

# **FREE AND LOW COST Resources Referral Manual**



**Original By: Anthony Martinez (2012)**

**Revised By: Kristi Rapozo (2014)**

**Current Revision By: Amanda-Sue Mahuka August 2015**

***Chaminade University of Honolulu***

**Editor: Ronnie Mulford, Ph.D.**

# Table of Contents

## LOW COST/SLIDING SCALE/DISCOUNT/FREE SOURCES

### *ORGANIZED BY SERVICE*

Clothing, Discount, Resale Stores.....	pg. 4-5
Thrift Shops.....	pg. 6-8
Educational.....	pg. 9-12
Food Services.....	pg. 13-14
Housing and Homeless Shelters.....	pg. 15-17
Legal Services.....	pg. 18
Leisure Activities.....	pg. 19-24
Kama‘aina.....	pg. 19
Low Cost.....	pg. 20
Free Family Fun.....	pg. 21
Family Hikes.....	pg. 22
Pet Friendly Beaches.....	pg. 23-24
Senior Activities.....	pg. 25-26
Things to do for under \$10.00.....	pg. 27-29
Medical and Dental Clinics.....	pg. 30-32
Mental Health Clinics.....	pg. 33-34
Restaurants.....	pg. 35
Kids Eat Free.....	pg. 35

Senior Discount..... pg. 36-39  
Grocery..... pg. 36  
Retail/Clothing..... pg. 37  
Travel..... pg. 37-38  
Cell Phone..... pg. 38  
Entertainment..... pg. 39  
Misc..... pg. 39

**\*\* The listings in this community referral resource manual are for reference only, and are not intended to be an endorsement, nor offer or replace medical advice.**



# Clothing

## ROSS

### Honolulu

1045 Fort St. Mall  
Honolulu, HI 96813  
Phone: (808) 524-8550  
7233

333 Keahole St.  
Honolulu, HI 96825  
Phone: (808) 395-8077

333 Ward Ave  
Honolulu, HI 96814  
Phone: (808) 589-  
2275

711 Keeaumoku St.  
Honolulu, HI 96814  
Phone:(808) 945-0848

### Leeward

4450 Kapolei Parkway  
Kapolei, HI 96707  
Phone: (808) 674-9501

91-1085 Keaunui Dr.  
Ewa Beach, HI 96706  
Phone: (808) 685-0966

### Central

98-1005 Moanalua Rd.  
Aiea, HI 96701  
Phone: (808) 487-

1000 Kamehameha Hwy.  
Pearl City, HI 96782  
Phone: (808)456-1005

95-221 Kipapa Dr.  
Mililani, HI 96789  
Phone: (808) 625-6499

**Senior Discount: 10% off every Tuesday for 55+**

## **TJ Max**

### **Honolulu**

1170 Auahi St. Ste 200  
Honolulu, HI 96814  
Phone: (808) 593-1820

### **Central**

98-1005 Moanalua Rd.  
Aiea, HI 96701  
Phone: (808) 484-0930

1120 Kuala St.  
Pearl City, HI 96782  
Phone: (808) 456-2870

### **Leeward**

4450 Kapolei Parkway  
Kapolei, HI 96707  
Phone: (808) 674-1717

## **Resale Stores**

### **Cater Kids:**

330 Sand Island Access Road, Unit 106A  
Honolulu, HI 96819  
Phone: (808) 845-5575

If you're looking to sell baby items or are interested in buying baby items at **50% OFF retail prices**, you've come to the right place!

### **Plato's Closet:**

1161 S. Beretania Street  
Honolulu, HI 96814  
Phone: (808) 523-8885

We have all the hottest name brands and styles that you see at the malls at up to 70% less than the mall prices!



# Thrift Shops

## Goodwill

### **Honolulu**

1075 South Beretania Street  
Honolulu, HI 96814  
Phone: (808) 521-1798

3638 Waialae Avenue  
Honolulu, HI 96816  
Phone: (808) 737-3284

### **Windward**

105 Oneawa Street  
Kailua, HI 96734  
Phone: (808) 263-9312

### **Central**

98-019 Kamehameha Highway  
Aiea, HI 96701  
Phone: (808) 488-1230

94-144 Farrington Highway  
Waipahu, HI 96797  
Phone: (808) 677-9521

### **Leeward**

2140 Lauwiliwili Street  
Kapolei, HI 96707  
Phone:(808) 792-5100

Senior Discount- 20% off every Tuesdays for 60+

Military Discount- 20% off every Wednesday (Wahiawa on the 1st and 15th of the month)

Student discount- 20% off on Sunday's w/valid college ID



# THE SALVATION ARMY HAWAIIAN & PACIFIC ISLANDS

---

## **Salvation Army**

### **Honolulu**

322 Sumner Street  
Honolulu, HI 96817  
Phone: (808) 522-8460

296 N. Vineyard Boulevard  
Honolulu, HI 96817  
Phone: (808) 841-5565

### **Windward**

45- 638 Kailua Road  
Kailua, HI 96734  
Phone: (808) 261-1756

### **Leeward**

94-925 Waipahu Street  
Waipahu, HI 96797  
Phone: (808) 671-0102

435 Kilani Avenue  
Wahiawa, HI 96786  
Phone: (808) 621-7083

## **Savers**

### **Honolulu**

1505 Dillingham Boulevard  
Honolulu, HI 96817  
Phone: (808) 842-0061

### **Leeward**

94-300 Farrington Highway  
Waipahu, HI 96797  
Phone: (808) 671-0071

### **Holy Nativity Thrift Shop**

5286 Kalaniana'ole Highway  
Honolulu, HI 96821  
Phone: (808) 373-3744

### **Assistance League of Hawaii Thrift Shop**

1505 Young Street  
Honolulu, HI 96826  
Phone: (808) 946- 1505

### **Central Union Church Thrift Shop**

1660 S. Beretania street  
Honolulu, HI 96826  
Phone: (808) 440- 3055

### **Twice Blessed at Unity Church of Hawaii**

3608 Diamond Head Circle  
Honolulu, HI 96815  
Phone: (808) 735- 4436

### **University of Hawaii Thrift Shop**

Women's Campus Club  
PO Box 62104  
Honolulu, HI 96839  
Phone: (808) 956-7418

*Last Thursday and Sunday of every month everything is 50% off*





## Education

### Adult

#### **Honolulu Museum of Art School**

2411 Makiki Heights Drive

Honolulu, HI 96826

Phone: (808) 532-8741

Offers studio art classes for adults, youth, and parents and children.

Classes offered include: Drawing and painting, textiles and fiber, Glass, Printmaking and book arts, ceramics, metal and jewelry, sculpture, and tea ceremony.

For more information and to register visit: <http://honolulumuseum.org/learn/classes>

#### **City and County of Honolulu, Parks and Recreation Programs**

Adults, senior citizens, children and teens can register to take classes offered by the Department of Parks and Recreation. Classes for adults include arts and crafts, fitness, aquatics, sports, music and dance, Hawaiiana and general recreation. Some of the Hawaiiana classes include instruction in hula dancing, and Hawaiian language. To register visit:

<http://parks.honolulu.gov/sdi/home.html>.

