

Stretching those rands:

having fun living on less

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PART 1: DISCOUNTS FOR SENIORS

Part of the fun or strategy for saving is benefiting from pensioner's discounts. Many of these are age related and are given on proof of age (some cashiers do it automatically). **Some actually ask for a pensioner's card. For the latter your employer may have given you a card or**

you can get one free from SAARP. Go to www.saarp.net for details. They also have a range of senior's deals and you can subscribe to a newsletter.

This handout is an introduction to discounts and savings.

Unfortunately many of the discounts listed are Cape Town based at this stage. However when you visit Cape Town, you will however be able to save on your holiday costs.

You've Earned It lists a much wider range of senior's specials and discounts on their website www.youve-earned-it.co.za.

THE GOLDEN RULE OF DISCOUNTS IS DON'T BE SHY AND ASK!

BE WARY-THE DISCOUNTED PRICE MAY ACTUALLY BE HIGHER THAN A 'NORMAL' PRICE ELSEWHERE

THIS LIST IS PROVISIONAL AND ANY ADDITIONS OR CORRECTIONS AND UPDATES WILL BE MOST WELCOME.

BANKING.

Most banks have schemes for seniors. Check with your bank-they probably won't approach you. If they don't give you a good deal, it may be worth your while changing banks. If your bank has a rewards scheme work it to your maximum benefit.

CLOTHING

Lashies in the Village Shopping Centre Main Rd. Plumstead give 10% every day of the week

COMMUNICATIONS.

Telkom give 30% reduction on the line charge for over 70s.

MTN. Apparently MTN offer a deal for over 50s, but we were unable to get details from their website.

RETAIL

Gardening

Hart's Nursery in Ottery gives 10% on Mondays for over 60s (they are much cheaper than other nurseries).

Starke Ayres give 10% on Mondays.

Ferndale Nurseries give a 10% discount for cash, debit or credit card purchases on any day of the week

Hardware

Builders Warehouse gives a 10% discount on all goods except specials on Wednesdays for over 60s.

Sherwood Hardware in Bergvliet gives a pensioner's discount on Wednesdays

Shopping

Pick and Pay give double points on your Smart Card on Wednesdays. You will need to register your card at reception. Claim your double points and other discounts at the Smart Card facility at the entrance before you shop. You earn points when you buy petrol at BP service stations.

Pick and Pay Hypermarket store offer pensioners vouchers.

Some Pick and Pay Family Stores senior's discounts. Don't be shy and ask.

SPAR. Some SPAR shops give discounts (usually the Super stores). These vary and you will need to ask.

Dion Stores give 10% discount for over 60s on Tuesdays excluding specials on purchases up to R1000. You will need to produce your ID and get a pensioner's card.

Game. Over 65s get a 10% discount on purchases (groceries, liquor, insurance products, cell phones, airtime and contracts excluded) up to R1 500 on Wednesdays. You will need to produce your ID and get a pensioner's card.

Clicks Club Card. Members over 60 (they use your ID number to automatically adjust your card) get double points every Wednesday. You also get a newsletter with some senior's specials. Get additional points when you buy Shell petrol.

Dis-Chem loyalty card. Double points every Wednesday for over 60s. You also get awarded points on fuel at Total garages.

Cape Union Mart gives 5% on purchases (excluding specials). Pensioner's card required.

Tafelberg Furnishers give a 10% discount on purchase up to R3 000. You have to register and receive a card with photo.

Plastics for Africa. 10% on Wednesdays and the first Saturday of each month.

Macro offer pensioners a 10% discount on a specific day of the week. The day varies so contact your nearest branch for details.

Tyres

Tiger Wheel & Tyre. Discounts for selected products and services for over 60s on Tuesdays.

LEISURE AND ENTERTAINMENT

Dining out

Bhandaris (Northern Indian), Fish Hoek. 30% off the food bill on Tuesdays.

