PREPARED BY
MMS Community Care Foundation

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SENIORS: STOP PAYING FULL PRICE!

2026 Kinston & Lenoir County

SENIOR SAVINGS GUIDE

YOU MAY HAVE TO ASK FOR YOUR SENIOR DISCOUNT!

Bring photo ID. Mention the offer before checkout. Confirm exclusions.

Restaurants | Grocery | Retail | Pharmacy | Hair & Beauty
Transportation | Hotels & Travel | Entertainment | Utilities | Free Senior Programs

Verified using official government, business, and program sources.

Edition verified: August 18, 2026

How to use this guide

Discounts are not always posted at the counter. Ask before you order, book, or pay. This guide separates confirmed offers from location-dependent opportunities so you know what is guaranteed and what needs a quick call.

VERIFIED LOCAL	Official 2026 offer or program, with a Kinston/Lenoir County location or provider confirmed.
VERIFIED NEARBY / TRAVEL	Official offer, but the closest confirmed store may be outside Lenoir County or the offer is for travel.
ASK FIRST	The local business exists, but no guaranteed chainwide senior discount was published. Call before visiting.
ASSISTANCE PROGRAM	Eligibility, funding, application periods, or waitlists may apply. These are not automatic discounts.

A 15-second script that works

> ***"Before I pay, do you offer a senior discount, senior menu, or special rate today? What age qualifies, and do I need an ID or membership card?"***

Carry these with you

- Photo ID
- Store loyalty cards
- Medicare card (only when needed for health services)
- AARP/AAA card if you are a member
- This guide or a photo of the offer

Privacy tip: never give a Social Security number just to receive a retail or restaurant discount.

01 RESTAURANTS

Published senior offers are uncommon in Kinston. Nearby offers and a confident ask can still save money.

VERIFIED NEARBY / TRAVEL

IHOP 55+ Menu - Goldsboro

Guests age 55+ can order from a lower-priced 55+ menu at the Goldsboro IHOP, 1100 N. Berkeley Blvd., (919) 759-3055.

HOW TO GET IT: Ask for the 55+ menu before ordering.

No Kinston IHOP location was confirmed; this is a nearby option.

Official source: [1]

ASK FIRST

Wendy's - two Kinston locations

Official locations: 2409 N. Heritage St., (252) 361-5893; and 4535 US Hwy 70 W., (252) 361-4186. Wendy's does not publish a guaranteed chainwide senior discount.

HOW TO GET IT: Call the specific restaurant and ask whether it offers a senior beverage or local discount.

Official source: [2]

ASK FIRST

Kinston independent restaurants

Local restaurants may offer an unadvertised senior price, smaller portion, beverage discount, or weekday special.

HOW TO GET IT: Ask before ordering; confirm the qualifying age and whether the offer applies to dine-in, takeout, taxes, and tips.

This is a call-first opportunity, not a guaranteed discount.

VERIFIED LOCAL

Free weekday lunch for age 60+

Lenoir County Council on Aging offers no-cost congregate meals and activities at the George T. Skinner Senior Center, 112 E. Blount St., Kinston. Contributions are accepted but not required.

HOW TO GET IT: Call (252) 527-1545 ext. 226 to enroll before attending.

Official source: [4]

MONEY-SAVING TIP: Ask about a senior menu even when a percentage discount is unavailable. Smaller-portioned meals can cost less and reduce waste.

02 GROCERY

Combine loyalty pricing, benefit programs, and official senior days at nearby stores.

VERIFIED LOCAL

Food Lion MVP - Kinston

Food Lion does not publish a senior-specific discount, but its free MVP loyalty program provides weekly sale prices and digital coupons. Kinston stores: 1304 W. Vernon Ave. and 2410 N. Heritage St.

HOW TO GET IT: Enroll in MVP, enter your phone number or scan the card at checkout, and review the weekly ad.

Official source: [5]

VERIFIED NEARBY / TRAVEL

Harris Teeter Club 60

Age 60+ VIC members receive 5% off eligible purchases every Thursday after coupons and VIC discounts. Pharmacy, fuel, gift cards, tickets, and other exclusions apply.

HOW TO GET IT: Tell the cashier you qualify before payment and present your VIC card. Confirm the nearest store before traveling.

No Harris Teeter grocery store was confirmed in Kinston.

Official source: [6]

ASSISTANCE PROGRAM

SNAP / Food and Nutrition Services

Eligible low-income households receive monthly food benefits. Award amounts depend on household income, resources, and program rules.

HOW TO GET IT: Apply through Lenoir County DSS, 130 W. King St., Kinston; call (252) 559-6328 or use ePASS.