Most courses are offered during three regularly scheduled terms per year: (Spring), (Summer), and (Fall). Activities and classes vary by park locations, please register and check listing of available classes at the city and county of Honolulu website.

#### **University of Hawaii, Outreach College, Non Credit Programs**

Offers a diverse array of non-credit classes designed to help participants pursue professional development and personal growth. Most courses are offered during three regularly scheduled terms per year: January-April (Spring), May-August (Summer), and September-December (Fall). Subject area, class length, number of meetings, and locations vary, depending on program objectives and the specific needs of students.

To register visit: [www.outreach.hawaii.edu/noncredit](http://www.outreach.hawaii.edu/noncredit)

Phone: (808) 956-8244

Email: [noncred@hawaii.edu](mailto:noncred@hawaii.edu)

\*For updates courses offered, please visit the website listed above



©2011 rthomallia

## **State of Hawaii, DOE, Community Schools for Adults**

The Adult Education Program offers a variety of courses for adult learners including basic education, English literacy and civics, and General Education Development (GED).

### **McKinley Community School (MCSA)**

634 Pensacola Street  
Honolulu, HI. 96814  
Phone: (808) 594-0540

### **MCSA-Farrington Campus**

1101 Kalihi Street  
Honolulu, HI. 96819  
Phone: (808) 832-3595

### **MCSA-Moanalua Campus**

2825-A Ala Ilima Street  
Honolulu, HI. 96818  
Phone: (808) 837-8466

### **Waipahu Community School (WCSA)**

94-1211 Farrington Highway  
Waipahu, HI. 96797  
Phone: (808) 528-9577

### **WCSA- Wahiawa Campus**

1515 California Avenue  
Wahiawa, HI 96786  
Phone: (808) 305-3200

### **WCSA-Windward Campus**

730 Iliaina Street  
Kailua, HI 96734  
Phone: (808) 254-7955

## **Consumer Credit Counseling Service Of Hawaii**

1164 Bishop Street #1614  
Honolulu, HI. 96813  
Phone: (808) 532-3225

Government certified credit and HUD counseling agency. Honolulu residents who are struggling with bills, debt and other financial matters may be able to qualify for help.

## **Gateway Educational Services**

1803 North King Street  
Honolulu, Hawaii 96819  
Phone: (808) 842-5777

Services include debt repayment, budgeting, credit repair, debt consolidation, financial planning, housing advice, money management tools and education counseling for financial freedom.

### **First-To-Work Program (FTW)**

1390 Miller Street, Room 209

Honolulu, HI 96813

Phone: (808) 832-4694

Participants of the FTW Program participate in various work activities that emphasize job readiness training, skill-building, adult and vocational education, and employment placement.

### **Preschool**

HONOLULU COMMUNITY ACTION PROGRAM INC

#### **HEAD START**

33 South King Street Suite 300

Honolulu, HI 96813

Phone: (808) 847-2400

Website:

<http://www.hcapweb.org/headstart>

\*Offers free and affordable preschool at over 85 locations on Oahu. Head Start is a comprehensive child development program which provides education, health services, and social services, including parent involvement, to low income children and their families.

Eligibility: Low income children.

Target: Preschool age children 3 - 5 years of low income families

Fees: Free and affordable options, depending on number of hours per day.

Intake procedure: Written application. Need to bring child's birth certificate family income verification and TB/medical clearance. Usually a wait list - length varies.

Languages: Chinese, Ilocano, Samoan, Vietnamese.



### **EARLY HEAD START**

Early Head Start (EHS) is a prenatal-age 3, infant/toddler program for low income families and children with special needs that is designed to nurture and support parents and children by building on families' strengths.

- Home-based services are available
- Center-based services offer full day and part day classes in certain areas
- Breakfast, lunch, and snack provided
- Promote & encourage father participation
- Diapers are OK - No need to be potty trained
- Transportation options available

### **Mailing Address**

1485 Linapuni Street, Suite 105

Honolulu, HI 96819

Phone: (808) 847-3285

Website: <http://www.pacthawaii.org/index.html>

\*\*For a list of locations where Head Start and Early Head Start is available, please visit the websites\*\*

## **Partners In Development Foundation**

### **Ka Pa‘alana Traveling Preschool**

91-1034 Lauia Street

Kapolei, HI. 96707

Phone: (808) 596-8711

\*Ka Pa‘alana was designed to assist the homeless and at-risk families of Oahu but has since evolved and everyone is welcome! They have a variety of preschool/family education locations along the Leeward coast of Oahu.

### **Tutu and Me Traveling Preschool**

2345 Nu‘uanu Avenue

Honolulu, HI. 96817

Phone: (808) 595-6272

\*Tutu and Me was designed for grandparents who watch their grandchildren throughout the day, but since the beginning it has evolved and everyone is welcome. Tutu and Me has locations in various communities on Oahu and on various Hawaiian islands.

### **Na Pono No Na Ohana**

41-133 Huli Street

Waimanalo, HI. 96795

Phone: (808) 259-0452

\*Na Pono No Na Ohana is a preschool/family education program located in Waimanalo, everyone is welcomed.

*All of these PIDF programs provides a FREE quality preschool and family education. These are all PACT program, believing that the parent is the child’s first teacher. For more information on locations of preschools, please call the phone numbers listed.*

*For more information on the programs, please visit there website: [www.pidf.org](http://www.pidf.org)*



**PARTNERS IN DEVELOPMENT**  
F O U N D A T I O N

# Food Service

## Honolulu

### **THE HAWAII FOODBANK**

2611 Kilihau Street  
Honolulu, HI. 96819  
(808) 836-3600

Founded in 1982, Hawaii Foodbank is the only nonprofit agency in the state of Hawaii that collects, warehouses and distributes mass quantities of both perishable and non-perishable food to 250 member agencies as well as food banks on the Big Island, Maui and Kauai.

### **ANGEL NETWORK CHARITIES, INC.**

5339 Kalanianaʻole Highway  
Honolulu, HI 96824  
Phone: (808) 377-1841

The Angel Network food bank's mission is to reduce homelessness by providing resources and choices to Hawaii's families.

### **SAVE THE FOOD BASKET, INC.**

1212 University Avenue  
Honolulu, HI 96823  
Phone: (808) 744-6377

Save the FoodBasket's mission is to provide low income individuals and families living with HIV/AIDS on Oahu with nourishing food and aloha, a community to thrive in, and a way to empower themselves and others.

