotive, Inc.

17210 Bothell Way NE

Bothell WA 98011

bothellautomotive@gmail.com

(425) 481-5050

10% off parts and labor. May not be combined with any other offer or coupon. Gold or FLASH card required.

Courtesy Tire

2102 E Madison St

Seattle WA 98112

www.courtesytire.com

(206) 329-7525

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

Courtesy Tire

4820 California Ave SW

Seattle WA 98116

www.courtesytire.com

(206) 932-5044

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

Downtown Automotive

702 6th Ave N

Seattle WA 98109

DTA@msn.com

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

www.edwardsauto.com

(206) 362-1960

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

Hermann's International Auto Service

6800 Roosevelt Way NE

Seattle WA 98115

victorc0926@msn.com

europeanautorepairseattle.net

(206) 522-7766

10% off. Free shuttle service.

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
(206) 364-0976

10% off (labor only), up to \$100. Age 60+

King's Transmission
Barr Transmission
2939 4th Ave S
Seattle WA 98134
kingstranssea@hotmail.com
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
fsautosales@gmail.com
www.leesautomotive.com
(206) 362-4449

10% off.

North Seattle
Transmission, Inc.
14711 15th Ave NE
Shoreline WA 98155
northseattletran@qwestoffice.net (206) 364-3131

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

Rose Street Auto Repair
8335 Rainier Ave S
Seattle WA 98118
(206) 723-7500

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
www.specauto.net
(206) 789-7686

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

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
kandie@tomsautomotive.com
www.tomsautomotive.com
(206) 937-1144

10% off up to \$20. Age 60+.

BANKING & FINANCIAL SERVICES

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 this service.

M&T Bank
11130 NE 33rd Pl, Suite 100
Bellevue WA 98004
gmeredith@mtb.com
www.mtb.com
(425) 889-4360

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

BEAUTY SHOPS & BARBERS

Bombaii Cutters
122 Kirkland Ave
Kirkland WA 98033
bombaii@juno.com
www.bombaii.com
(425) 828-4411

20% off. Gold or FLASH Card required.

Dang's Hair Design

9851 Aurora Ave N

Seattle WA 98103

(206) 525-5423

10% for haircut and 5% on all other treatments, services, and products. Age 60+ or adults with disabilities.

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.

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 off haircuts. Gold or FLASH card required.

Living Color Beauty

Supply

9416 Rainier Ave S

Seattle WA 98118

www.livingcolorbeautysupply.com

(206) 721-5322

10% off. Gold or FLASH card required.

Zed Aschenaki

3705 S Edmunds St

Seattle WA 98118

zediaschenaki@aol.com

206-725-3841

10% off any hair service. FLASH card required.

CLEANING SERVICES

Merry Maids 486, West Seattle

6417 Fauntleroy Way SW #E

Seattle WA 98136

merrymaids486@hotmail.com

(206) 937-7083

15% off first visit, 10% off continued visits. Age 65+ or adults with disabilities.

EDUCATION

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 Community College - Telos Program

conted.bcc.ctc.edu/telos/telos.asp

(425) 564-2216

North Seattle Community College

www.northseattle.edu/senior/

(206) 527-3600

Seattle Central Community College

www.seattlecentral.edu

(206) 587-3800

South Seattle Community College

www.southseattle.edu

(206) 764-5389

Shoreline Community College

www.shoreline.ctc.edu

(206) 546-4611

(206) 546-4745 (students with disabilities)

Lifetime Learning Center

6208 60th Ave NE

Seattle WA 98115

www.lifetimelearningseattle.org

(206) 524-3778

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

Osher Lifelong Learning Institute

University of Washington

Box 354978

Seattle, WA 98195

llussier@extn.washington.edu

www.osher.washington.edu/olli/

(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

(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

(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.

University of Washington

ACCESS for Older Adults

www.washington.edu/students/reg/access.html

(206) 543-8580

\$5.00 registration fee for 1-2 undergraduate classes (except lab or studio courses); audit only.

ELDER SERVICES

Home Instead Senior Care

325 118th Ave SE Ste 102

Bellevue WA 98005

(425) 454-9744

10% off.

Home Instead Senior Care

2633 Eastlake Ave East,

Suite 206

Seattle WA 98102

www.homeinstead.com

(206) 622-4663

Call for senior discount. Age 60+.

Seattle Mayor's Office for Senior Citizens

810 3rd Ave Ste 350

Seattle WA 98104

seniors@seattle.gov

www.seattle.gov/seniors

(206) 684-0500

Senior Centers

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

Senior Services

2208 2nd Ave Suite 100

Seattle WA 98121-2055

info@seniorservices.org

www.seniorservices.org

(206) 448-5757

Non-profit agency supporting positive aging through a wide variety of programs and services, including Senior Information & Assistance, Meals on Wheels, health and fitness promotion, and several senior centers.