Official source: [7]

VERIFIED LOCAL

Senior meal programs

LCCOA provides no-cost congregate meals for eligible adults age 60+ and home-delivered meals for eligible homebound adults age 60+; waitlists may apply.

HOW TO GET IT: Call (252) 527-1545 for screening and enrollment.

Official source: [8]

MONEY-SAVING TIP: Plan grocery trips around weekly ads, digital coupons, and benefit deposit dates. Compare unit prices - the biggest package is not always the best value.

03 RETAIL

The strongest published retail discounts nearby are day-specific. Put Tuesday and Wednesday on your calendar.

VERIFIED NEARBY / TRAVEL

Ross 55+ Tuesday Discount

Customers age 55+ receive 10% off purchases every Tuesday. The customer must be present, notify the associate, and may need ID.

HOW TO GET IT: Use Ross's official store locator for Goldsboro, Greenville, or another nearby store; ask for the 55+ Tuesday discount before paying.

Official source: [9]

VERIFIED NEARBY / TRAVEL

Kohl's Senior Discount

Customers age 60+ receive 15% off qualifying in-store purchases each Wednesday. ID is required; exclusions apply and percentage discounts generally cannot be combined.

HOW TO GET IT: Select a nearby NC store and ask the cashier for the senior discount before payment.

Official source: [10]

VERIFIED LOCAL

Goodwill Kinston - 2026 prices

GIENC's official 2026 price list includes low fixed prices such as many adult shirts, blouses, jeans, and slacks at $4.29. This is low-cost pricing, not a senior discount.

HOW TO GET IT: Shop at 4190 W. Vernon Ave., Kinston; call (252) 520-6624 for hours or price questions.

Official source: [11]

ASK FIRST

Local retail stores

Many chains and independently owned stores do not publish a companywide senior policy but may honor local promotions.

HOW TO GET IT: Call the exact store and ask about senior, military, loyalty, clearance, price-match, or damaged-box savings.

MONEY-SAVING TIP: If a senior discount cannot be combined with a coupon, ask the cashier which option saves more before completing the sale.

04 PHARMACY

Separate prescription savings from front-store discounts. Never delay needed medication while comparing prices.

VERIFIED LOCAL

Walgreens Seniors Day

On the first Tuesday of each month, myWalgreens members age 55+ receive 20% off eligible regular-price merchandise. Proof of age may be required. Prescriptions, pharmacy services, dairy, gift cards, and other items are excluded.

HOW TO GET IT: Join myWalgreens, shop the Kinston Walgreens at 4003 W. Vernon Ave., and confirm the month's date and exclusions before purchase.

Official source: [12]

VERIFIED LOCAL

Free Medicare / Part D counseling

SHIIP provides unbiased Medicare counseling and can screen for programs that reduce Medicare and prescription costs. Counselors do not sell insurance.

HOW TO GET IT: Call Lenoir County Cooperative Extension at (252) 527-2191 or NC SHIIP at (855) 408-1212.

Official source: [13]

ASSISTANCE PROGRAM

Kinston Community Health Center pharmacy help

The local senior resource directory identifies pharmacy assistance for people who need help with uncovered prescriptions or do not have prescription coverage.

HOW TO GET IT: Call Kinston Community Health Center at (252) 522-9899 and ask for the pharmacy program.

Official source: [14]

ASK FIRST

Compare prescription prices

Cash discount prices can sometimes be lower than an insurance copay, but cash purchases may not count toward a plan deductible or out-of-pocket limit.

HOW TO GET IT: Ask the pharmacist to compare your insurance price with available cash discount pricing before purchase.

MONEY-SAVING TIP: Review Medicare Part D coverage every fall. A plan that was cheapest last year may not be cheapest for your 2027 medicines.

05 HAIR & BEAUTY

Senior haircut pricing often varies by salon, so confirm the exact price before service begins.

VERIFIED NEARBY / TRAVEL **Great Clips senior haircut pricing**	At participating salons, customers age 65+ receive senior haircut pricing year-round without a coupon. The amount varies by salon and does not apply to styling or products. **HOW TO GET IT:** Use the official salon locator, call the selected salon, and ask for the current 65+ haircut price.

Official source: [15]

ASK FIRST **Independent Kinston salons and barbers**	Locally owned shops may offer senior pricing, weekday specials, simple-cut pricing, or loyalty cards even when no offer is advertised. **HOW TO GET IT:** Before booking, ask the full price including shampoo, styling, beard trim, or other add-ons.
VERIFIED LOCAL **Cosmetics and personal care at Walgreens**	Eligible regular-price beauty and personal-care items may qualify for the monthly 20% Seniors Day offer; product and category exclusions apply. **HOW TO GET IT:** Check the item with a team member before checkout and use your myWalgreens account.

