

# Oretha's

## SENIOR CITIZEN DISCOUNT GUIDE

 Christmas Holiday Edition

NOVEMBER 2024



# Note from Oretha

I'm Oretha, founder of Oretha's Senior Concierge Services. For five years, we've provided hospital accompaniment services to help senior citizens feel safe and supported during medical visits, while offering peace of mind to their families.

The holiday season is a time of giving—a time to reflect on how we can uplift others. For many low-income seniors, particularly from the B40 community, accessing healthcare remains a daily struggle due to mobility challenges and lack of support. To help address this, we launched Oretha's Senior Citizen Discount Guide in August 2024, creating a platform to raise funds for these seniors. I'm proud to share that the proceeds from advertising will go directly towards sponsoring hospital accompaniment services for vetted B40 seniors.

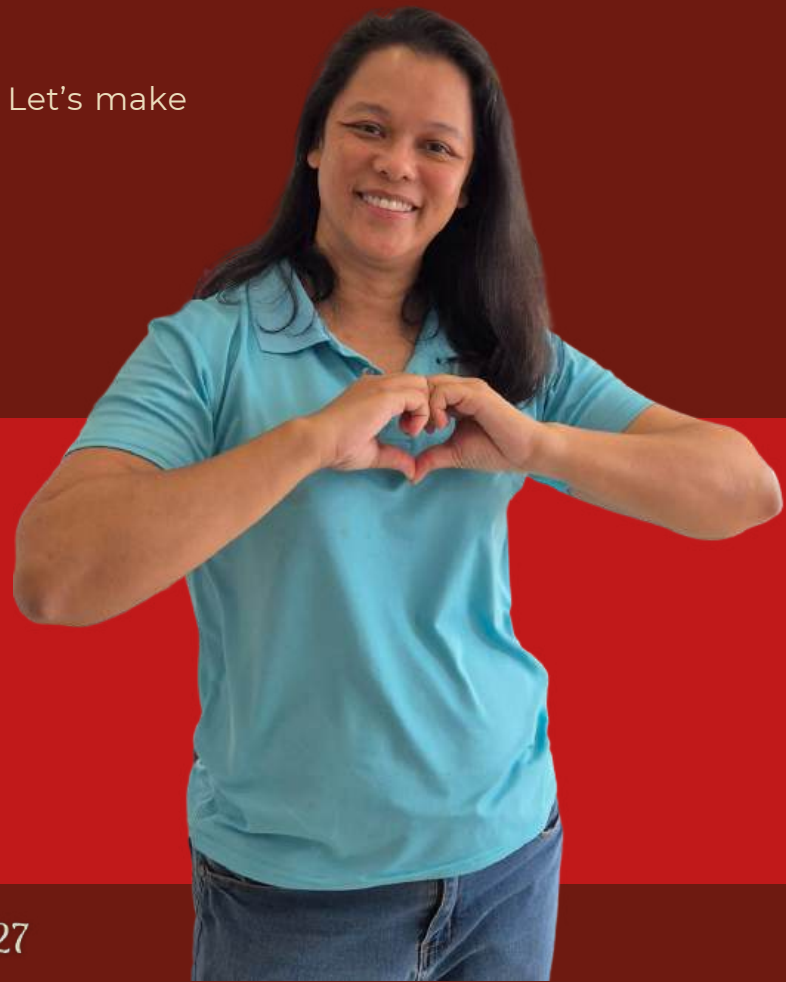
This holiday season, we're excited to release a special Christmas Edition of the guide, with support from notable companies who share our mission of equitable healthcare. Thank you to all our partners for making this possible!

I invite corporations, organizations, and entrepreneurs to join us in expanding this meaningful project in our upcoming issue scheduled on March/April 2025. Together, we can make a lasting impact on the lives of seniors in need.

For more information, please call +60 11-5625 9852 or email [care@orethas.com](mailto:care@orethas.com)

Thank you for your support and generosity! Let's make this season one of giving back.

*Oretha Herrera*



Join our community



Senior Citizen Discount  
WhatsApp Channel

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orethaseniorecare

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## How to Use the Guide



MORE INFO

Exclusive Promo!



Click on the 'More Info' or 'Exclusive Promo' button to find out more about the company / promo

You can click on the labels on the right side of the guide. It will jump to your selected category.



Disclaimer: The information presented here has been gathered from the respective websites and social media platforms of the mentioned establishments, restaurants, hospitals, and other entities. Please note that these offers and promotions are subject to change without notice. For the most accurate and up-to-date information, we recommend checking directly with the respective sources. This guide is provided to the public free of charge. If any news outlets or publications wish to reproduce or share this guide, we kindly request that proper credit be given to Oretha's Senior Care. Thank you for supporting our efforts.