### **RIVER OF LIFE MISSION**

101 N. Pauahi Street  
Honolulu, HI. 96817  
Phone: (808) 524- 7656

### **THE GIVING TREE**

615 Keawe Street  
Honolulu, HI. 96813  
(808) 781- 2018

### **St. Anthony's Outreach**

114 Makawao Street  
Kailua, HI. 96734  
Phone: (808) 266-2227





**INSTITUTE FOR HUMAN SERVICES**

**Women and Families Shelter**

546 Ka'aahi St.  
Honolulu, HI 96817  
Phone: (808) 447-2800

\*HIS serves 3 hot meals daily Breakfast is served at 7am, Lunch is served at 12pm and Dinner is served at 5:15 p.m at the Women's and Families Shelter.

**Windward**

**FAMILY OF THE LIVING GOD OHANA**

PO Box 270  
Hauula, HI 96717  
Phone: (808) 780-3386  
\*Provides emergency food and meals--island wide.

**Central**

**AIEA SEVENTH- DAY ADVENTIST CHURCH**

99-005 Moanalua Road  
Aiea HI, 96701  
Phone: (808) 488-9855  
\*Provides food boxes for needy families in Aiea and Halawa area. (call for appointment).

**Leeward**

**EWA BEACH BAPTISIT CHURCH**

91-743 Pohakupuna Road  
Ewa Beach, HI 96706  
Phone: (808) 689-8888  
\*Ewa Beach Baptist Church provides food for emergency purposes such in case of fire, disaster, loss of job, etc.

## **Housing and Homeless Shelters**

### **Honolulu**

**Aging and Disability Resource Center**  
**City and County of Honolulu Elderly Affairs Division**  
(808) 768-7700

Helps to find assistance for aging adults, adults with disabilities and care giving needs, such as with nutrition, housing, transportation and financing.

Call for more information

**Aloha United Way**  
200 North Vineyard Boulevard  
Honolulu, HI 96817  
Phone: (808) 536-1951

Dial 2-1-1 anywhere in Hawaii  
Aloha United Way 211 is a free, confidential information and referral service available 24 hours a day.  
Services: Direct referrals, General Information, Volunteer Opportunities

**Angel Network Charities**  
5339 Kalanianaʻole Highway  
Honolulu, HI 96821  
Phone: (808) 377-1841  
Help with rent to prevent eviction, Utilities, Food, Clothing, Household items

**Gregory House**  
200 North Vineyard Blvd  
Honolulu, HI 96817  
Phone: (808) 592-9022  
\*Services: Housing Assistance for Persons Living with HIV/AIDS

**Hale Kipa**  
615 Piikoi Street, #203  
Honolulu, HI 96814  
Phone: (808) 589-1829  
\*Services Offered to Homeless Youth and Young Adults

**Housing Solutions**  
2734 South King Street  
Honolulu, HI 96826  
Phone: (808) 973-0050  
\*Services: Transitional Housing and Low-Income Housing for Homeless Families and Single Persons

**Institute for Human Services**  
546 Kaʻaahi Street  
Honolulu, HI 96817  
Phone: (808) 447-2800  
\*Services: Emergency Shelter for Single Women, Single Men, and Families; Food; Clothing; Medical Clinics; Child Care

**Kalihi-Palama Health Care for the Homeless Project**

904 Kohou Street  
Honolulu, HI 96817  
(808) 848-1438

\*Services: Medical Care, Case Management, Food, Clothing, Psychiatric Service

**Legal Aid Society of Hawaii**

924 Bethel Street  
Honolulu, HI 96813  
Phone: (808) 536-4302

\*Services: Homeless Holistic Civil Legal Services provides civil legal services to help stabilize the lives of homeless clients during their transition from homelessness to independent living.

**River of Life Mission**

101 N. Pauahi St.  
Honolulu, HI 96817  
Phone: (808) 524-7656

\*Services: Hot Meals, Clothing, Program Shelter, Christian Counseling, Legal Aid, Medical Clinic, Emergency Food Distribution, Job Referrals, and Chapel in Jesus' Name

**Safe Haven**

41 S. Beretania Street  
Honolulu, HI 96813  
Phone: (808) 524-7233

\*Services: Transitional Housing for Homeless Adults with Serious Mental Illness, Emergency Beds, Food, Outreach Services, Medical Clinic, Activity Center, Shower & Laundry Facilities, Mail and Phone Service

**Salvation Army Family Services**

296 N. Vineyard Blvd.  
Honolulu, HI 96817  
Phone: (808) 841-5565

\*Services Offered: Emergency Financial Rent Assistance, Food Pantry, Clothing Vouchers for use at Salvation Army Thrift Store

**Salvation Army Family Treatment Services**

845 22nd Avenue  
Honolulu, HI 96816  
Phone: (808) 732-2802

\*Services: Transitional Housing (Supportive living for Women and Children with Substance Abuse)

**VA Health Care for the Homeless**

459 Patterson Road  
Honolulu, HI 96819  
Phone: (808) 433-0600

\*Services: Medical, Mental Health, Substance Abuse, Housing, Social Work, Benefits, Outreach



**Navy-Marine Corps Relief Society Pearl Harbor**

1514 Makalapa Drive

Honolulu, HI 96818

Phone: (808) 473-0282

\*Provide assistance to active members of the military and veterans; thrift store, offer student loans, and referrals to civilian agencies in Hawaii.

**Waikiki Health Center**

277 Ohua Avenue

Honolulu, HI 96815

Phone: (808) 922-4787

\*Services: Primary and Children's Medical Care, Family Planning, Care-Van Service, HIV Early Intervention, Healthcare for the Homeless, Senior and Homeless Youth Services.

**Windward****Weinberg Village Waimanalo**

41-490 Saddle City Road

Waimanalo, HI 96795

Phone: (808) 259-6658

\*Services offered for Homeless Families with Children Under 18 years old and Families at risk of Becoming Homeless: Direct Referrals, Transitional Housing, Educational Classes, Counseling, On-Site Preschool, Food and Nutrition Classes

**Leeward****Child and Family Services**

91-1841 Ft. Weaver Road

Ewa Beach, HI 96706

Phone: (808) 681-3500

Services: Emergency Shelter for abused spouses and children.

Domestic Abuse Hotline: (808) 841-0822

**Maililand (A program of Catholic Charities)**

87-190 Maliona Street

Waianae, HI 96792

Phone: (808) 696-4885

\*Services offered to families with children: Transitional Housing, Educational Classes, Employment Counseling, Youth Counseling, Case Management

**Ohana Ola O Kahumana**

86-704 Lualualei Homestead Road

Waianae, HI 96792

Phone: (808) 696-4039

Services: Transitional Housing for Homeless Adults with Minor Children, Waianae Community Outreach

**Women in Need**

85-979 Farrington Hwy, Suite D

Waianae, HI 96792

Phone: (808) 696-1996

\*Services: Walk-In Outreach Center, Stabilizing Courses in Parenting, Anger Management and Domestic Violence (court referrals are welcome)



## Legal Service

### Honolulu

#### **LEGAL AID SOCIETY OF HAWAII - HONOLULU**

924 Bethel Street

Honolulu, HI 96813

Phone: (808) 536-4302

\*Services: Low cost legal services for low to moderate income persons who are over Legal Aid's income eligibility guidelines

#### **VOLUNTEER LEGAL SERVICES HAWAII**

545 Queen Street Suite 100

Honolulu, HI 96813

Phone: (808) 528-7046

\*Services: Free legal services to individuals with low income through attorneys, paralegals and others in the legal field that are willing to donate their time and expertise.