Official source: [12]

MONEY-SAVING TIP: Schedule routine cuts on quieter weekdays and ask whether a basic cut costs less than a cut with shampoo or styling.

06 TRANSPORTATION

Lenoir County Transit offers lower qualifying fares and advance reservation service throughout the county.

VERIFIED LOCAL

LCT Elderly & Disabled Assistance Program

Qualified EDTAP riders pay $3 each way within Lenoir County and $6 each way to Greenville.

HOW TO GET IT: Call Lenoir County Transit at (252) 559-6457 to ask how to qualify, then reserve at (252) 523-4171 by 1 p.m. at least one business day ahead.

Official source: [16]

VERIFIED LOCAL

LCT general public rides

General public fares are $5 each way within Lenoir County and $10 each way to Greenville. Greenville trips operate on a limited schedule.

HOW TO GET IT: Reserve at (252) 523-4171 and confirm fare, pickup window, return time, and ticket requirements.

Official source: [16]

ASSISTANCE PROGRAM

Medicaid transportation

Eligible Medicaid beneficiaries may receive transportation to covered medical services when program requirements are met.

HOW TO GET IT: Call Lenoir County DSS Medicaid Transportation at (252) 559-6299 or (252) 559-6302 before the appointment.

Official source: [17]

ASSISTANCE PROGRAM

NC older-adult transportation services

State-supported local services may provide general or medical transportation for adults age 60+; local availability and funding determine the service.

HOW TO GET IT: Ask LCCOA at (252) 527-1545 or LCT at (252) 559-6457 which program fits your trip.

Official source: [18]

MONEY-SAVING TIP: When reserving, write down the pickup address, destination, appointment time, return time, fare, and reservation confirmation.

07 HOTELS & TRAVEL

These are published travel rates. Availability, blackout dates, proof of age, and advance-booking rules may apply.

VERIFIED LOCAL

Fairfield Inn & Suites Kinston - Marriott senior rate

Marriott guests age 62+ can request the Senior Discount at participating properties, subject to availability. The Kinston Fairfield booking page lists a Senior Discount option.

HOW TO GET IT: Choose 'Senior Discount' under Special Rates or call (252) 208-7878. Bring ID.

Important local policy: the property states it does not accept reservations from guests with ID within a 30-mile radius.

Official source: [19]

VERIFIED NEARBY / TRAVEL

Best Western senior rate

Guests age 55+ receive discounted rates; Best Western's official travel-professional page states a minimum 10% savings at its hotels. Proof of age may be required.

HOW TO GET IT: Select the senior rate while booking and compare it with member, prepaid, and refundable rates.

Official source: [20]

VERIFIED NEARBY / TRAVEL

Choice Hotels senior rate

Travelers age 60+ or AARP members can save up to 10% with advance reservations.

HOW TO GET IT: Select 'Senior/AARP' when booking or call 800-424-6423.

Official source: [21]

07 HOTELS & TRAVEL - CONTINUED

More verified savings and programs in this category.

VERIFIED NEARBY / TRAVEL **Amtrak senior discount**	Travelers age 65+ receive 10% off most rail fares on most Amtrak trains; exclusions apply and proof of age is required. **HOW TO GET IT:** Select 'Senior' as the traveler type when booking and carry ID.

Official source: [22]

VERIFIED NEARBY / TRAVEL **America the Beautiful Senior Pass**	U.S. citizens and permanent residents age 62+ can purchase a $20 annual or $80 lifetime pass covering entrance and standard amenity fees at participating federal recreation lands. **HOW TO GET IT:** Purchase in person, by mail, or digitally; bring proof of age and residency/citizenship.

Official source: [23]

MONEY-SAVING TIP: Always compare the senior rate with the hotel's free-member rate and cancellation policy. The lowest price may be nonrefundable.

08 ENTERTAINMENT

Several Kinston programs offer verified senior pricing or free participation.

VERIFIED LOCAL

Kinston Community Center senior membership

Age 60+: $35 per month for one senior or $50 per month for a senior couple, plus a one-time $25 application fee. Membership includes center amenities and Lions Water Adventure admission.

HOW TO GET IT: Visit 2602 W. Vernon Ave. or call (252) 939-1330; confirm current terms before joining.

Official source: [24]

VERIFIED LOCAL

Mock Athletic Skills Facility

Lenoir County residents age 60+ are entitled to a free membership with access to a walking track and fitness equipment.