Brass Bell, Kalk Bay. Pensioner's lunch (11:00-17:00) on Tuesdays in the Brass Bell Grill room with selected items on the menu with discounts of up to 50%. Apparently it is very popular and booking is recommended.

Berthas Restaurant in Simon's Town has a special menu for seniors.

Brads Claremont. Between 18:00 and 20:00 only you can get a meal for R45/person

Opstal Restaurant in Franshoek offers a 15% discount off the bill on the first Wednesday of the month.

Burgundy Gherkin, Montagu. 15% on Tuesdays.

City Grill Waterfront. 15% off your bill (every day). Show your Waterfront Seniors card (see below).

The Farmhouse Coffee Shop, Somerset West. Pensioner's "brekkie" special (2 eggs, 2 slices bacon, chips, bread and coffee) every day.

Spur. Monday nights two for the price of one on chicken or beef burgers only. They also have an over 65s seniors menu.

Cattle Baron. Special senior's price on their Buffet lunch Tuesday to Thursday. Does not apply to all Cattle Baron branches, but ask and see if you can get lucky.

The Albert and Victoria Waterfront. The waterfront issues an "Especially for You" seniors card for over 65s which gives a range of discounts (mainly restaurants). Also free parking Monday to Friday for 09:00-12:00. Go to www.waterfront.co.za/seniors for details. The card can also be used for 50% discounts on City Sightseeing tours.

Doodles Beachfront Restaurant in Table View has a pensioner's lunch menu on Wednesdays.

Wimpy Restaurants. Selected restaurants have a pensioner's discount card. 0860 094 679.

Entertainment

Ster-Kinekor have an over 60s Seniors Club and movies on Tuesdays are two for price of one. Get their Seniors Club Card and get 25% off on other days. You can also get a loyalty card and accumulate points. Your card gives you access SK Club screenings and the SK Club lounge.

Nu Metro. Over 60s (ID required) can get up to 50% discount every day for shows up to 17:30 except Wednesdays when everybody qualifies for a discount.

Iziko Museums. Most are half price for seniors and FREE on Fridays on production of a pensioner's card.

TV licence. There is a reduced rate for over 70s.

Waterfront Aquarium offers a 20% discount (see below for V&A senior's card).

The Labia has senior's discounts on any day.

Kirstenbosch is free for "SA Senior Citizens with ID" (they don't define what they regard as senior) on Tuesdays.

Computicket often have discounts for seniors. They either give a discount for seniors or have discounted shows on Sundays for seniors.

The Artscape Theatre offers discounts on certain shows. 021 410 9800

The Baxter Theatre offers pensioners discounts on certain shows. Book online at Computicket. Proof of age is required.

The Barnyard Theatre offers over 60s half price for telephonic bookings only. 021 914 8898.

Kirstenbosch is free to South African pensioners on Tuesdays.

The Two Oceans Aquarium offers a discounted rate for South African pensioners. Online booking receive an additional 10% discount.

City Sightseeing Hop-on Hop-off Tours (office is opposite Two Oceans Aquarium) offer 50% off on one day tickets on Tuesdays and Fridays.

The Table Mountain Aerial Cableway. Half price on Fridays. They also offer a free trip on your Birthday.

The Zeitz-MOCCA museum of contemporary African Art in the Silo district of the Victoria and Albert Waterfront is open to all African citizens on Wednesday from 10:00 to 13:00.

Holiday accommodation

SAARP has various holiday deals. www.saarp.net

Kagga Kamma offers a 45% discount on their winter rates. info@kaggakamma.co.za

CapeNature offer 30% on some self-catering accommodation through SAARP. Save on conservation fees if you have a Wild Card.

SANParks discounts of up to 40% are available for over 60s. These are generally during the week and during school terms. The type and discount varies from park to park and time of year. Go to www.sanparks.org for details. Save on conservation fees if you have a Wild Card.

Mount Ceder offer 50% off on self-catering accommodation for over 60s (Sunday to Thursday) with a minimum of 2 nights www.mountceder.co.za

Calitzdorp Spa offers a 40% discount out of season. In season is W Cape school terms, Easter and end of year.