# Education

COMPANY	OFFER	CLICK LINK
Open University Malaysia	<ul style="list-style-type: none"> <li>• Age 60 and above on registration date</li> <li>• 50% discount for tuition fees</li> <li>• Valid for first time registration only</li> </ul>	
UNITAR	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 30% tuition fee waiver</li> <li>• Conventional or online programs</li> <li>• Excluding PhD, Doctor of Education, and Doctor of Business Administration programs</li> <li>• Kelana Jaya Campus</li> </ul>	
Universiti Malaya	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 50% reduction in teaching and research fees for Masters or Doctoral programs</li> </ul>	

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# Entertainment & Leisure

COMPANY	OFFER	CLICK LINK
Aquaria KLCC	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Tickets for RM 42 on weekdays, or RM 45 on weekends</li> </ul>	
Berjaya Times Square Theme Park	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>Tickets for RM 22</li> </ul>	
ESCAPE Petaling Jaya	<ul style="list-style-type: none"> <li>Age 61 and above</li> <li>Free admission when accompanied by paying guest</li> </ul>	
Farm Fresh @ UPM	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>MyKad admission rate of RM 10</li> <li>Open daily except Mondays</li> </ul>	
Farm in the City	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>MyKad admission rate of RM 32</li> </ul>	
Genting Skyworlds Theme Park	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Special senior rates</li> <li>Save more by purchasing tickets online</li> </ul>	
GSC	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>Ticket price as low as RM 11</li> <li>Selected locations only</li> </ul>	
It's The Ship Fam	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>10% off for Cabin Fare</li> <li>Valid for Twin Sharing Cabin only</li> </ul>	
KL Bird Park	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Admission fee of RM 20</li> </ul>	
Legoland Malaysia Resort	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Get Annual Pass at the same price of Day Tickets (restricted months are March, June, and December)</li> </ul>	

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# Empowering Independence, Providing Peace of Mind

Oretha's Senior Concierge Services offer personalized, **non-medical support** designed to help seniors thrive independently.

In today's fast-paced world, balancing family, careers, and caregiving can be challenging—especially when loved ones relocate. That's where we come in.

Our dedicated team ensures your loved ones receive compassionate, comprehensive care, easing your worries and providing the peace of mind every family deserves.

*Because caring for seniors means caring for the whole family.*

Book an appointment with Oretha's Senior Concierge Services today!



Scan or WhatsApp us at:

**+60 11-5625 9852**  
**care@orethas.com**

orethasenioreconcierge.com



## *Highly Requested* SERVICE



### Accompaniment to Hospital Appointments








We assist seniors in medical appointments, acting as their advocates, and keep family members informed with updates and future appointment reminders.

Coverage:

- PPUM
- ISEC
- Pantai
- Tung Shin
- All hospitals within Klang Valley



# Entertainment & Leisure

COMPANY	OFFER	CLICK LINK
Loud Speaker KTV	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Rates starting from RM 15</li> <li>• Excluding special holidays and eves</li> </ul>	
Malaysian Philharmonic Orchestra	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Concession rate of 15% discount on ticket prices</li> </ul>	
National Science Centre	<ul style="list-style-type: none"> <li>• Age 55 and above</li> <li>• Tickets for RM 3</li> </ul>	
ONECARD Golden Senior @ 1 Utama	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Redeem RM 5 Welcome E-voucher when you gain the ONECARD Golden Senior status via 1 Utama SuperApp (while E-vouchers last)</li> <li>• Redeem a RM 5 Birthday E-Voucher into your 1PAY e-wallet via 1 Utama SuperApp on your birthday month (while E-vouchers last)</li> <li>• Request to use folding cane chair, shopping trolley, and porter service at any Customer Service Centre</li> <li>• How to apply:               <ul style="list-style-type: none"> <li>◦ Existing ONECARD member automatically gets awarded the ONECARD Golden Senior status upon the age of 60</li> <li>◦ Walk-in to any Customer Service Centres in 1 Utama Shopping Centre</li> <li>◦ Apply online</li> </ul> </li> </ul>	
Petrosains @ Suria KLCC	<ul style="list-style-type: none"> <li>• Age 61 and above</li> <li>• RM 10 (Weekdays)</li> <li>• RM 12 (Weekends/public holidays/school holidays)</li> </ul>	
Red Box Karaoke	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 10% discount on room charges everyday, all day long</li> <li>• 30% off from Monday to Thursday (11AM - 6PM)</li> <li>• Excluding eve of public holiday and public holiday</li> </ul>	
Splashmania @ Gamuda Cove	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Entitled to purchase tickets at a Child rate</li> </ul>	

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Sunway Lagoon	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• MyKad promotion of RM 140</li> </ul>	
Sunway Lost World of Tambun	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• MyKad promotion of RM 93 admission rate</li> </ul>	
SuperPark Malaysia	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 50% discount from admission fee</li> <li>• Upon walk-in only</li> </ul>	
The Kuala Lumpur Performing Arts Centre (klpac)	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Senior citizen rate available for selected shows</li> </ul>	
TGV	<ul style="list-style-type: none"> <li>• Age 55 and above</li> <li>• Ticket price as low as RM 8</li> <li>• Standard Halls at all TGV locations</li> </ul>	
Zoo Negara	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• MyKad promotion of RM 23</li> </ul>	