Visiting Angels

3513 SW Alaska St

Seattle WA 98126

ginasangels@comcast.net

(206) 439-2458

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

HARDWARE, BUILDING SUPPLIES & REPAIRS

Greenwood True Value

Hardware

7201 Greenwood Ave N

Seattle WA 98103

ghw@greenwoodhardware.com

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

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.

HomeWise Weatherization Program

Seattle Office of Housing

PO Box 94725

Seattle WA 98124-4725

homewise@seattle.gov

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

821 2nd Ave Suite 500

Seattle WA 98104

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).

Major Brand Appliances

34415 Pacific Hwy S

Federal Way WA 98003

majorbrandappliance@live.com

(253) 838-7056 or 927-2452

10% off all appliances and appliance parts and service. Age 60+ or adults with disabilities.

Minor Home Repair

Senior Services

2208 2nd Ave

Seattle WA 98121

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

**Seattle Public Utilities -
Resource Conservation
[www.seattle.gov/util/
Services/Yard/index.asp](http://www.seattle.gov/util/Services/Yard/index.asp)
(206) 633-0190**

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

**Sky Nursery
18528 Aurora Ave N
Shoreline WA 98133
sky@skynursery.com
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

**Catholic Community Svcs
Legal Action Center
100 23rd Ave S
Seattle WA 98144
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
Attorneys at Law
210 Summit Ave E
Seattle WA 98102
[lisadonaldson@
seattletrafficlawyer.com](mailto:lisadonaldson@seattletrafficlawyer.com)
www.seattletrafficlawyer.com
(206) 915-0137**

10% off all traffic infraction cases. Free consultation. Home appointments available for personal injury matters. Age 60+.

**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
Neighborhood Legal Clinic
1200 5th Ave Suite 600
Seattle WA 98101**

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.

**King County Bar Assn
Lawyer Referral Service**

1200 5th Ave, Suite 600
Seattle WA 98101

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.

**Selander O'Brien PLLC
Attorneys at Law**

3829-C S Edmunds St
Seattle WA 98118

inquire@selanderobrien.com

www.selanderobrien.com

(206) 723-8200

\$100 discount on a custom estate planning package. Age 60+ or adults with disabilities.

LOCKSMITHS

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

PO Box 88132
Tukwila WA 98138

www.keyxpresslocksmith.com

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
(206) 448-5625

15% off. Gold or FLASH card required.

MEDICAL & DENTAL

211 Community Information Line
Crisis Clinic
info@CrisisClinic.org
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.

Country Doctor Community Health Centers
Serves all ages. Call for more information.
www.countrydoctor.org

Carolyn Downs Family Medical Center
2101 E Yesler
Seattle WA 98122
(206) 299-1900

Country Doctor
500 19th Ave E
Seattle WA 98122
(206) 299-1600

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.

HealthPoint
Serves all ages. Call for more information.

HealthPoint Auburn Community Dental
126 Auburn Ave Suite 100
Auburn WA 98002

(253) 804-8713

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

**HealthPoint Bothell-Kenmore
6016 NE Bothell Way
Bothell WA 98028
(425) 486-0658**

**HealthPoint Kent
403 E Meeker Suite 200
Kent WA 98032
(253) 852-2866 Medical
(253) 796-4071 Dental**

**HealthPoint Redmond Dental Clinic
16345 NE 87th St #C-2
Redmond WA 98052
(425) 883-8000**

**HealthPoint Redmond Medical Clinic
16315 NE 87th St #B-6
Redmond WA 98052
(425) 882-1697**

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

**HealthPoint SeaTac
4040 S 188th St #201
SeaTac WA 98188**

**Highline Medical Group
Serves all ages. Call for more information.
www.highlinemedicalcenter.org**

**Highline Medical Group
16110 8th Ave SW Suite B-1
Burien WA 98146
206-763-5057**

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

International Community Health Centers
Serves all ages. Call for more information.
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

Kang Acupuncture & Herbal Medicine Center
13400 Northup Way #3
Bellevue WA 98005
www.huacupuncture.com

(425) 401-8885

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

Lake Washington Technical College Dental Clinic
11605 132nd Ave NE
Kirkland WA 98034
www.lwtc.edu

(425) 739-8310

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

Neighbor Care
(formerly Puget Sound Neighborhood Health Centers)
www.psnhc.org

45th Street Clinic
1629 N 45th St
Seattle WA 98103
(206) 633-3350 Medical
(206) 548-2964 Dental

