



# SERVICES & SENIOR DISCOUNTS



85 E Holly St. Pasadena, CA 91103 | (626) 795-4331

**\*\* If you need help: Dial 2-1-1. (They will give you guidance on what is available as resources.)**

## **MEALS/ SANDWICHES/ FOOD PANTRIES:**

### **Arcadia**

**Eisenhower Park-** 2nd Avenue and Colorado (*kid's play area*)

Mondays 8:30am- 10am prayer service (food given prior to prayer)

**House of Food and Prayer @ Hills Church-** 805 N First St, (626)461-5263 (2nd & 4th Saturdays, 10-noon groceries, including meat)

**Arcadia- Santa Anita Park** 405 S Santa Anita (by the BBQ pits) Bible study followed by food Friday 8:30-9:30am

### **Monrovia**

**Foothills Kitchen-** 140 E Palm (626) 201-3277-serves a meal Saturdays –1-1:30 (doors open at 12) enter west side of church in the alley

**Second Baptist Church-** 925 S Shamrock (626)358-2136 serves meal Tuesdays noon (be on time) [meal served in the building next to the church]

**House of Food & Prayer –**223 S. Encinitas, 1st & 3rd Fridays 3:00- 4:00 -little white building next to the Baptist Church (groceries, incl meat)

**Foothill Unity Ctr -**790 W Chestnut (626)358-3486 sandwich for people on foot daily /groceries if in vehicle Mon, Wed & Fri (9-11:30)

Questions? Call Carmen Macias at (626) 685-6732. All offers are subject to change over time.

## MEALS/ SANDWICHES/ FOOD PANTRIES:

### Pasadena

**Foothill Unity Ctr** -191 N Oak (626)584-7420 sandwich for people on foot daily /groceries if in vehicle Mon, Wed & Fri (9-11:30)

**All Saints Church-** 132 N Euclid, Monday 9am- noon meal Pasadena – Central Park 275 S Raymond, (NE corner by the picnic tables) homemade food from 'Barry'- Tuesdays 6:40-7:00pm

**1st Church of Nazarene** -3700 E Sierra Madre Blvd (626) 351-9631 Wed. 9:00-noon Groceries

**Friends in Deed** - 444 E Washington (626)797-6072 Tue & Wed 10-3, Thur 10-1 Groceries (you can only visit one time a week)

**Pasadena Lake Avenue-** 393 N Lake (626) 817-4514 2nd, 3rd & 4th Sunday 3:30 -5:30pm- meal

**Lincoln Avenue Baptist Church-** 1180 N Lincoln Ave– (626)714-0408 groceries - Wednesday 10-noon\_(drive through or walk up)

**Pasadena Church-** 404 E Washington (near Los Robles & Washington) Wed & Fri 6pm-7pm meal to go.

**Pasadena Presbyterian Church-** 585 E Colorado (626) 793-2191 Thursday 5-6pm meal

**Salvation Army-** 960 E Walnut St (626) 773-4404 lunch bag (Walnut and Mentor) (Mon and Fri 9-11:30) ('There is a meal line-you'll see it')

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## **MEALS & SANDWICHES:**

### **Pasadena**

**St Andrews Catholic Church-** 140 Chestnut, Sat.7:30-10:30  
Saturday bag of groceries and Wed 9:30-10:30

**UGA [Underground GOD Assembly] Memorial Park-** 85 E Holly  
St Wed 4-5 Bible Study, Sun 10-11 Prayer svc (by the bandshell).  
Meal served afterwards.

**Pasadena Trinity Lutheran Church-**997 E Walnut (north on  
Walnut/cross street Catalina) 792-1212 groceries  
(Saturday 11-1)

**South Pasadena -Holy Family Catholic Church-**1527 Fremont -  
Serves a sandwich/or meal (Mon-Fri 11-1:00)

### **Temple City**

**Temple City-** 5957 Golden West Ave, Temple City- TC Coalition  
serves a meal every Sunday 4:00 - 4:30 pm Temple City United  
Methodist Church



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## SHOWERS:

### Pasadena

**Pasadena Bethel Church-** (626) 744-7200- 1972 N Fair Oaks  
9am-3pm Mon-Thu

**Friends in Deed-** 444 E Washington 626 797-2402, (Women's Room) 10-4pm, Mon-Thu, last shower @ 2:30 **(women only)**

**All Saints Church-** 132 N Euclid – showers 9:00am-1pm on Mondays, haircuts 10 – 1pm, meal 9 -11am *(every other Monday-medical & mental help from the mobile County unit)*

**Foothill Unity Center-** 191 N Oak -parking lot-showers  
Wednesdays, 12-4pm *(charging station)*

### Monrovia

**Foothill Unity Center-** 790 W Chestnut, Monrovia. Showers  
Fridays, 12-4pm *(charging station)*.

You have to get there early to sign up for a spot. Towels and toiletries provided.



Food Pantries Updated 2/11/24\*\*IMPORTANT: CALL THE FOOD PANTRIES TO CHECK ON REQUIREMENTS AND TO CONFIRM DAYS AND TIME.\*\*

## FOOD DISTRIBUTION:

### Foothill Unity Center:

#### **Monrovia**

For residents of Altadena, Arcadia, Azusa, Baldwin Park, Bradbury, Duarte, Irwindale, Monrovia, Pasadena, South Pasadena, Sierra Madre, Temple City.