### Windward

#### **LEGAL AID SOCIETY OF HAWAII - KAHALUU**

45-773 Kamehameha Highway

Kaneohe, HI 96744

Phone: (808) 239-5707

\*Services: Provides legal services in the following areas:

family law, public assistance/public entitlements, consumer rights, housing, seniors, education, assistance with Taxes.

### Leeward

#### **LEGAL AID SOCIETY OF HAWAII - LEEWARD**

85-670 Farrington Hwy Suite 8

Waianae, HI 96792

Phone: (808) 696-6321

\*Services: Provides legal services in the following areas:

family law, public assistance/public entitlements, consumer rights, housing, seniors, education, assistance with Taxes.



# Leisure Activities

## Kama‘aina Discounted Family Fun

### **Hawaii Children’s Discovery Center**

111 Ohe Street

Honolulu, HI 96813

Phone: (808) 524-5437

\*Kama‘aina Admission w/valid ID

### **Bishop Museum**

1525 Bernice Street

Honolulu HI 96817

Phone: (808) 847-3511

\*Kama‘aina Admission w/valid ID

### **Hawaiian Mission Houses**

553 South King Street

Honolulu HI 96813

Phone: (808) 447- 3910

\*Kama‘aina Saturday (last Saturday of the month) 50% off admission w/valid ID

### **Pacific Aviation Museum**

319 Lexington Blvd.

Honolulu, HI 96818

Phone: (808) 441-1000

\*Kama‘aina admission w/valid ID

### **Living Art Marine Center**

3239 Ualena Street

Honolulu HI 96819

Phone: (808) 841- 8080

ed

### **Honolulu Zoo**

151 Kapahulu Ave,

Honolulu, HI 96816

Phone: (808) 971-7171

\*Kama‘aina Admission w/valid Hawaii ID



## **Low Cost Family Fun**

### **Aiea Bowl**

99-115 Aiea Heights Dr. Suite 310

Aiea, HI 96701

Phone: (808) 488-6854

\* \$2.00 Wednesdays, bowl from 9am-4pm for \$2.00 per game

### **Podium Raceway**

1085 Lexington St. BLDG 1844

Kapolei, HI 96707

Phone: (808) 682-

7223

### **Regal Dole Cannery**

#### **Stadium**

735 Iwilei Road

Honolulu, HI 96817

Phone: (808) 528-3653

\*\$6.00 movies all day, \$1.00 hot dog and \$2.00 popcorn all day

### **Regal Windward Stadium**

46-056 Kamehameha Hwy.

Kaneohe, HI 96744

Phone: (808) 234-4006

\*Every Tuesday \$1.00 hot dog

### **Ko'olau Stadium 10**

47-260 Hui Iwa Street

Kaneohe, HI 96744

Phone: (808) 239-0900

\*Movie Tuesdays \$6.00 movies all day, \$1.00 hot dog and \$2.00 popcorn all day

### **Ward Theaters**

1044 Auahi St

Honolulu, HI 96814

(808) 594-7044

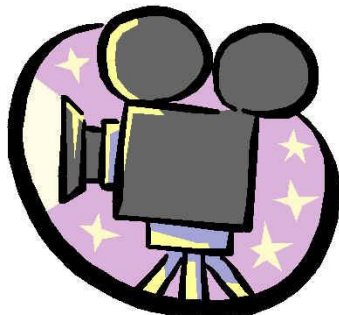
\*Movie Tuesdays, \$6.00 Movies, \$1.00 hot dogs and \$2.00 popcorn

### **Water Gardens Keolu 4**

1090 Keolu Drive #114

Kailua, HI 96734

\*All movies \$5.50, Concession Snacks \$1.00-\$4.00



## **Free Family**

### **Fun**

#### **Honolulu Museum of Art**

900 South Beretania Street

Honolulu, HI 96814

Phone: (808)532-8700

\*FREE DAYS:

-Bank of Hawaii Family Sundays: Third Sunday of the month, 11am-5pm

-First Wednesday of every month

-July 31: Admission is free for Hawai'i residents (with ID) in honor of La Ho'iho'i Ea (Restoration Day).

#### **Hawaii State Art Museum**

250 South Hotel Street

Honolulu, Hawai'i, 96813

Phone: (808) 586-0900

\*Admission is free at all times.

#### **Hawaii Army Museum Society**

2131 Kalia Road

Honolulu, HI 96815

(Located on the grounds of the Hale Koa Hotel and Ft. DeRussy Center)

Phone: (808) 438-2819

\*Admission is free (donations accepted)

#### **Dole Plantation**

64-1550 Kamehameha Hwy.

Wahiawa, HI 96786

Phone: (808) 621-8408

\*Admission to the Dole Plantation is free, there are also lots of free activities, including pineapple cutting demonstration and a fish feeding pond.

#### **Bishop Museum**

1525 Bernice Street

Honolulu HI 96817

Phone: (808) 847-3511

\*First Sunday of every month free admission

#### **The Contemporary Museum, Honolulu**

2411 Makiki Heights Drive

Honolulu, HI 96822

Phone: (808) 526-1322

\*Free to the public on the first Wednesday of each month.

#### **Hilton Hawaiian Village Fireworks**

2005 Kalia Road

Honolulu, HI 96815

Phone: (808) 949-4321

Every Friday night 7:45 p.m., free fireworks.