Central Area Dental Clinic
2101 E Yesler
Seattle WA 98122

Georgetown Dental Clinic
6200 13th Ave SW
Seattle WA 98108

(206) 461-6943

**High Point Health Center
6020 35th Ave SW
Seattle WA 98126
(206) 788-3500 Medical
(206) 461-6966 Dental**

**Pike Market Clinic
1930 Post Alley
Seattle WA 98104
(206) 744-1500**

**Rainier Park Medical Clinic
4400 37th Ave S
Seattle WA 98118
(206) 461-6957**

**Southeast Dental Clinic
3800 S Myrtle St
Seattle WA 98108
(206) 461-6981**

**Public Health—Seattle & King County
Call for information. Most clinics serve all ages.
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**

Federal Way Public Health Center

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

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

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

Puget Sound Skills Center, Dental Clinic
(formerly Sea-Tac Occupational Skills Center)
18010 8th Ave S
Burien WA 98148
www.pugetsoundsc.org
(206) 631-7316

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

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

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

Seattle Central Dental Hygiene Clinic
SCCC/Seattle Vocational Institute
2120 S Jackson St Rm 407
Seattle WA 98144
www.seattlecentral.edu
(206) 344-4423

Clinic staffed by dental professionals and students serving patients' oral health care needs. Call for information. Serves ages 14 years and older.

Seattle Indian Health Board
Medical and Dental Services
611 12th Ave S
Seattle WA 98144
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
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.

OPTICIANS & OPTICAL

Community Services for the Blind and Partially Sighted
9709 3rd Ave NE, Suite 100
Seattle WA 98115-2027

csbps@csbps.com

www.csbps.com

(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

Aurora Veterinary Hospital

8821 Aurora Ave N

Seattle WA 98103

(206) 525-6666

10% off services. 20% discount for service dogs and rescue search dogs. Age 65+ or adults with disabilities.

Companion Animal

Hospital

1827 156th Ave NE

Bellevue WA 98007

frontoffice@companionah.net

www.companionbellevue.com

(425) 746-1800

10% off services only. Service dogs receive 30% discount on services only (no retail). Age 60+ or adults with disabilities.

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.

Green Lake Animal Hospital

6857 Woodlawn Ave NE

Seattle WA 98115

seattleveterinaryassociates.com

(206) 524-6540

10% discount. Age 65+ or adults with disabilities.

Kenmore Veterinary

Hospital

6630 NE 181st

Kenmore WA 98028

kenmorevet@yahoo.com

(425) 485-6575

10% off. Age 60+.

Northwest Veterinary Hospital

4922 Stone Way N

Seattle WA 98103

seattleveterinaryassociates.com

(206) 545-4255

10% discount. Age 65+ or adults with disabilities.

Queen Anne Animal Clinic

1800 Queen Anne Ave N

Seattle WA 98109

seattleveterinaryassociates.com

(206) 284-2148

10% discount. Age 65+ or adults with disabilities.

Ravenna Animal Hospital

4541 Union Bay PI NE

Seattle WA 98105

seattleveterinaryassociates.com

(206) 522-2114

10% discount. Age 65+ or adults with disabilities.

Seattle Animal Shelter

2061 15th Ave W

Seattle WA 98119

www.seattleanimalshelter.org

(206) 386-PETS

50% off Seattle 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.

Seattle Humane Society

13212 SE Eastgate Way

Bellevue WA 98005

www.seattlehumane.org

(425) 641-0080

Age 55+: Provide monthly supply of supplemental pet food to low-income seniors.

Age 60+: \$50 off cat and dog adoption fees.

**Woodinville Animal
Hospital**

Alan E. Marsh, DVM
16511 140th PI NE
Woodinville WA 98072
woodinvilleanimal.com
(425) 483-5005

15% off services (excluding supplies and medications). Seeing-eye dogs receive basic services at no charge.
Age 62+.

PLUMBERS & SEWER CLEANERS

Best Plumbing & Rooter
4129 Stone Way N
Seattle WA 98103
service@bestplumbing.com
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
collierplumber@clearwire.net
(206) 246-5325
10% off. Gold Card required.

**Gene Johnson Plumbing
& Heating**
10011 Greenwood Ave N
Seattle WA 98133
info@genejohnsonplumbing.com
www.genejohnsonplumbing.com
(206) 789-6610

12% off service calls to customer's private residence. Age 60+ or adults with disabilities.