790 W. Chestnut Ave, Monrovia, CA. 91016

(626) 358-3486

Mon.1-3:30 pm | Wed & Fri. 9am-11:30am

**May provide additional services; charging station, clothing, and showers:** Friday: 12-4:00pm

#### **Pasadena**

Pasadena location only serves residents of Pasadena, South Pasadena and Altadena

191 N. Oak Ave., Pasadena

(626) 584-7420

Tues. 9am-11:30am | Wed & Fri 1pm--3:30pm

**May provide additional services; charging station, clothing, and showers:** Wednesday: 12-4pm

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## FOOD DISTRIBUTION



### **St. Frances of Rome Catholic Church**

501 E. Foothill Blvd., Azusa [located in church auditorium]  
(626) 969-1829  
1st Saturday 9am-11am  
Groceries

### **St Luke's Catholic Church 'SVDP'**

5605 Cloverly, Temple City- west end of parking lot at  
Broadway & Cloverly  
(626) 291-5900  
By appointment call (626) 684-2914  
Non-perishables

### **St. Andrews Catholic Church**

140 Chestnut, Pasadena  
(626) 792-4183  
Saturday 7:30AM-10:30 AM | Wed 9:30AM- 10:30 AM  
Groceries

**Food Pantries Updated 2/11/24\*\*IMPORTANT: CALL THE FOOD PANTRIES TO CHECK ON REQUIREMENTS AND TO CONFIRM DAYS AND TIME.\*\***

## **FOOD DISTRIBUTION:**

### **Shepherd's Pantry:**

#### **Irwindale Warehouse**

1418 Arrow Hwy. Irwindale, CA 91706

(626) 305-0392

Tuesdays: drive-through for families & seniors: 5-7 PM

'Homeless Helps': MWF 10:30-11:30 AM

Groceries, prayer, clothing, many resources

#### **La Puente**

504 Ringrove, La Puente

(626) 671-0090

Fridays 5:00PM to 7:00PM

Groceries, prayer

#### **Glendora**

657 E. Arrow Highway, Ste J, Glendora, CA 91740

(626) 852-7630

Wednesday & Thursday 5:00PM to 7:00PM

Same as above, also prayer, counseling, clothing, resources,

haircuts on 1st & 3rd Wed & Thu

**Must provide photo ID. Participant may only pick up food 3X a month at any of the Shepherd Pantry locations. You can mix & match locations, or just go to one location.**



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## DENTAL SERVICES

### Tzu Chi Community Dental Clinic

10414 Vacco Street,

South El Monte, CA 91733

Tel: 626.636.8708 / Fax: 626.636.8738

Hours: Monday – Saturday (8:00 am – 5:00 pm)

Services by appointment:

General dental care, oral surgery, denture and oral hygiene education.

(\$25 for initial visit / \$45 for emergency visit)

### Tzu Chi Medical Center

1000 S. Garfield Avenue

Alhambra, CA 91801

Tel: 626.281.3383 / Fax: 626.281.5303

Hours: Monday – Saturday (8:00 am – 12:00pm and  
1:00 pm – 5:00 pm)

Services by appointment:

Primary medical care, dental care, acupuncture, women's health services, and children immunizations.

(\$25 for initial visit / \$45 for emergency visit)

***\*\*The Tzu Chi Health Center welcomes all patients, regardless of their ability to pay, source of income, and insurance status. For a full list of services, fees and more information, please go to Tzu Chi Medical Foundation.***

# YOU MUST ASK FOR YOUR DISCOUNT!

## SENIOR DISCOUNTS:

### RESTAURANTS:

Applebee's: 15% off w/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+)

Chili's: 10% off ( 55+)

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

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+)

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## SENIOR DISCOUNTS:

### RESTAURANTS CONT.:

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 +)

Whataburger: 10% off (62+)

White Castle: 10% off (62+)

### 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 +)

C.J. Banks: 10% off every Wednesday (50+)

Clarks : 10% off (62+)

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## SENIOR DISCOUNTS:

### RETAIL & APPAREL :

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+)

Michael's: 10% off everyday (55+)

Modell's Sporting Goods: 30% off

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

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

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+)

Food Lion: 60% off every Monday (60+)

Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55 +)

Great Valu Food Store: 5% off every Tuesday (60+)

Gristedes Supermarket: 10% off every Tuesday (60+)

Harris Teeter: 5% off every Tuesday (60+)

Hy-Vee: 5% off one day a week (date varies by location)

Kroger: 10% off (date varies by location)

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## SENIOR DISCOUNTS:

### GROCERY CONT.:

Morton Williams Supermarket: 5% off every Tuesday (60+)

The Plant Shed: 10% off every Tuesday (50 +)

Publix: 15% off every Wednesday (55 +)

Rogers Marketplace: 5% off every Thursday (60+)

Uncle Guiseppe's Marketplace: 15% off (62+)

### 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+)



*engage • enrich • empower*