



**CANADIAN ASSOCIATION
OF RETIRED PERSONS**

MEMBERSHIP GUIDE **SPRING 2024**

**Welcome and congratulations on
joining the Canadian Association of
Retired Persons, CARP.**

As a valued member, you have chosen to join the fight for financial security and better access to healthcare for senior citizens. CARP is Canada's leading non-partisan, non-profit advocate for the growing number of persons who are close to and already of retirement age. Together with CARP's hundreds of thousands of members and its many local chapters from coast to coast, you are contributing your voice in the fight to end ageism.

As you will discover, membership in the CARP community comes with many valuable benefits. You can access educational and informative webinars and newsletters, volunteer as a member of your local chapter executive, and participate in local social events. And thanks to CARP approved and recommended partners, you receive discounts on a wide range of products and services.

**Thank you for joining our community.
Now explore the benefits.**

ADVOCACY PRIORITIES

HEALTHCARE

The introduction of a higher standard in healthcare involves a dedicated pursuit of improved, faster, and more efficient solutions.

FINANCIAL SECURITY

Reforms in Mandatory RRIF Withdrawals and the establishment of an independent financial ombudsman ensure financial stability and secure savings for retirement.

FIGHT AGEIST STEREOTYPES

Raise awareness about societal and systemic biases, working to amplify the perspectives of older Canadians.

LONG TERM / HOME CARE

A well-supported long-term/home care system empowers Canadians to age with dignity.

VACCINES / PHARMACARE

Equitable access to brand new and the most effective vaccines for all older Canadians without financial barriers.

VISIT YOUR LOCAL CHAPTER

BARRIE

barrie@carp.ca

BRAMPTON

brampton@carp.ca

BRANTFORD

brantford@carp.ca

CALGARY

calgary@carp.ca

GREATER BAY OF QUINTE AREA

bbq@carp.ca

HALIBURTON HIGHLANDS

haliburtonhighlands@carp.ca

HALTON

halton@carp.ca

LONDON - ST. THOMAS

londonstthomas@carp.ca

MISSISSAUGA

mississauga@carp.ca

NEWFOUNDLAND & LABRADOR

nl@carp.ca

NIAGARA REGION

niagara@carp.ca

NORTH FRASER

northfraser@carp.ca

NOVA SCOTIA

novascotia@carp.ca

OTTAWA

ottawa@carp.ca

SASKATCHEWAN

sk@carp.ca

SCARBOROUGH

scarborough@carp.ca

SUDBURY

sudbury@carp.ca

TORONTO

community@carp.ca

VANCOUVER

vancouver@carp.ca

VANCOUVER ISLAND

vancouverisland@carp.ca

WHITE ROCK SURREY

whiterocksurrey@carp.ca

WINDSOR - ESSEX

windsor-essex@carp.ca

WINNIPEG

winnipeg@carp.ca

Customer Care Monday to Friday 8 am - 5 pm (EST)
Call **1-833-211-2277** or email **support@carp.ca**

Our Mailing Address
70 Jefferson Ave. Toronto, ON M6K 1Y4



CAA is CARP's Exclusive Provider of Auto, Home, Life, Travel and Pet Insurance.

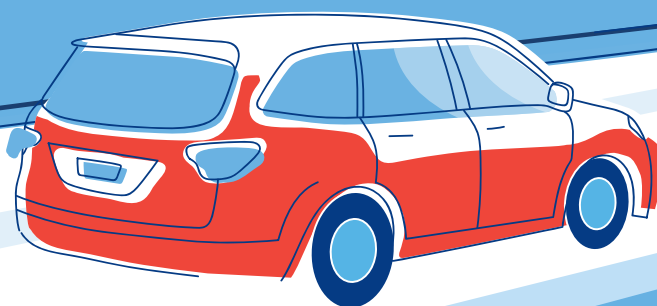
CAA's century-long history of keeping Members safe on the road means they understand there's a lot in your life worth protecting.

- ✓ One of the most trusted brands in Canada¹
- ✓ CARP recommended
- ✓ Competitive rates and additional ways to save
- ✓ Innovative Offerings and Benefits, like CAA MyPace[®]
- ✓ Comprehensive insurance offerings
- ✓ Custom advice and complimentary policy reviews

Why wait? Find out how much you can save!

Call **1-833-673-3030** or visit **CARP.ca/CAA**

to learn more and get your no-obligation quote!