HOW TO GET IT: Call (252) 939-3232 and ask what proof of age and residency to bring.

Official source: [25]

VERIFIED LOCAL

Senior clubs and programs

Kinston Parks & Recreation offers a 55+ Friendship Club, senior programs, and an age 50+ dance club. Some activities have fees.

HOW TO GET IT: Call Parks & Recreation at (252) 939-3332 for the current schedule and cost.

Official source: [25]

VERIFIED LOCAL

Ellis Planetarium

Scheduled shows are $3 per person age 16+; this is a low public admission price, not a senior discount.

HOW TO GET IT: Arrive 10 minutes early at the Neuseway Nature Park planetarium and confirm the show schedule at (252) 939-3332.

Official source: [26]

VERIFIED LOCAL

Neuse Regional Libraries

The library provides free Wi-Fi, programs, books, digital resources, and a Digital Resource Rover; an active library card is needed to borrow materials.

HOW TO GET IT: Visit 510 N. Queen St., Kinston, or call (252) 527-7066.

Official source: [27]

MONEY-SAVING TIP: Ask whether a class or event fee is lower for members before paying. A monthly membership only saves money if you use it.

09 UTILITIES & HOUSEHOLD SAVINGS

These programs can reduce major household costs, but most require an application and proof of eligibility.

ASSISTANCE PROGRAM

2026 NC elderly/disabled property tax exclusion

A qualifying homeowner age 65+ or totally and permanently disabled may exclude the greater of $25,000 or 50% of the appraised value of the permanent residence. The 2026 income limit is $38,800.

HOW TO GET IT: File Form AV-9 with the Lenoir County Tax Department; call (252) 527-7174. Filing deadlines and ownership/residency rules apply.

Official source: [28]

ASSISTANCE PROGRAM

Low Income Energy Assistance Program

LIEAP provides a one-time payment to an energy provider for eligible households. Households with a person age 60+ receive an earlier priority application period; income and other rules apply.

HOW TO GET IT: Call Lenoir County DSS at (252) 559-6400 or apply through ePASS during the active application period.

Official source: [29]

ASSISTANCE PROGRAM

City of Kinston utility bill assistance

The City lists Lenoir County DSS, ICOR, Greene Lamp, and the Salvation Army as agencies that may help residential customers with utility bills.

HOW TO GET IT: Call City Customer Service at (252) 939-3282 or contact the listed agency; funding is not guaranteed.

Official source: [30]

VERIFIED LOCAL

Energy audit and efficiency credits

The City of Kinston provides a request form for an energy audit and information about an Energy Efficiency Credit Program.

HOW TO GET IT: Call Public Services at (252) 939-3282 and ask which current credits or audits apply to your home.

Official source: [31]

MONEY-SAVING TIP: Property-tax relief can be worth more than many retail discounts combined. Ask the Tax Department about the filing deadline well before it arrives.

10 FREE SENIOR PROGRAMS

Start here when you need meals, counseling, caregiver support, healthy-aging activities, or help finding services.

VERIFIED LOCAL

Lenoir County Council on Aging

The George T. Skinner Senior Center offers information and referral, activities, fitness, wellness, nutrition, Medicare counseling, caregiver support, and other services for older adults.

HOW TO GET IT: Call (252) 527-1545 or visit 112 E. Blount St., Kinston.

Official source: [14]

VERIFIED LOCAL

Congregate and home-delivered meals

No-cost congregate meals are available for participating adults age 60+; eligible homebound adults age 60+ may receive five frozen meals per week. Contributions are optional and waitlists may apply.

HOW TO GET IT: Call LCCOA at (252) 527-1545 for screening and enrollment.

Official source: [8]

ASSISTANCE PROGRAM

In-home aide and options counseling

Adults age 60+ with qualifying needs may receive home-management assistance or help comparing long-term services and supports. Availability and waitlists apply.

HOW TO GET IT: Call LCCOA at (252) 527-1545 or Lenoir County DSS Aging and Adult Services at (252) 559-6400.

Official source: [32]

10 FREE SENIOR PROGRAMS - CONTINUED

More verified savings and programs in this category.

ASSISTANCE PROGRAM

Family caregiver respite

Qualifying caregivers may receive a reimbursement voucher of up to $500 to pay a chosen helper for respite. LCCOA also hosts a caregiver support group.

HOW TO GET IT: Call LCCOA Director Betsy Griffin at (252) 527-1545 ext. 223.

Official source: [33]

ASSISTANCE PROGRAM

Operation Fan / Heat Relief

The 2026 state contact list names Lenoir County Council on Aging as the local provider. Supplies depend on eligibility and availability.