## **Family Hikes**

### **Honolulu**

**Diamond Head State Park**  
Honolulu, HI

**Kalihi Ice Ponds**  
Honolulu, HI

**Makapu'u Light House Trail**  
Honolulu, HI

**Manoa Falls**  
Honolulu, HI

### **Windward**

**Ho'omaluhia Botanical Gardens**  
Kaneohe, HI

**Lanikai Pillboxes**  
Kailua, HI

**Maunawili Falls**  
Kailua, HI

**Pali Lookout**  
Kaneohe, HI

### **Central**

**Aiea Loop Trail**  
Halawa Hills, Hawaii



## Pet Friendly Beaches

ALLOWED on Leash in All Beach Areas	
Aukai Beach	Hauula
Gray's (Halekulani) Beach	Waikiki
Haleaha Beach	Punaluu
Hanakailio Beach	Kahuku
Kaalawai Beach	Diamond Head
Kahala Beach	Kahala
Kahuku Golf Course Beach	Kahuku
Kaihalulu Beach	Kahuku
Kailua Beach	Kailua
Kaipapau Beach	Hauula
Kaiwi Coastline (from the Alan Davis Ranch wall towards Makapu'u Point)	Kaiwi
Kakela Beach	Hauula
Kaloko Beach	Kokohead
Kaluahole Beach	Diamond Head
Kananelu Beach	Kaaawa
Kapaeloa Beach	North Shore
Kawela Bay Beach	North Shore
Kealia Beach	Mokuleia
Kualoa Sugar Mill Beach	Kualoa
Kuilima Cove Beach	Kahuku
Laie Beach	Laie
Lanikai Beach	Kailua
Laniloa Beach	Laie
Mahakea Beach	Laie
Makao Beach	Hauula
Makua Beach	Makua
Manner's Beach	Kahe
Mokuleia Army Beach	Mokuleia
Mokuleia Beach	Mokuleia
Niu Beach	Niu Valley
Oneawa Beach	Kailua
Outrigger Canoe Club Beach	Waikiki
Pahipahialua Beach	North Shore
Paiko Beach	Kuliouou
Punaluu Beach	Punaluu
Puuiki Beach	Mokuleia
Royal-Moana Beach	Waikiki
Turtle Bay Beach	North Shore
<b>ALLOWED in Areas Below the High-tide Line</b> (This means that dogs can be on the ocean side of the debris line, which is often marked by seaweed.)	
Aweoweo Beach Park	Mokuleia
Barbers Point Beach Park	Barbers Point
Camp Erdman Beach	Mokuleia
Chun's Reef Beach	North Shore
Duke Kahanamoku (Fort DeRussy) Beach	Waikiki
Ewa Beach Park	Ewa Beach
Haleiwa Alii Beach Park	Haleiwa
Haleiwa Beach Beach Park	Haleiwa
Hau Tree Beach Park	Ewa Beach

Hauula Beach Park	Hauula
Hawaiian Electric Beach Park	Kahe
Kaaawa Beach Park	Kaaawa
Kahe Point Beach Park	Kahe
Kaiaka Bay Beach Park	Waialua
Kailua Beach Park	Kailua
Kaiona Beach Park	Waimanalo
Kalae Oio Beach Park	Kaaawa
Kalama Beach Park	Kailua
Kaluanui Beach	Punaluu
Kaunala Beach	North Shore
Kaupo Beach Park	Waimanalo
Kawaiui Beach Park	Aina Haina
Keaau Beach Park	Makaha
Kokololio Beach Park	Hauula
Kualoa Regional Park	Kualoa
Kuilei Cliffs Beach Park	Kualoa
Kuliouou Beach Park	Kuliouou
Laie Beach Park	Laie
Laniakea Beach	North Shore
Lualualei Beach Park	Waianae
Maili Beach Park	Maili
Makaha Beach Park	Makaha
Makapuu Beach Park	Kokohead
Makaua Beach Park	Kaaawa
Mauna Lahilahi Beach Park	Waianae
Mokuleia Beach Park	Waianae
Nanaikapono Beach	Nanakuli
Nanakuli Beach Park	Nanakuli
Oneula Beach Park	Ewa Beach
Papailoa Beach	North Shore
Pokai Bay Beach	Waianae
Pounders Beach	Laie
Punaluu Beach	Punaluu
Sandy Beach Park	Waimanalo
Sans Souci Beach	Waikiki
Tracks Beach Park	Waianae
Ulehawa Beach Park	Nanakuli
Waiahole Beach Park	Waiahole
Waialae Beach Park	Kahala
Waialea Beach Park	North Shore
Wailupe Beach Park	Kahala
Waimanalo Bay Beach Park	Waimanalo
Waimanalo Beach	Waimanalo
Waimanalo Beach Park	Waimanalo
Waimea Bay Beach Park	Waimea Bay
Wawamalu Beach	Kokohead



## Senior Activities

City and County of Honolulu Senior Citizen Clubs: Senior Citizens participate in weekly activities that include: Business meetings, speakers, community service, excursions, luncheons, etc. They elect their own officers and organize all of the planned activities.

District 1 (East Honolulu)			
CLUB	MEETING PLACE	DAY/TIME	PHONE
HONOLULU SENIORS	Ala Wai Community Park 2015 Kapiolani Blvd	Wednesdays 9:00 a.m	973-7266
HUI HOOKIPA O KAHALA	Kahala Community Park 4495 Pahoia Ave.	Tuesdays 9:30 a.m	733-7371
HUI LOKAHI O AINA HAINA	Aina Haina Community Park 827 W. Hind Drive	Fridays 9:00 a.m.	373-2722
HUI O KAIMUKI	Kaimuki Community Park 3521 Waialae Ave.	Fridays 9:30 a.m.	733-7351
HUI O KILAUEA	Kilauea District Park 4109 Kilauea Ave.	Tuesdays 9:30 a.m.	733-7355
HUI O MANOA	Manoa District Park 2721 Kaaipu Ave	Wednesdays 9:00 a.m	988-0580
KOKO HEAD SENIORS	Koko Head District Park 423 Kaunmakani Street	Wednesdays 10:00 a.m.	395-3096
MCCULLY SENIORS	McCully District Park 831 Pumehana St.	Mondays 9:30 a.m.	973-7271
PALOLO VALLEY SENIORS	Palolo Valley District Park 2007 Palolo Avenue	Tuesdays 9:30 a.m	733-7358
PUUWAI O PIO PIO	Ala Wai Community Park 2015 Kapiolani Blvd	Mondays 9:30 a.m.	973-7266
District 2 (West Honolulu)			
CLUB	MEETING PLACE	DAY/TIME	PHONE
AIEA LANI SENIORS	Aiea Recreation Center 99-350 Aiea Heights Drive	Mondays 9:00 a.m	483-7859
COUNTRY CLUB SENIORS	Ala Pu'umalu Community Park 1575 Ala Pu'umalu St.	Mondays 9:00 a.m	831-7231
GOLDEN AGE SENIORS	Makua Alii Senior Center 1541 Kalakaua Avenue	Tuesdays 9:30 a.m	973-7258
HUI AIKANE	Halawa District Park 99-795 Iwaiwa Street	Tuesdays 9:00 a.m	483-7852
KALAKAUA SENIORS	Makua Alii Senior Center 1541 Kalakaua Avenue	Mondays 9:00 a.m	973-7258
MAKIKI SENIORS	Makiki District Park 1527 Keeaumoku Street	2nd/4th Fridays 9:30 a.m	522-7082
MAKUA ALII SENIORS	Makua Alii Senior Center 1541 Kalakaua Avenue	Wednesdays 9:30 a.m	973-7258