Forever Resorts, Lodges Hotels and Retreats offer pensioner's discounts on out of season tariffs. 012 423 5600 www.foreversa.co.za

The Orion Hotel Group offers over 65s a 40% discount on Bed and Breakfast tariffs.

Tsogo Sun Hotel group offers 50% off their rates for over 63s. 086 144 7744

Travel

Cruises. MSC cruises –offers a seniors (over 60 but over 65 for international cruises) discount of 10-15% on cruise fairs.

Shsololoza Meyl offers 29% discount for over 60s.

SAARP also have discounted packages. www.saarp.net

Mango airlines. Over 60s discount on selected flights on Tuesdays, Wednesdays and Saturdays when booking through their call centre or via their website.

Greyhound Bus Lines. 15% off during off peak periods. Only valid if made at Greyhound outlet and via their website or call centre.

Intercape Bus Lines offer over 60s a 15% discount (seat on lower deck is guaranteed).

Translux bus lines offers 15% off standard fairs for pensioners.

Car Hire

Avis Car Hire. 15% discount for over 55s.

Hertz Car Hire. Discounts for over 55s. Enquire on booking.

HEALTH

Mediclinic Prime offers invites to information sessions, free screening tests and a quarterly magazine. Enquire and register at mediclinicprime@mediclinic.co.za

Specsavers offer pensioners a selected free frame to the value of R500 if they purchase an eyes test and prescription lenses.

Torga Optical offers certain discount packages for over 60s.

Weighless Ladies over 60 and men over 65 qualify for a discount. Discovery Vitality members qualify for an additional discount.

INSURANCE

Alexander Forbes have an over 55s scheme with reduced rates.

SAARP also has a discounted insurance package. www.saarp.net

CITY OF CAPE TOWN

Libraries

The City of Cape Town libraries allow seniors to take out 12 books with a 6 weeks lending period.

Property rates

The City of Cape Town offers a rebate in rates for seniors (60 and over) with a total household income of less than R15 000/ month. The rebate varies with the level of income. You can get details from the City of Cape Town call centre 0860 1030 089.

NEWSPAPERS AND MAGAZINES

Mail and Guardian. 16% savings on home delivery for over 55s. Sunday Times. Annual subscription at 41% discount for over 55s. Cape Times. 33% discount on annual subscription for over 65s. If you are really frugal go and read the newspapers in your local library or coffee shop.

Car magazine. Save 30% on your annual subscription of 12 issues.

Getaway magazine. Save 30% on your annual subscription of 12 issues

Leisure Wheels. Save 30% on your annual subscription of 12 issues

SECURITY.

Some security companies offer discounts for over 60s. Enquire with your company.

TRANSPORT

Metrorail have a pensioner's rate between 09:30 and 14:00 every day. Tuesdays are free. You need to produce an ID. You can travel to Wellington or the Strand and back for free!

Automobile Association of SA. Lower membership fee for over 60s.

LEGAL

Sheila Pollard attorney offers a 25% discount on fees for drawing up a will. spollard@iafrica.com

Smart ID card

Free for over 60s. You can also go to the front of the queue at Home Affairs if you are over 70 !



It doesn't always work!

PART 2:



The book *The Millionaire next door* by Thomas Stanley and William Danko sets out the processes that allow the average person to become wealthy. It is not about high-powered systems to win on the stock market, but the slow process of reducing your expenditure and increasing savings. Millionaires accumulate their wealth through living below their means and not trying to keep up with the Joneses. People who become wealthy are very careful about using credit, saving for things before they buy them. They have a budget and carefully control their expenditure. They live frugal lives. [Frugal *sparing or economical as regards money or food*]. The expressive Afrikaans word for frugal is: *snoep*.

The psychology of spending.