Maple Valley Plumbing & Pipeworks, Inc.
PO Box 903
Ravensdale WA 98051
dave@maplevalleyplumbing.com
maplevalleyplumbing.com
(425) 432-7599

20% off plumbing service calls. Age 60+ or adults with disabilities.

Soreano's Plumbing
3704 S Ferdinand St
Seattle WA 98118
www.soreanosplumbing.com
(206) 723-7373

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

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

Real Estate Appraisal Svc
Larry Wedhoff, CREA
larry@wedhoff.net
www.larryappraisal.com

(425) 868-1997

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

RECREATION

National Parks Service
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.

Lifelong Recreation

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

Northwest Seattle
carol.baxter@seattle.gov
(206) 684-4094

Northeast Seattle
cheryl.brown@seattle.gov
206-386-9106

Central Seattle (West)
jayla.mcgill@seattle.gov

206-684-4240

Central Seattle (East)
angelap.smith@seattle.gov
206-233-7255

Southeast Seattle
tim.pretare@seattle.gov
206-684-4240

Southwest Seattle
mary.dalzell@seattle.gov
206-935-2162

**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 \$5 add-on for regular IMAX films. May exclude special engagement exhibits and IMAX films.

Adults with disabilities: Free admission to the Science Center with FLASH card and \$5 add-on for IMAX films. May exclude special engagement exhibits and IMAX films.

**Seattle Aquarium
Pier 59
(206) 386-4300**

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
www.seattle.gov/parks/parkspaces/japanesegarden.htm
(206) 684-4725**

\$3 admission fee. Age 65+ or adults with disabilities.

**Seattle Parks and
Recreation Pools
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

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

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

Helene Madison Pool
13401 Meridian Ave N
Seattle WA 98133
(206) 684-4979

Meadowbrook Pool
10515 35th Ave NE
Seattle WA 98125
(206) 684-4989

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

Mounger Pool (Magnolia)
2535 32nd Ave W
Seattle WA 98199
(206) 684-4708

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

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

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

Senior Centers

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

Sound Steps

sound.steps@seattle.gov

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

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.

Washington State Dept. of Fish and Wildlife

Licensing Division

600 Capitol Way N

Olympia WA 98501

licensing@dfw.wa.gov

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.

Woodland Park Zoo

601 N 59th St

Seattle WA 98103

www.zoo.org

(206) 548-2500

75% off of full price admission rate only with Gold or FLASH card. No other discounts.

RESTAURANTS

Kallaloo Caribbean

Restaurant

3820 S Ferdinand St

Seattle WA 98118

kallaloo@qwestoffice.net

www.kallalooseattle.com

(206) 760-7766

20% off the purchase of one dinner or lunch entree, Monday through Thursday only. Age 60+ or adults with disabilities. Must present Gold or FLASH Card.

Peaks Frozen Custard and Coffee House

1026 NE 65th St #A-101

Seattle WA 98115

info@peaksfrozencustard.com

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

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

Aqua Quip

3447 4th Ave S

Seattle WA 98134-1904

sales@aquaquip.com

www.aquaquip.com

(206)624-4394

10% off products. Age 62+.

Arundel Books

1001 1st Ave

Seattle WA 98104

arundelbooks.com

(206) 624-4442

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

Cheap Chickadee Thrift Store

Southeast Seattle Senior Center

4645 S Holly St

Seattle WA 98118

kateh@seniorservices.org

www.sessc.org

(206) 760-9650

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

THEATERS, MUSEUMS & PERFORMING ARTS

Burke Museum of Natural History and Culture

University of Washington

17th Ave NE & NE 45th St

Seattle WA 98195

(206) 543-5590

theburke@u.washington.edu

www.burkemuseum.org

\$7.50 senior admission (\$9.50 regular admission). Age 65+.

Klondike Gold Rush National Historical Park

Seattle Unit

319 2nd Ave S

Seattle WA 98104

klse_ranger_activities@nps.gov

www.nps.gov/klse

(206) 220-4240

Everything — exhibits, movies — free at this national park. Fully accessible building.

Museum of History and Industry (MOHAI)

2700 24th Ave E

Seattle WA 98112

information@seattlehistory.org

www.seattlehistory.org

(206) 324-1126

\$7 entrance fee for seniors.

Woodland Park Zoo

601 N 59th St

Seattle WA 98103

www.zoo.org

(206) 548-2500

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

TRANSPORTATION

Amtrak

303 S Jackson St

Seattle WA 98104

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

(206) 553-3060

Offers \$3 Regional Reduced Fare Permit for adults age 65+ and adults with disabilities; \$5.50 monthly sticker that goes on Metro bus passes; and taxi scrip (for half-price fares on taxis) for adults age 65+ and adults with disabilities meeting low income guidelines.