MOANALUA SENIORS	Moanalua Recreation Center 2900 Moanalua Road	Mondays 9:00 a.m	831-7105
PARADISE SENIORS	Makua Alii Senior Center 1541 Kalakaua Avenue	Thursdays 9:00 a.m	973-7258
PLATINUM SENIORS	Makiki District Park 1527 Keeaumoku Street	1st/3rd Fridays 9:30 a.m	973-7258
District 3 (Leeward Oahu)			
<b>CLUB</b>	<b>MEETING PLACE</b>	<b>DAY/TIME</b>	<b>PHONE</b>
CRESTVIEW SUNRISERS	Crestview Community Park 94-1220 Lumikula Street	Fridays 9:30 a.m.	671-4838
EWA HUI ALOHA	Asing Community Park 91-1450 Renton Road	Fridays 8:30 a.m.	681-6435
MAKAKILO SENIORS	Makakilo Community Park 92-1140 Makakilo Drive	Mondays 9:00 a.m	672-8465
MILILANI GOLDEN YEARS	Mililani District Park 94-1150 Lanikuhana Ave.	Fridays 9:30 a.m.	623-5258
PEARL CITY SENIORS	Manana Community Park 1310 Waimano Home Road	Tuesdays 9:30 a.m	453-7550
WAHIAWA RAINBOWS	Wahiawa District Park 1139-a Kilani Avenue	Mondays 8:30 a.m	621-5663
WAIANAE GOLDEN AGE	Pililaau Community Park 85-166 Plantation Rd.	Tuesdays 9:30 a.m	696-4442
WAI AU SENIORS	Waiau District Park 98-1650 Kaahumanu Street	Mondays 9:30 a.m	453-7555
WAI PAHU COSMOPOLITANS	Waipahu District Park 94-230 Paiwa Street	Fridays 9:00 a.m.	678-0871
WAI PAHU SENIORS	Waipahu District Park 94-230 Paiwa Street	Wednesdays 9:00 a.m	675-7129
WHITMORE SENIORS	Whitmore Community Park 1259 Whitmore Avenue	Fridays 9:00 a.m.	622-2420
District 4 (Windward/North Shore)			
<b>CLUB</b>	<b>MEETING PLACE</b>	<b>DAY/TIME</b>	<b>PHONE</b>
KAILUA SENIORS	Kailua District Park 21 South Kainalu Drive	Tuesdays 9:00 a.m.	266-7652
KOOLAU SENIOR HUI	Kaneohe Community and Senior Center 45-613 Puohala Street	Thursdays 9:30 a.m.	233-7317
PALI SENIORS	Kailua District Park 21 South Kainalu Drive	Tuesdays 9:00 a.m.	266-7652
POHAI NA MAKUA O PUPUKEA	Sunset Beach Recreation Center 59-540 Kamehameha Highway	Tuesdays 9:30 a.m.	638-7213
WAIMANALO SENIORS	Waimanalo District Park 41-115 Hihimanu Street	Tuesdays 9:00 a.m.	259-7436

## **Things to do for under \$10.00**

- Listen to the Royal Hawaiian Band at Iolani Palace on Fridays 12:00-1:00 p.m.
- Relax harbor-side at Aloha Tower Marketplace and listen to the island's most popular entertainers from the marketplace's waterfront stage as boats, barges and cruise ships float past.
- Stop by Ala Moana Center's Center stage, the hub for more than 500 performances annually, ranging from keiki (children) to adults, hula to rock, and chorale music to street dancing.
- Take ukulele or hula lessons at the Royal Hawaiian Shopping Center.
- Enjoy the colorful parades that float down the streets of downtown Honolulu and Waikiki during the Aloha Festivals, King Kamehameha Celebration, Honolulu Festival, Spam Jam, and Chinese New Year celebrations.
- Marvel at the Honolulu City Lights which illuminate the sky from the financial district to downtown celebrating the holidays in December and then stop in Honolulu Hale to enjoy the display of decorated Christmas trees.
- Fly a kite or eat a plate lunch at Kapiolani Park in Waikiki. Then stroll through the park and see all of the activities from soccer games to craft fairs to exercisers and music.
- Enjoy one of over 100 festivals and events throughout the year that celebrate culture, community, music and art, such as the AT&T Hawaii Dragon Boat festival, Chinese new year lion dances, Hawaiian rodeo, ukulele, slack key guitar and hula festivals to name just a few.
- Learn more about Hawaii's melting pot of cultures at any of the Chinese, Japanese, Filipino, Portuguese and Korean festivals held throughout the year.
- Cheer on the runners competing in the annual Honolulu Marathon.
- Experience the fun and excitement of the Aloha Festivals' Downtown and Waikiki Hoolaulea Celebrations in September.
- Visit the Hawaii State Art Museum (HiSAM), one of the few state sponsored art museums in the country, and view the finest collection of works from Hawaii's best artists.
- Walk through Chinatown for a fascinating look at noodle factories, herbal shops, markets and gift shops or take a guided walking tour hosted by the Chinese Chamber of Commerce.
- Attend one of the many arts and craft fairs held at Thomas Square, Kapiolani Park and Ala Moana Beach Park.
- Experience the tranquility of the Valley of the Temples, home to the Byodo-In Temple and watch the peacocks show off their colors.

- Take a scenic drive over the Pali Highway stopping at the historic site with panoramic views at the Nuuanu Pali Lookout.
- Visit the ancient fishponds in Heeia and Kahaluu on the Windward side.
- Visit the Honolulu Museum of Art for ARTafterDARK on the last Friday of most months.\*
- Walk through the Mission Homes Museum to see how the first missionaries lives' when they came to Hawaii.\*
- Visit Pearl Harbor and the Arizona Memorial, a monument built to honor the men who died on the USS Arizona the day World War II began.
- Learn about Hawaii's plantation era at the Hawaii Plantation Villages and Museum.
- Visit The Contemporary Museum on the first Wednesday of each month for free admission.
- Tour the Waikiki Aquarium and discover the marine life of the Hawaiian waters and the South Pacific.\*
- Visit Fort DeRussy Park where in addition to picnic tables, volleyball courts and excellent surf, you'll find the Hawaii Army Museum.
- Snorkel among the bright colored reef fish of Hanauma Bay and look for Hawaii's state fish, humuhumunukunukuapuaa.\*
- Race through the "World's Largest Maze" at Dole Plantation on the way to the North Shore and afterward enjoy their signature Dole Whip.\*
- Keep your eyes open for humpback whales off Makapu'u on Oahu's South Shore or Kaena Point on the northwest side of the island from November through April.
- Boogie board at the local favorite spot in Waikiki called "The Wall" or at Waimanalo Beach on the Windward side of the island.
- Hike to Manoa Falls beneath the canopy of the tropical rainforest.
- Take a driving tour of Oahu's Leeward Coast, the undiscovered (by most tourists).
- Hike to the top of Diamond Head, Hawaii's most famous landmark.
- Hike up to the Makapuu lighthouse passing Madame Pele's chair and following the dramatic cliff-lined coast.
- Visit the Oceanarium Restaurant at Pacific Beach Hotel, where an incredible three-story, 280,000-gallon saltwater fish tank holds hundreds of Hawaii's tropical fish.

Hike the Maunawili Trail on the Pali trail.