¹Based on research results conducted by an external research company commissioned by CAA. Auto and Property Insurance are underwritten by CAA Insurance Company. Home Insurance is sold through B.C.A.A. Holdings Ltd. dba BCAA Insurance Agency, a licensed insurance agency, and underwritten by BCAA Insurance Corporation. CAA Club Group Advisory Services is the registered business name of 2760704 Ontario Inc. 60 Commerce Valley Drive East, Thornhill, Ontario L3T 7P9. (FSRA license no. 37824M). CAA Travel Insurance is underwritten by Orion Travel Insurance, an Orion Travel Insurance product, is underwritten by Echelon Insurance. (except in British Columbia). BCAA Travel Insurance is sold through B.C.A.A. Holdings Ltd. dba BCAA Insurance Agency, a licensed insurance agent and is underwritten by BCAA Insurance Corporation. Certain exclusions, limitations and restrictions apply. A Medical Questionnaire is required if you are 60 years of age and older. © 2024 All rights reserved. Pets Plus Us Pet Insurance policies are underwritten by Northbridge Insurance, distributed by PTZ Insurance Services Ltd. Vehicle compatibility and enrollment in CAA MyPace[®] payment program is subject to terms and conditions. /TM CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association. Certain conditions, limitations and underwriting guidelines apply.

ROGERS
POWERED BY ZOOMER



FREE PERKS

Receive a **FREE** annual CARP membership and Zoomer magazine subscription at renewal, on us.

EXCLUSIVE TO CARP MEMBERS



Rogers powered by Zoomer is a **CARP recommended program** providing **affordable Canada-wide mobile plans** as well as **U.S. and International travel options**.

Get Unlimited
Talk & Text plans

Starting from

\$20/mo.

Get Unlimited Talk & Text plans
with Infinite data

Starting from

\$40/mo.

OR

after program discount¹ and Automatic Payments Discount² on a Rogers Infinite plan.

**Sign up worry-free with no activation fee
and our 30-day satisfaction guarantee.**

1-888-271-4866 OR VISIT REDWIRELESS.CA/CARP

This program is provided by Red Wireless - your exclusive Rogers dealer. Subject to change without notice. Taxes extra. Rogers Preferred Program. Membership verification is required; Rogers reserves the right to request proof of membership from each Member at any time. A one-time Membership Pricing Fee of \$50 may apply for existing customers. Existing customers with in-market Rogers consumer plans with 6 months or less tenure on their term plan switching to the plan above are not eligible to receive this discount. This offer cannot be combined with any other consumer promotions and/or discounts unless made eligible by Rogers. Plan and device will be displayed separately on your bill. ± Where applicable, additional airtime, data, long distance, roaming, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. However, there is no airtime charge for calls made to 9-1-1 from your Rogers wireless device. Plan includes calls and messages from Canada to Canadian numbers only. On the Rogers Network or in an Extended Coverage area, excluding calls made through Call Forwarding, Video Calling or similar services. 1. Discount of up to \$25/month available on both primary and additional lines. May not be combined with any other monthly service fee discount offer unless specifically stated. Plan change or phone upgrade will cancel the discount. 2. A \$5/month discount is available on eligible Rogers Infinite plans available on Rogers Preferred Program to customers who set up Automatic Payments on their account (not retroactive). You must keep Automatic Payments active with an eligible plan to maintain this discount. Discount will end if you move to an ineligible plan or cancel Automatic Payments. © 2024 Rogers Communications.



Say "Yes!" to personal health insurance

Are you looking for a health & dental plan that helps cover the gaps in provincial health insurance?

Many routine health-related expenses are not covered by government plans – dental care, prescription drugs, prescription eyewear, optometrist check-ups, visits to the chiropractor or registered massage therapist. These out-of-pocket expenses add up quickly. Then, consider medical costs that may come due to an accident or **unforeseen illness – costs that could be difficult to pay.**

Personal health insurance plans from Green Shield Canada provide comprehensive coverage to help fill those gaps. **We offer a selection of plans with different benefit combinations and varying levels of coverage, so you have choice.** Best of all, your acceptance is guaranteed for many plans!*

**Call 1.833.537.CARP (2277)
or visit carphealthdentalinsurance.ca today**



Plans are provided and underwritten by Green Shield Canada. *Acceptance for select plans is guaranteed as long as GreenShield receives the initial premium payment. The CARP Recommended logo design is a trademark of ZoomerMedia Limited. **Trademarks owned by Green Shield Canada. Green Shield Canada, 8677 Anchor Drive, PO Box 1606, Windsor, ON N9A 6W1
1-888-711-1119 © 2024 Green Shield Canada. All rights reserved.