Seattle Center Monorail

305 Harrison St

Seattle WA 98109

www.seattlemonorail.com

(206) 905-2600

50% discount off adult fare. Age 65+ or adults with disabilities.

Washington State Ferries

2911 2nd Ave

Seattle WA 98121-1012

www.wsdot.wa.gov/ferries

(206) 464-6400

Passengers and drivers receive 50% off depending on route. Age 65+ or adults with disabilities (proof of age and disability required).

UTILITIES & CABLE TV

211 Community Information Line

Crisis Clinic

info@crisisclinic.org

www.crisisclinic.org/211KC.html

(206) 461-3222 or 2-1-1

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/morgage payments.

Broadstripe

(formerly Millennium Cable)

10427 ML King Jr Way

Seattle WA 98178-2047

contact.nw@broadstripe.com

www.broadstripe.com

1-800-829-2225

Low-income adults age 65+ or with disability are eligible for a discount on basic cable service. Call about discount and requirements for discount. Eligibility is determined over the phone.

Cancer Lifeline

6522 Fremont Ave N

Seattle WA 98103

pboyle@cancerlifeline.org

www.cancerlifeline.org

(206) 832-1298

Utility assistance available for cancer victims.

Catholic Community

Services

100 23rd Ave S

Seattle WA 98144

brandyt@ccsww.org

www.ccsww.org

(253) 854-0077

Utility assistance available. Low-income households.

Central Area Motivation Program

722 18th Ave

Seattle WA 98122

annai@campseattle.org

www.campseattle.org

1-866-233-1068

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

City of Seattle

Utility Discount Program

UDP@seattle.gov

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.

Comcast

18 W Mercer St

Seattle WA 98119

www.comcast.com

(206) 386-1989

Senior discount.

Emergency Low Income Assistance Program (ELIA)

Seattle City Light

700 5th Ave Suite 3200

Seattle WA 98104

anthony.scott@seattle.gov

www.seattle.gov/light

(206) 684-3688

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

Hopelink

(North King County)

15809 Westminster Way N

Seattle WA 98133

lwaude@hope-link.org

www.hope-link.org

1-866-233-1068

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

South King County Multi-service Center

1215 S Central

Kent WA 98032

oksanas@skcmssc.com

www.skcmssc.com

1-866-233-1068

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

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

www.co.pierce.wa.us

1-866-233-1068

Utility payment assistance available for low-income residents.

Project Share

(Seattle City Light assistance)

Mayor's Office for Senior Citizens

810 3rd Ave Ste 350

Seattle WA 98104

udp@seattle.gov

www.seattle.gov/light/help/share

(206) 684-0268

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

Puget Sound Energy

PO Box 91269

Bellevue WA 98009

suzanne.hanson@pse.com

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

www.queenannehelpline.org

(206) 282-1540

Utility payment assistance available for low-income residents.

ROAR of Washington

717 N 36th St

Seattle WA 98103

staff@roarofwashington.org

www.roarofwashington.org

(206) 634-1977

Utility payment assistance available for low-income residents.

Salvation Army

Seattle/White Center

9050 16th Ave SW

Seattle WA 98106

kathy.sargent@usw.salvationarmy.org

www.salvationarmynw.org

(206) 767-3150

Utility payment assistance available for low-income residents.

Society of St. Vincent de Paul

5950 4th Ave S

Seattle WA 98108

HelpCenter@svdpseattle.org

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.

University Churches Emergency Fund

NE 45th & 15th Ave NE

Seattle WA 98105

director@ucefseattle.com

www.ucefseattle.com

(206) 524-7885

Utility payment assistance available for low-income residents.

Washington Telephone Assistance Program

Discounts on monthly phone bill and installation fee for qualified Washington residents.

Administered by DSHS, must be on monthly DSHS program (COPES/Chore Services, food stamps, TANF, SSI FIP). To apply, call Qwest at 1-800-244-1111, WTAP at 1-888-700-8880, TDD/TTY at 360-413-3003 or call your local phone company.

WashWise

1400 SW 5th Ave Suite 700

Portland OR 97201

rescons.scl@seattle.gov

www.seattle.gov/light/conserves/resident/washwise

(206) 684-3800

Receive a \$25-\$100 rebate on a qualified WashWise washing machine for a resident served by Seattle utilities. One rebate per qualifying household.

West Seattle Helpline

6516 35th Ave SW #204

Seattle WA 98126

info@westseattlehelpline.org

www.westseattlehelpline.org

(206) 932-4357

Utility payment assistance available for low-income residents.