- Pick wild ginger, hibiscus and plumeria along the roadside, and wear them in your hair.
- Feel the awesome power of Waimea Bay in the winter months as you watch the magnificent winter waves, and in the summer as you swim in the calm turquoise waters.
- Explore the knee-deep tide pools and the wonders of the snorkeling of Shark's Cove, named for its shape not its inhabitants.
- View world-class surfing competitions at Banzai Pipeline, Sunset Beach or Waimea Bay on the North Shore.

Feel sea spray from the blast of the Halona Blow Hole, around the bend from Sandy Beach.

- Watch the Hilton Hawaiian Village Beach Resort & Spa wildlife specialists feed the animals, including the hotel's very own penguins and flamingos.
- Trek up to the summit of Koko Head at sunset for sweeping views of the South Shore.
- Hike above the leeward side along the Aiea Heights Loop Trail overlooking Pearl Harbor.
- Learn about the different varieties of pineapple at the Dole Varietal Garden located outside of Wahiawa.



# Medical

## Medical and Dental Clinics

### Honolulu

#### **Aloha Medical Mission Clinic**

810 N. Vineyard Blvd

Honolulu HI 96817

Phone: (808) 841-4489

\*Services: Low income medical and dental.

#### **HCHP Sumner Street Clinic**

350 Sumner Street Suite 101

Honolulu HI 96817

Phone: (808) 531-6322

\*Services: Low income medical services

#### **Kalihi-Palama Health Center - Ka'a'ahi Street Clinic for the Homeless**

546 Ka'a'ahi St.

Honolulu HI 96817

Phone: (808) 853-1700

\*Services: Medical services, all income levels accepted

#### **Kalihi-Palama Health Center - KPHC Downtown Family Medical Dental**

89 S. King Street

Honolulu HI 96813

Phone: (808) 792-5560

\*Services: Women's Health Services, Pediatric Services, Counseling/Mental Health Services, Medical Services, Dental Services

#### **Kalihi-Palama Health Center - Main Clinic**

915 N. King St.

Honolulu HI 96817

Phone: (808) 848-1438

\*Services: Medical Services

#### **Kalihi-Palama Health Center - Kohou Street Clinic for Homeless -Ohana Project**

904 Kohou St. Suite 307

Honolulu HI 96817

Phone: (808) 791-6370

\*Services: Social services, Mental Health Services, Medical Services, Dental Services

#### **Ke Ola Mamo Medical Clinic**

321 North Kuakini St. Suite 308

Honolulu HI 96817

Phone: (808) 440-6852

\*Services: Medical Services, Sexually Transmitted Diseases (STD), HIV/AIDS Services

**Kokua Kalihi Valley Center**

2239 N School Street

Honolulu HI 96819

Phone: (808) 791-9400

\*Services: Women's Health Services, Pediatric Services, Mental Health Services, Medical Services, Dental Services, and counseling.

**Papa Ola Lokahi**

894 Queen St.

Honolulu HI 96813

Phone: (808) 597-6550

\*Services: Medical Services

**Planned Parenthood of Hawaii -Honolulu Clinic**

1350 S. King Street #309

Honolulu HI 96814

Phone: (808) 589-1156

\*Services: Women's Health Services, Specialist medical services, Family Planning Services, Pregnancy Services.

**River of Life Mission for the Homeless**

101 N. Pauahi Street

Honolulu HI 96817

Phone: (808) 524-7656

\*Services: Medical Services

**Safe Haven Shelter**

41 S. Beretania St.

Honolulu HI 96813

Phone: (808) 524-7233

\*Services: Medical Services

**Tzu-Chi Free Clinic**

100 N Beretaina St #122

Honolulu HI 96817

Phone: (808) 550-8608

\*Services: Medical Services, Dental Services

**Waikiki Health Center - Oahu Clinic**

277 Ohua Ave.

Honolulu HI 96815

Phone: (808) 922-4787

\*Services: Medical Services

**Primary Care Clinics**

**Ohua Clinic – Waikiki**

277 Ohua Avenue

Honolulu, HI 96815

Phone: (808) 922-4787

**Makahiki Clinic – McCully-Mo’ili’ili**

935 Makahiki Way  
Honolulu, HI 96826  
Phone: (808) 922-4787

**PATH Clinic**

845 22nd Avenue  
Honolulu, HI 96816  
Phone: (808) 791-9390

**Windward**

**Ko'olaupia Community Health & Wellness Center**

56-119 Pualalea St  
Kahuku HI 96731  
Phone: (808) 293-9231

\*Services: Specialist medical services, Podiatry Services, Pediatric Services,  
Mental Health Services, Medical Services, Family Planning Services,  
Dental Services, Counseling, Behavioral Health Rehab,  
Case Management

**Key Project Family Center**

47-200 Waihee Rd.  
Kaneohe, HI 96744  
Phone: (808) 239-5777

\*Services: Medical Services

**Waimanalo Health Center**

41-1347 Kalaniana'ole Hwy.  
Waimanalo HI 96795  
Phone: (808) 259-7948

\*Services: Medical Services

**Leeward**

**WCCHC- Kapolei Clinic**

599 Farrington Hwy #100  
Kapolei, HI 96707  
Phone: (808) 697-3800

\*Services: Primary Care

**Waianae Coast Comprehensive Health Center**

86-260 Farrington Hwy  
Waianae HI 96792  
Phone: (808) 697-3300

Services: Mental Health Services, Medical Services, Dental Services

**Waipahu Clinic**

94-428 Mokuola St.  
Waipahu HI 96797  
Phone: (808) 697-3888

\*Services: Medical Services





## **Mental Health Services**

### *Honolulu*

#### **Kalihi-Palama Health Center - KPHC Behavioral Health**

952 N. King St.  
Honolulu HI 96817  
Phone: (808) 841-7981

#### **Mental Health Kokua**

1221 Kapiolani Blvd Suite 345  
Honolulu, HI 96814  
Phone: (808) 737-2523

#### **Safe Haven**

41 South Beretania St.  
Honolulu, HI 96813  
Phone: (808) 524-7233

#### **National Alliance of Mental illness**

770 Kapiolani Blvd #613  
Honolulu, HI 96813  
Phone: (808) 591-1297

#### **Queen's Counseling Svc**

1374 Nuuanu Ave,  
Honolulu, HI 96817  
Phone: (808) 691-4401

### **Windward**

#### **Hawaii State Hospital**

45-710 Keaahala Road  
Kaneohe, HI 96744  
Phone: (808) 247-2191

## **Central**

### **North Shore Mental Health**

99-128 Aiea Heights Drive  
Aiea, HI 96701  
Phone: (808) 484-9359

### **Hawaii Psychological Services**

1001 Kamokila Blvd #262  
Kapolei, HI 96707  
Phone: (808) 484-1122

## **Leeward**

### **KAHI MOHALA BEHAVIORAL HEALTH SYSTEM**

91-2301 Fort Weaver Road  
Ewa Beach, HI 96706  
Phone: (808) 671-8511

### **WAIANAЕ COAST COMMUNITY MENTAL HEALTH CENTER**

Hale Na'au Pono  
86-226 Farrington Hwy  
Waianae, HI 96792  
Phone: (808) 696-4211