INSURANCE

Health Assist CORE and LINK plans provide a wide selection of health insurance solutions, with different benefits and levels of coverage so you choose the one that best suits you!

Call: 1-833-537-CARP (2277) carphealthdentalinsurance.ca

Plans are provided and underwritten by Green Shield Canada.



Health & Dental

GreenShield™

CAA offers competitive car insurance rates with coverage that meets your needs. Discover CAA's innovative offerings like CAA MyPace®, Canada's only pay-as-you-go auto insurance payment program, as well as valuable ways to save.

Call: 1-833-673-3030 CARP.ca/caa-auto



Auto



Whether you want coverage for your house, condo, rental unit, or seasonal property, CAA Home Insurance can help you find the right coverage with the best benefits.

Call: 1-833-673-3030 CARP.ca/caa-home



Home



CAA's life and living insurance solutions are made to fit your needs. Talk to one of CAA's Licensed Life Insurance Advisors today to get trusted advice and the right solution for your personal needs.

Call: 1-833-673-3030 CARP.ca/caa-life



Life & Living



Dogs and cats can get sick or injured, just like us. CAA has partnered with Pets Plus Us® to provide pet owners with coverage that fits your needs and budget.

Visit CARP.ca/caa-pet



Pet



Travelling out of province? CAA Travel Insurance offers a variety of plans to ensure you and your family, along with your trip investment, are protected.

Call: 1-833-673-3030 CARP.ca/caa-travel



Travel



*CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association. Certain conditions, limitations and underwriting guidelines apply. Please visit CARP.ca/caa to see a list of underwriters covering various CAA insurance products. Vehicle compatibility and enrollment in CAA MyPace payment program is subject to terms and conditions.

HEALTH

Save 10% OFF your purchase + FREE shipping on orders over \$100 on over 5,000 Home Health Care Products! (excludes incontinence & clearance).

Call: 1-800-520-3259 agecomfort.com

*Assume 5 orders per year at \$100 plus 10% discount.

EASILY SAVE

\$50*



Make aging at home safer with a ComfortSeries™ walk-in tub. Save \$1,500* instantly, (includes a Free American Standard RightHeight® Toilet*) and receive a bonus \$250 VISA card.

Call: 1-844-867-7737 AmericanStandardWalkinTub2U.com

*Instant savings plus toilet included with installation package.

EASILY SAVE

\$1,500*



Medical alert pendant GPS-wireless enabled works everywhere across Canada and USA. CARP members receive a 15% lifetime discount on service fees.

Call: 1-855-333-3381 caretrak.ca

*Based on 15% discount on standard emergency response service for one year.

EASILY SAVE

\$97*



Free access for CARP members! Store, manage and easily access your health records from anywhere.

Email: health360@carp.ca Call: 1-888-245-0580 CARP.ca/health360

*Based on \$45 fee to have CARP Health 360 contact your doctors to collect your health information, compared to \$200 charge from similar services.

EASILY SAVE

\$150*



Knee replacement and hip replacement app for at-home recovery, daily video guided exercises and professional physiotherapy advice and guidance.

CARP.ca/member-benefits/curovate

*With an annual or premium subscription to Curovate, all CARP members receive an additional free video physiotherapy session valued at \$75 per session.

EASILY SAVE

\$75*



FREE CARP renewal when you sign-up & receive 20% off your first Health Store order! Senior copay & special discounts for members. FREE clinical consultations & medication delivery. **Call: 1-855-844-2242 thehealthdepot.ca/carp**

*Based on one year CARP membership, annual dispensing fee savings on maintenance medications 4x year and 5 Health Store orders at \$100 each.

EASILY SAVE

\$150*



DISCOVER THE BENEFITS WITH THESE MEMBERS

Save an EXTRA 10% & Earn up to 2050 AIR MILES®. Book your FREE, no obligation hearing test today! No referral required.

Call: 1-888-521-3764 hearinglifeadvantage.ca/carp

SAVE EXTRA
**10%
OFF**

 **HearingLife**
+
National Affiliated Partners

Save \$150 on Prescription Eyewear and Sunglasses! \$50 Lenses only and more! (min. lens value \$250 per pair)

Call: 1-800-663-3937 x 224 iris.ca/carp

*\$150 toward the purchase of any complete pair of prescription eyewear.

EASILY SAVE
\$150*

I R I S

Canada's #1 medical alert service. Get 20% off your monthly service fee on new activations.

Call: 1-888-551-5135 lifeline.ca

*Based on 20% discount on average plan for one year.