We tend to overspend when the pain of paying is removed. Taking a R100 note out of your wallet is psychologically much more “painful” than slipping across a credit card or “hiding” the purchase in an account. The bigger the denomination the more painful it is. Studies have also revealed

that on average we spend 12-18% more when using a credit card. Unless we are able to pay the full amount of the credit card at the end of the month, then the painless purchase becomes very painful. Shopping can be an exciting and emotionally stimulating event for some people. This may lead to impulsive spending.

Shopping at the “right” shops to be seen to keep up with the Joneses is a no-no! Measure yourself against your own goals.

What are the first steps to saving?

- Compile a joint budget-remember this is how some millionaires were made
- Include regular payments into a savings scheme
- Stick to the budget
- Reduce and remove your debt
- Set frugality goals: Start by reducing your expenditure by 1% of your income. Then next month, go to 2%, etc.
- Give yourself a weekly budget to spend and that is it!
- Adapt your lifestyle to live modestly and within your means –be frugal
- Stop doing what you have always done. For example critically review the need to continue membership for instance of professional bodies.

Acknowledgment

Cape Town U3a produced a wonderful booklet: *Making your money go further*. Unfortunately it is now out of print. Some of the information given here was drawn from this booklet and it is hereby duly acknowledged

Some saving tips

- Wait 24 hours before you buy anything that costs more than say R3000 (set your own limit).
- Apply the *ten second* rule. If you can't decide in ten seconds, then put it back on the shelf!
- Track what your meals actually cost you.
- Can you afford to tip every car guard you encounter-maybe a thank-you is good enough?
- Remember the P & P principle. The more it is Processed and Packaged the more you will pay (Remember that processed foods have lots of hidden sugars, trans-fats and salt-not so healthy).
- Leave your credit card at home unless you need it for instance on holiday.
- Pack it in. If you or your partner are still going to work, or if you are going on an outing or a long car trip, pack in your own lunch-far cheaper and far healthier.
- Set yourself a target for 'No Spend' days per month. Gradually improve.
- Don't fall into the 'what are we eating tonight' trap. You should know what's for dinner before noon. If you wait you'll be more likely to eat fast food or prepackaged meals and spend more.
- You know what gets paid into your bank account each month. Divide this figure by 180. The answer is (more or less) how much you would earn per hour if you were still working. That dress you want to get – how many hours would you theoretically have work to get it? Worth it?
- How much do you spend on snacks?
- Barter-swap your skills with somebody who can do something for you in return-no cash involved.
- Don't save on crucial items. Insurance, medical aid and retirement savings are non-negotiable
- Surf the internet. Use eBay, Gumtree, Amazon or Takealot.
- Go to www.stretcher.com/index.cfm for more advice

BANKING

- Check with your bank (they probably won't tell you unless you ask) what deals they have for seniors (We have avoided putting in details as they change from time to time). Even consider changing banks to get a better deal.
- Use internet banking.
- Use your credit card to purchase according to budget and keep your money in an interest bearing account and pay full amount every month. However work out if the monthly fees are worth it.

CLEANING PRODUCTS.

Make your own from basic household ingredients. Go to www.sonsa.com for all sorts of homemade goods.

CLOTHING.

- Shop in your own wardrobe. Haul out the old stuff and adapt or add accessories (remember to declutter).
- Make your own.
- Factory shops
- Chic Mamas have reduced designer wear sales at their Wynberg shop (70 Constantia Main Rd.) and also have swopping parties (for clothes not husbands). Check website www.chicmamasdocare.org for details.

COMMUNICATION

Telephone

Look at the various packages and find one that suits you best. For instance there is a weekend "free call" for a nominal fee. Look at all the costs of having a phone, divide it by the number of calls that you make and see what your calls are actually costing. Compare this to your cellphone charges and it may show that it could actually be cheaper to just have a cell phone. You can get a 3G card to have internet access. Longer distance calls are cheaper on cell phone.

Get hooked up on *Skype*. Calls particularly overseas are considerably cheaper.