HOW TO GET IT: Call (252) 527-1545 during hot-weather season.

Official source: [34]

ASSISTANCE PROGRAM

Free tax preparation

VITA and Tax Counseling for the Elderly may provide free tax preparation for seniors, people with disabilities, and qualifying low-income taxpayers.

HOW TO GET IT: During tax season, call the IRS locator line at 1-888-227-7669 for current sites and dates.

Official source: [35]

MONEY-SAVING TIP: Call LCCOA first if you are unsure where to begin. Information and referral can connect one need to several programs.

Official sources and verification notes

All entries were checked against official government, business, hotel, transit, or program pages available on August 18, 2026. A published company offer does not guarantee inventory, availability, or local participation unless the entry is marked Verified Local.

[1] IHOP Goldsboro official location and 55+ menu
https://restaurants.ihop.com/en-us/nc/goldsboro/breakfast-1100-n.-berkeley-blvd-3290

[2] Wendy's official Kinston locations
https://locations.wendys.com/united-states/nc/kinston

[4] LCCOA congregate nutrition
https://lenoirccoa.org/congregate-nutrition

[5] Food Lion official Kinston store list
https://stores.foodlion.com/nc/kinston

[6] Harris Teeter Club 60
https://www.harristeeter.com/pr/club-60-senior-discount

[7] Lenoir County Food and Nutrition Services
https://lenoircountync.gov/social-services/food-and-nutrition/

[8] LCCOA home-delivered meals
https://lenoirccoa.org/home-delivered-meals

[9] Ross 55+ Tuesday Discount FAQ
https://www.rossstores.com/contact-us/

[10] Kohl's senior discount FAQ
https://www.kohls.com/faq/article/101

[11] GIENC Kinston store and 2026 price list
https://www.gienc.org/store/kinston

[12] Walgreens Seniors Day
https://www.walgreens.com/topic/promotion/seniorday.jsp

[13] NC SHIIP
https://www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip

[14] LCCOA resources for seniors
https://lenoirccoa.org/resources-for-seniors

[15] Great Clips senior discounts
https://www.greatclips.com/promotions/senior-discounts

[16] Lenoir County Transit fares and tickets
https://lenoircountync.gov/transportation-department/fares-tickets/

[17] Lenoir County DSS directory
https://www.ncdhhs.gov/divisions/social-services/lenoir-county-department-social-services

[18] NC transportation services for older adults
https://www.ncdhhs.gov/divisions/aging/transportation-services

[19] Marriott senior rate and Fairfield Kinston
https://help.marriott.com/s/article/senior-discount-rate

[20] Best Western senior hotel discount
https://www.bestwestern.com/en_US/offers/hotel-discounts/senior-hotel-discounts.html

[21] Choice Hotels senior rates
https://www.choicehotels.com/deals/senior-rates

[22] Amtrak senior discount
https://www.amtrak.com/seniors-discount

[23] National Park Service Senior Pass
https://www.nps.gov/planyourvisit/senior-pass-changes.htm

[24] Kinston Community Center membership
https://www.kinstonnc.gov/267/Become-a-Member

[25] Kinston senior citizen programs
https://kinstonnc.gov/338/Senior-Citizen-Programs

[26] Ellis Planetarium admission
https://kinstonnc.gov/456/Ellis-Planetarium

[27] Neuse Regional Libraries
https://www.neuselibrary.org/digital-resource-rover

[28] 2026 NC Form AV-9 property tax relief
https://www.ncdor.gov/2026-av-9-securedpdf/open

[29] 2026 NC LIEAP policy
https://policies.ncdhhs.gov/wp-content/uploads/EP-300-5.1.2026.pdf

[30] City of Kinston utility bill financial assistance
https://www.kinstonnc.gov/665/Utility-Bill-Financial-Assistance

[31] City of Kinston utility forms and energy audit
https://www.kinstonnc.gov/304/Forms

[32] NC options counseling
https://www.ncdhhs.gov/divisions/aging/information-and-options-counseling

[33] LCCOA family caregiver support
https://lenoirccoa.org/family-caregiver-support

[34] 2026 Operation Fan / Heat Relief contacts
https://www.ncdhhs.gov/2026-operation-fan-heat-relief/download?attachment=

[35] NCDOR free tax preparation information
https://www.ncdor.gov/taxes-forms/individual-income-tax/when-where-and-how-file-your-north-carolina-return

Help us keep this guide accurate

Businesses and community programs may submit a current senior offer for a future edition. Include the business name, location, qualifying age, discount, days/times, exclusions, and a manager contact who can verify it.

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