EASILY SAVE
\$150*

Lifeline

Get help at the push of a button. Save 30% on our mobile personal emergency response service with this exclusive partner offer of \$45/mo. on a 1-year term.

Call: 1-833-323-3373

*Compared to regular no-term price. Terms and conditions apply.

EASILY SAVE
\$240*

 **TELUS Health**
LivingWell
Companion™ Go

TRAVEL

Save up to 30% off base rates on your next car rental with Pay Now.

FREE enrollment in Avis Preferred® Service.

Call: 1-800-879-2847 avis.ca/carp

*Average saving on car rental. Terms apply.

EASILY SAVE
\$75*

AVIS®

Enjoy up to 35% off base rates on your next car rental with Pay Now.

FREE enrollment in Budget Fastbreak® Service.

Call: 1-800-268-8900 budget.ca/carp

*Average saving on car rental. Terms apply.

EASILY SAVE
\$75*

 **Budget®**

Get peace of mind with Canada's most trusted Roadside Assistance*.

Become a CAA Member today and you'll be covered on the road 24/7 throughout

Canada and the US. CAA.ca/services/roadside-assistance

*Based on research results conducted by an external research company commissioned by CAA.

**24/7
SERVICE**



CARP is partnered with Choice Hotels to save you 15% off regular room rates!

Choice Hotels includes brands you likely know, including Comfort, Quality and EconoLodge, plus many more! Call: 1-800-4CHOICE ChoiceHotels.com

SAVE
**15%
OFF**



Save up to \$500 per person* on guided tours to all 7 continents!

Call: 1-855-235-8687 gocollette.com/carp

*Special seasonal savings up to \$500 per person.

EASILY SAVE
\$500*

collette

Save \$150* per person on 2024 and 2025 Europe or Southeast Asia River Cruises or 2024, 2025 and 2026 Yacht Cruises.

Call: 1-844-293-2559 emeraldcruises.ca

*Terms & conditions apply. Please see carp.ca/member-benefits/emerald-cruises

EASILY SAVE
\$150*
PER PERSON


EMERALD
CRUISES

Save 20% on the best available rates.

europcar.com

*Based on one week rental, mid-size car, principal European locations.

EASILY SAVE
\$75*



Save 15% off the Best Available Rates at Hilton brand hotels and resorts.

stay.hilton.com/carp

*Based on two night stay, average \$150 per night.

EASILY SAVE
\$45*



Save 10% off of our best available rates at any Motel 6 or Studio 6 location across Canada!

Call: 1-800-899-9841 motel6.com

*Based on 10% discount on 3 night stay at \$100/night average.

EASILY SAVE
\$30*



Save big in Vancouver, Edmonton, Winnipeg, Toronto, Ottawa, Montreal and Halifax. Reserve online or via the Park'N Fly app, drop off your car and save upon pick up.

parknfly.ca

EASILY SAVE
**20%
OR MORE**



Save \$150* per person on 2024 and 2025 Europe or Southeast Asia River Cruises or 2024, 2025 and 2026 Ocean Cruises.

Call: 1-844-330-6370 scenic.ca

*Terms & conditions apply. Please see carp.ca/member-benefits/scenic-luxury-cruises

EASILY SAVE
\$150*
PER PERSON



Fulfill your travel dreams this year! Book any tour in 2024 and receive \$100 off per person.

Call: 1-800-268-3492 seniordiscoverytours.ca

*Based on \$100 savings per person.

EASILY SAVE
\$100*



LIFESTYLE

Get a \$75 Gift Card + 15 Free Packing Cartons and HUGE savings on all moves and packing material!

Call: 1-888-265-6683 amjcampbell.com

*\$75 gift card plus 15 free packing cartons.

EASILY SAVE
\$100*



Save 15% on flowers and gift baskets, delivered to all cities and towns in Canada.

Call: 1-888-265-7673 canadianflowershop.ca

*Assume 1 order per season at 15% off.

EASILY SAVE
\$50*



CARP members receive a \$2,000 Move-In Bonus when signing a new lease at a Cogir Senior Living residence.

Call: 1-855-867-6932 cogirseniorliving.ca

\$2,000*
MOVE-IN
BONUS



Making final arrangements in advance relieves your loved ones from unnecessary stress and financial burden. CARP members can save 10%* on funeral, cremation and cemetery services. Call: 1-866-668-1841 DignityMemorial.com/CARP

*Average saving experienced by members taking advantage of the 10% discount. Certain restrictions apply.

EASILY SAVE
\$500*



Retire in the home you love with a CHIP Reverse Mortgage. Receive \$250 cash rebate when you fund your CHIP Reverse Mortgage!