Cell Phone

Reconsider if you really need it or only have a cell phone and do away with the landline. If required for emergencies only, consider *pay as you go*. Shop around and get the best deal. By law numbers are transferrable between different providers.

DO IT YOURSELF

Do it yourself. Go to the library or internet and find out how to fix that leaking tap. Or barter your skills with somebody you can do a return service to.

GARDENING

Stodels has a Club Card. You can accumulate 5% of your purchases to get rewards. No age limit. You will get a voucher on your Birthday!

Grow your own

Maintain your own garden. It is also good exercise. Try and make exercises out of some of the actions e.g. pretend that the rake is heavy.

When buying new tools or equipment such as a lawnmower-form a cooperative and share with friends.

GROCERIES.

- Grow your own flowers and veggies.
- Bake your own breads and cakes.
- Look for loss leaders. These are exceptionally cheaper items to get you into the store. Buy only these items as other items may have been loaded to cover the loss leader.
- Factory shops –check the sell by date.
- Compare prices. Look at (or calculate,) the price/kg. You may find that branded items are cheaper than the house brand.
- Invest in a vacuum sealer and make perishable items last longer in the fridge.
- If you are following a low carb diet The Yellow Submarine 59 Bamboesvlei Rd, Ottery sells nuts and dried fruits (in large quantities) at wholesale prices.

HEALTH CARE

- Generic medicines. Even if your doctor has not prescribed them, insist on generics.
- Shop around for non-prescription medicines as prices vary
- Look for advertised specials
- Pay cash and get a discount
- Go to your local clinic for checkups.
- Have a health programme.

HOLIDAYS

Home exchanging is a great way to have free holiday accommodation. www.homelink.org and www.homeforexchange.com

SAARP have special deals and tours for seniors.

INSURANCE.

Many of us are over insured. Sit down and reassess your situation. Your situation has probably changed since you took out the policy. Negotiate lower premiums. If you have no dependents and have no bond to cover, consider stopping the policy and put the equivalent into an investment. Funeral policies are expensive and don't give great cover. Shop around for car insurance or ask your current insurer for a lower premium (if you formerly used your car for business the premiums should come down). Improve the security of your car e.g. install a tracker and get a discount. Increase the excess and premiums will drop. Keep an emergency reserve fund to cover the additional cost in the event of a claim. Review the insurance value of your household contents. Shop around for insurance or go through a broker.

SAARP have very good deals for short term insurance for over 55s.

info@SAARP.co.za 021 592 1279

Alexander Forbes have a 55 Plus scheme

MARKETS, VENDORS AND CHARITY SHOPS.

Buying fruit and vegetables from the "R10 a bag" street vendors is not only cheaper, but you are supporting an entrepreneur.

There are several markets in and around Cape Town where high quality produce can be found at a cheaper price. Go to [www.sa-venues.com/things to do](http://www.sa-venues.com/things_to_do) for a comprehensive list.

Bargains for second hand items such as tools can be found at flea markets. Buy items and resell them on the internet. Although there is a lot of junk at the Millerton Flea Market (Saturdays and Sundays), there are many bargains to be found especially used tools.

Charity shops

Some of these really have great bargains as some specialize with discontinued lines. Also a good place to take clutter you wish to donate.

www.suite101.com gives a list of charity shops.

www.capetownmagazine.com Go to Best of Cape Town and find 10 best places to hand in old things.

MOTORING

- Plan your trips. Have a list of things that need to be done using your car and only do them when needed. Then plan the trip to use the most economical route. Buy a more economical car

and perhaps do away with the second car.

- Get out of the car. Walk or use a bicycle to go down to the shop to get a bread-far healthier.
- Don't spill a drop. Put a full cup of water in the cup holder of your car. Try and drive without spilling.
- Reduce your speed-drive at the speed limit.
- Avoid idling
- Remove excess weight. Remove bike racks and heavy tool kits unless needed.
- Make sure tire pressure is correct. Over or underinflated tires cause higher fuel use.
- Reduced use of the air-conditioner
- Form a car pool
- Use public transport.

