

What Age is Considered a Senior in Canada? aa

Being a senior in Canada opens access to benefits that help support financial stability and quality of life.

In this guide, I cover the age you're considered senior in Canada, the various benefits that come with it, such as government pensions and grants, the different senior discounts you're entitled to, and how to access them.

What Age is Considered Senior in Canada?

In Canada, 65 is the official age when you're considered a senior citizen and become eligible to apply for various government programs and grants. Nevertheless, at age 55, you can start receiving plenty of senior discounts and some government services.

Typically, it's only until the age of 60 or 65 that you get access to the primary benefits for seniors in Canada, including the Canada Pension Plan (CPP), Old Age Security (OAS), and the Guaranteed Income Supplement (GIS), to mention a few.

Senior Discount Age in Canada

The age at which seniors can access discounts differs between providers. For provincial and federal government programs, the age at which individuals can access benefits can vary from 55 onwards. With some retailers, the age to avail of senior discounts can be as early as 50.

Below are [senior discounts](#) for goods and services that you can take advantage of at many retailers, restaurants and other service providers.

- Denny's – Available to everyone 55 or older, the [55+ Appreciation](#) promo offers 15% off the entire menu every Thursday from 2 PM to 10 PM (dine-in only at select locations).
- Mandarin Restaurant – Seniors 65+ get [20% off](#) the buffet service when they present a valid photo ID.
- The Pantry – Every Monday, seniors 60+ get [50% off any entree](#) from The Pantry's Prime Timers menu when they purchase any beverage.
- Amaranth Foods – Seniors 65 years and older who are registered as seniors in Amaranth's database get [10% off](#) their purchases every Tuesday (except for fresh produce and fresh bakery items).
- Nature's Fare Markets – Wednesdays and Thursdays are Seniors Day at Nature's Fare Markets, where seniors 60 and up get [5% off](#) regularly priced merchandise.
- Liquor Depot – Seniors over 65 get [5% off their purchases](#) (except sale items) every Tuesday.
- Shoppers Drug Mart – With a [PC Optimum card](#), seniors enjoy a [20% discount](#) every Thursday on almost all regular-priced merchandise.
- Lawtons Drugs – The 55+ Appreciation Day offers customers aged 55+ [20% off on various products](#) on most Wednesdays when they scan their Scene+ card.
- CIBC – CIBC offers the [Smart for Seniors](#) chequing account for seniors 65 years old. It features a lower monthly fee, free Interac e-Transfers, and a \$5 discount on the annual rental fee for a safety deposit box.
- BMO – BMO offers [seniors' bank accounts](#) for clients 60 or older. It features no

