

SENIOR GROCERY SHOPPING SCHEDULE

Month: _____ Emergency Contact: _____

Monday	Fresh Mart	8:00 AM - 10:00 AM	5% Off Senior Day; Quiet hours
Tuesday	City Grocers	7:00 AM - 9:00 AM	Designated senior shopping hour
Wednesday	Pharmacy Plus	10:00 AM	Prescription refills & essentials
Thursday	Organic Way	9:00 AM - 11:00 AM	Double loyalty points day
Friday	Wholesale Club	8:30 AM	Bulk items; avoid afternoon rush
Saturday	-	-	Rest / Local Farmer's Market
Sunday	-	-	Rest / Meal Planning

Important Reminders:

- Bring reusable bags and updated shopping list.
- Check for coupons in Sunday newspaper.
- Confirm transportation or shuttle pickup 24 hours in advance.