REWARD PROGRAMMES.

Know how they work (be wary-there is no such thing as a free lunch) and then work them to the limit. Use rewards before they expire. Some programmes have a fee-make sure you are not paying more than you save.

Have a look at Cape Consumers and see if it is worth your while.

www.Capeconsumers.co.za

Discovery health has a Vitality programme. For a monthly fee you get cash back for purchasing healthy foods. They also have deals with Clicks and Dischem.

The Entertainer is a discount scheme that gives half price discounts for a range of restaurants, beauty salons, health and fitness and leisure

activities. There is an annual fee for the APP or book. More details on:

<https://www.theentertainerme.com/home/Cape-Town>

WATER, ELECTRICITY AND HEATING

Water

The more you use the more you pay and your charges for sewerage are linked to your water use. Read your meter on a regular basis to check for leaks and also to establish when most water is being used. Go to <http://greenaudits.co.za/how-to-read-your-water-meter/> and for water saving tips <http://greenaudits.co.za/green-audits/water-audit/tips-to-save-water-no-water-wars-on-my-account/>

The average water use in your home is:

- Garden/outdoor 36%. Consider rain water tanks and water efficient irrigation systems. Grey water systems treat used water for irrigation. Install or even build your own system to reuse swimming pool back wash. Put on a pool cover to reduce evaporation. Practice water wise gardening.
- Bath and shower 31%. Shower rather than bath. Install low flow showerheads. Reduce shower times to say 3 minutes. Don't run deep baths and bath together! Use bath and shower water to flush the toilet or to water the garden.
- Toilet 19%. Reduce the number of flushes-If it is yellow let it mellow, if it is brown flush it down. Reduce the volume of water by putting sand filled bags or bottles in the cistern.

These are just some basic guidelines and much more information can be

found on:

- www.westerncape.gov.za/general-publications/howtosavewater
- www.capetown.gov.za/thinkwater
- www.dws.gov.za
- You can also download the *Smart Living Handbook* from www.capetown.gov.za

Electricity

- The price of electricity is rising well above the inflation rate. In retirement, it is not just about being environmentally responsible, but reducing costs. Do a DIY energy efficiency test and see where you can change behavior or appliances to save money. <http://greenaudits.co.za/home-energy-audit-20-questions-efficiency-quiz/>
- Heating your home and water are the biggest consumers of electricity. Insulate the ceiling and block draughts. Heat yourself rather than the room by dressing warmly and using microwave bean bags. Consider investing in a solar heater or heat pump. At a minimum reduce the geyser temperature to 55 degrees, insulate the geyser and install a geyser timer. Convert to cooking with gas (shop around for cheaper gas). Use the oven less and either invest in a pressure cooker or Wonderbag or make your own insulated cook box / bag.
- There are many tips on the Eskom website. www.eskom.co.za
- Limit the hours your swimming pool filter runs or if you are really frugal do it by hand when required. Invest in a pool cover which saves both water and filter running time (electricity.)

Heating

Consider a free standing fireplace or even better a closed combustion stove. If you are really snoep, then collect fallen branches from park and street trees for firewood. The sawing is good exercise! If you are even more frugal, dry out used tea bags and then soak them in paraffin. They make cheap and excellent firelighters!

WINE

GETWINE has a wide range of wines at bargain prices. Order on line www.getwine.co.za or visit their warehouse 95 Durham Ave, Salt River. Get on their mailing list and hear about their specials and sales.

WineTime also has a wide range of bargain price wines. Register for their notices of specials on email winetimesa@gmail.com

The Wade Bales Wine Society has quarterly wine sales where you can buy mystery boxes of 6 reds and 6 whites at prices well below normal retail prices. Register for their newsletter info@thewinesociety.co.za.

WEBSITES

www.stretcher.com

www.youve-earned-it.co.za

www.household-budget-made-easy.com/easiest-ways-to-save-money

www.AARP.org/budgetting