### **WCCHC-Behavioral Health**

86-260 Farrington Hwy  
Waianae, HI 96792  
Phone: (808) 697-3300

### **Ho'omau Ke Ola**

85-761 Farrington Hwy. #103  
Waianae, HI 96792  
Phone: (808) 696-4266





## Restaurants

### Discounts

- **Ryan's Bar & Grill** - 1/2 off pupus before 6:30pm and after 10:30 p.m. daily and all day Monday; \$1 Taco Tuesdays
- **Kincaid's** - 1/2 off pupus before 6pm and after 10pm daily
- **Wahoo's Fish Tacos** - 1/2 off Pitchers & Pupus 3-7 p.m. daily, except Wed.
- **Buffalo Wild Wings**- Wing Tuesday .60 boned wings, Boneless Thursday .75 boneless wings.
- **Gyukaku**- ½ off selected menu items everyday from 5:30-6:30 and 9:30 until closing
- **Dave & Busters**- \$1.00 taco Tuesdays, Happy Hour ½ price cocktails Mon-Fri 4:30 pm.-7 p.m.

### Kids Eat Free

- **Auntie Pasto's Kids**, 12 and under, Eat free from 4 p.m. to closing on Tues|Wed
- **Gyotaku** Mon|Tues, receive one free Children's meal per each purchased adult entrée. For kids 10 and under
- **Ihop Kids** 12 & under eat a free kids menu entrée everyday from 1pm to closing with the purchase of an adult entree
- **Ryan's Grill** One free kids meal offered for each paid adult meal all day Sunday. For kids 12 and under
- **Tony Roma's Kids**, 12 and under eat free all day on Tuesdays
- **Denny's Kids** eat free from 4 p.m.-10 p.m. on Tuesdays
- **Ichiriki** Tues|Wed kids eat free with qualifying adult meal purchase (Piikoi location)
- **Kochi Restaurant and Lounge** Mon|Tues after 5 p.m., one free kid's meal per adult entrée.

# Senior Discounts

## Fast Food and Restaurants

- **Denny's** has 10% off. They will make it 20% off if you are an AARP member. Age 55+.
- **Burger King** has a 10% discount for ages 60+. And additional discounts on coffee and soft drinks.
- **Wendy's** is 10% off for ages 55+.
- **Subway** is 10% off for ages 60+.
- **IHOP** is 10% off for ages 55+.
- **Zippys** 10% off for 65+
- **Arby's** is 10% off for ages 55+.
- **Taco Bell** is 5% off and free beverages for ages 65 and over.
- **McDonald's** has discounts on coffee and soft drinks for the 55+ crowd.
- **Ben & Jerry's**: 10% off (60+)
- **Chili's**: 10% off (55+)
- **Dairy Queen**: 10% off (60+), varies by location
- **Dunkin' Donuts**: 10% off or free coffee (55+)
- **Jack in the Box**: up to 20% off (55+)
- **KFC**: free small drink with any meal (55+)
- **Long John Silver's**: various discounts at participating locations (55+)
- **TCBY**: 10% off (55+)

## Grocery Stores

- **Foodland**  
Discount: 5% discount every Thursday at participating Foodland, Sack N Save and Foodland Farms locations in Hawaii.  
Age Requirement: 60+  
Restrictions: Not valid with any other offer. Excludes purchases on pharmacy prescriptions, postage stamps, bus passes, liquor, tobacco, gift certificates, gift cards, taxes, and bottle fees. Some restrictions apply



## **Retail and Clothing**

- **Banana Republic:** 10% off (50+)
- **Bed Bath and Beyond:** 10% off mailing club (55+)
- **Goodwill:** 10% off one day a week (date varies by location)
- **Hallmark:** 10% off one day a week (date varies by location)
- **Lens Crafters:** 30% off for AARP members
- **Ross Stores:** 10% off every Tuesday (55+)
- **The Salvation Army Thrift Stores:** up to 50% off (55+)
- **TJ Maxx:** 10% on Tuesdays, varies by location.

## **Travel**

- **Alaska Airlines:** 10% off (65+)
- **Alamo:** up to 25% off for AARP members
- **American Airlines:** various discounts for 65 and up (call before booking for discount)
- **Amtrak:** 15% off (62+)
- **Avis:** up to 25% off for AARP members
- **Best Western:** 10% off (55+)
- **Budget Rental Cars:** 10% off; up to 20% off for AARP members (50+)
- **Cambria Suites:** 20%-30% off (60+)
- **Clarion:** 20%-30% off (60+)
- **Comfort Inn:** 20%-30% off (60+)
- **Comfort Suites:** 20%-30% off (60+)
- **Continental Airlines:** no initiation fee for Continental Presidents Club & special fares for select destinations
- **Dollar Rent-A-Car:** 10% off (50+)
- **Econo Lodge:** 20%-30% off (60+)
- **Enterprise Rent-A-Car:** 5% off for AARP members
- **Greyhound:** 5% off (62+)
- **Hampton Inns & Suites:** 10% off when booked 72 hours in advance
- **Hertz:** up to 25% off for AARP members

- **Hilton Hotels:** AARP members are eligible for a 5% senior discount at Hilton properties worldwide.
- **Holiday Inn:** 10%-30% off depending on location (62+)
- **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:** 15% off (62+)
- **Motel 6:** 10% off (60+)
- **Myrtle Beach Resort:** 10% off (55+)
- **National Rent-A-Car:** up to 30% off for AARP members
- **Quality Inn:** 20%-30% off (60+)
- **Rodeway Inn:** 20%-30% off (60+)
- **Sleep Inn:** 20%-30% off (60+)
- **Southwest Airlines:** various discounts for ages 65 and up (call before booking for discount)
- **Trailways Transportation System:** various discounts for ages 50 and up
- **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)

### Cell Phone

- **AT&T:** Special Senior Nation 200 Plan \$29.99/month (65+)
- **Jitterbug:** \$10/month cell phone service (50+)
- **Verizon Wireless:** Verizon Nationwide 65 Plus Plan \$29.99/month (65+)



## **Entertainment**

### **CONSOLIDATED THEATERS**

**Age Qualification:** 60+

**Ticket Price:** \$7.50

### **SIGNATURE THEATERS (Dole, Pearl Highlands, Windward Mall)**

**Age Qualification:** 60+

**Ticket Price:** \$7.00

Every Tuesday is \$1.00 Hot Dogs at any Signature Theater

\* Discounts available anytime

### **Hawaii Children's Discovery Center**

111 Ohe St.

Honolulu HI 96813

Sept. is grandparent's month; grandparents get in free with each paid child's admission Discounted admission \$6.00 (62+ w/valid I.D.)



## **Miscellaneous**

**Super Cuts:** \$2 off haircuts (60+)