Call: 1-866-680-2447 chip.ca/carp

*Cash rebate upon funding.

EASILY SAVE
\$250*



From a new hobby to a new career? Save on engaging and interactive courses on Cooking, Gardening, Floristry, Photography and much more.

learningwithexperts.com

*Based on 25% savings on a \$3,100 course.

EASILY SAVE
\$700*



Take advantage of a 10% discount at Mark's stores by downloading your own personal discount card to any mobile device. This card has unlimited uses!

CARP.ca/member-benefits/marks

SAVE
**10%
OFF**



Complimentary one-year trial membership to the exclusive Opimian Wine Club de Vin.

Call: 1-800-361-9421 opimian.ca

*Based on \$69 annual membership fee plus \$40 new member registration fee.

EASILY SAVE
\$109*



ALSO GET THESE DISCOUNT CODES AT CARP.CA

Wear your workout! CARP members save 20% off all Power WearHouse fitness products and accessories.

powerwearhouse.com

*Based on 20% off the Power Weighted Fitness/Osteoporosis Vest at \$249.99, plus free shipping.

EASILY SAVE
\$50*



Receive 'Cash Back' on real estate transactions plus, save money and receive guaranteed pricing on moving services.

Call: 1-866-865-5504 relocatewithcarp.ca

*Sale of \$500,000 with \$3 cash back per \$1,000, based on 5% real estate commission equals \$1,500 rebate.

EASILY SAVE
\$1,500*



Rogers powered by Zoomer is a new CARP recommended program which provides exclusive cell phone plans + free CARP membership and Zoomer Magazine.

Call a dedicated Red Wireless expert: 1-888-271-4866 redwireless.ca/carp

*Based on savings of up to \$30/mo. on Rogers unlimited 5G plans and CARP perks

SAVE UP TO
\$350*
/year



Plan your dream home renovation today! CARP members 50 and up pay NO TAX on any home renovation.

Call: 416-236-4400 royalhomeimprovements.ca

*Up to a maximum of \$2,000 in tax.

EASILY SAVE
\$2,000*



Save \$50 off Sparrow homesharing services. Find vetted and like-minded housemates to share your home with and earn up to \$1,200 per month in extra income.

Call: 1-647-578-7666 sparrowshare.com/carp

*Savings when you rent out your first room.

EASILY SAVE
\$50*



Save \$200 off your new Stannah Stairlift. Overcome the difficult challenges posed by the stairs in your home.

Call: 1-888-283-3327 stannah.ca

*Cash savings on your new Stannah stairlift.

EASILY SAVE
\$200*



Enjoy Toronto Star weekend home delivery for only \$3.99* a week! Plus receive complimentary access to our ePaper edition and thestar.com daily.

Call: 1-800-268-9213 tsoffers.ca/deal/CARP

*This introductory offer is not available to existing subscribers. Review full offer details at tsoffers.ca/deal/CARP. Other delivery options available. Savings related to comparable newsstand rate for same period.

EASILY SAVE
\$200*



10% off genuine Nordic Walking poles, free shipping and carrying bag for CARP members. A better way to walk.

Call: 902-454-2267 nordicwalkingnovascotia.ca/truenorth.htm

*Based on average purchase price of \$90 plus HST, plus values of free shipping and carrying bag.

EASILY SAVE
\$30*



Improve your sleep with Ultramatic! Members receive 25% OFF sheets and pillows, and up to \$500 OFF mattresses & adjustable bases!

Call: 1-866-413-4169 ultramaticsleep.com

*Save up to \$500 on mattresses and adjustable bases.

EASILY SAVE
\$500*



Members of CARP receive a 40% discount off the national average rates from lawyers (notaries in Quebec) across Canada for the preparation of Wills and Powers of Attorney.

Call: 647-370-3777 ucwe.ca/carp

*Based on savings for a couple..

SAVE UP TO
\$600*



Savings of \$40 – Get 15% off Nordic walking poles, a carrying bag (\$19.99) and free shipping!

Call: 1-877-499-7999 urbanpoling.com

*\$40 discount on purchase of Nordic walking poles.

EASILY SAVE
\$40*



Protect your identity, privacy, and credit before it's too late. Receive the first month free and 5% off monthly when you enroll in Zoomer InfoDefender.

Call: 1-888-992-4575 infodefender.ca/pages/zoomermedia

*Based on free month at \$14.99 for individuals and 5% off the monthly fee for one year.

EASILY SAVE
\$20*