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# Fitness & Wellness

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Anytime Fitness	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 10% discount off Standard Membership price</li> </ul>	
Himalaya Wellness Boutiques	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Buy 1 Free 2 on selected items</li> </ul> <p><b>Exclusive Promo!</b> </p>	
Kevlisthenics Health & Fitness	<ul style="list-style-type: none"> <li>• Age 55 and above</li> <li>• 30% off for Personal Training Class Package</li> <li>• Medical clearance is required for seniors who are diagnosed with diseases or physical ability problems</li> </ul>	
Life n Fitness	<ul style="list-style-type: none"> <li>• Senior membership package available</li> <li>• Locations in PJ (Seventeen), and KL (EkoCheras, Bukit Bintang, Bangsar, TTDI, and Cheras Selatan)</li> </ul>	
Swimin12 Swim School	<p><b>Exclusive Promo!</b> </p>	

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# Food & Beverage

COMPANY	OFFER	CLICK LINK
Amaya Food Gallery @ Amari Kuala Lumpur	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>RM 94+ for Christmas Eve Buffet dinner, 24th December 2024, 6.00PM - 10.30PM</li> <li>RM 98+ for Christmas Day Brunch buffet, 25th December 2024, 12.00PM - 4.00PM</li> </ul>	
Boncafe @ Home, Pavilion Bukit Jalil	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>50% off on all beverages</li> <li>Valid on Mondays, at Pavilion Bukit Jalil outlet only</li> </ul>	
Charcoal @ The Saujana Hotel Kuala Lumpur	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Senior citizen rate of RM 88++ for weekend dinner buffet on Thursday, Friday, and Saturday, 6.30PM - 10.30PM</li> </ul>	
Chek's @ Avante Hotel	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>RM 82 nett for weekend hi-tea buffet (Saturday &amp; Sunday, 12PM - 4PM)</li> <li>RM 110 nett for seafood buffet dinner (Friday &amp; Saturday, 6.30PM - 10.30PM)</li> </ul>	
Cinnamon @ One World Hotel	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>50% discount for weekday buffet lunch (Monday to Friday)</li> <li>50% discount for buffet dinner on Monday to Thursday, and Sunday</li> <li>30% discount for buffet dinner on Friday and Saturday</li> <li>30% discount for weekend buffet hi-tea (Saturday, Sunday, and public holiday)</li> <li>RM 145 nett for buffet hi-tea on Christmas Eve, Christmas Day, and New Year's Day</li> <li>RM 215 nett for buffet dinner on Christmas Eve, Christmas Day, and New Year's Eve</li> </ul>	
CO2 Coffee Bar @ Pavilion Bukit Jalil	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>50% off on second cup</li> <li>Valid on Mondays, at Pavilion Bukit Jalil outlet only</li> </ul>	

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# Support a cause & enjoy delicious pies in PJ!

4.8 ★ on Google Review\*



Savour the goodness of our freshly baked pies, lovingly crafted by our very own PIE-fectionists -- talented young adults with special needs. Each pie is more than just a treat; it's a step toward empowering individuals and supporting their journey in meaningful employment. Every bite you take helps create opportunities and make a difference. Come and try all 10 yummy flavours!



Come over and say PIE!



011 5628 3812  
standpieme

Stand Pie Me Cafe  
Lot G-052, Ground Floor, Zone A,  
Millennium Square,  
98, Jalan 14/1, Section 14,  
46100 Petaling Jaya.

Monday to Friday  
10am to 6pm

SENIOR PROMO!







# 20% DISCOUNT

SENIOR CITIZENS AGE 60+ | DINE-IN ONLY  
MINIMUM SPEND RM 20 IN A SINGLE RECEIPT  
PLEASE PRESENT YOUR IC UPON ORDERING

Stand Pie Me Cafe reserves the right to modify or withdraw this voucher at its sole discretion.



# Food & Beverage

COMPANY	OFFER	CLICK LINK
Courtyard by Marriott KL South	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>Get 30% discount for weekend brunch buffet (Saturday and Sunday, 12PM - 3PM)</li> <li>Valid until 29th December 2024</li> </ul>	
Gurney Drive The Linc KL	<ul style="list-style-type: none"> <li>Age 50 and above</li> <li>Special Senior Citizen Menu for only RM 10</li> <li>Available every weekend and public holidays</li> </ul>	
KyoChon Malaysia	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>Free Korean teas with any food purchase</li> <li>Dine-in only</li> </ul>	
LINK All-day Dining @ Wyndham Grand Bangsar KL	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>RM 88 nett for Christmas Eve dinner buffet on 24th December 2024, 6.30PM - 10.30PM</li> <li>RM 78 nett for Christmas Hi-Tea buffet on 25th December 2024, 12.00PM - 3.00PM</li> <li>RM 88 nett for New Year's Eve dinner buffet on 31st December 2024, 6.30PM - 10.30PM</li> <li>RM 78 nett for New Year Hi-Tea buffet on 1st January 2025, 12.00PM - 3.00PM</li> </ul>	
Makan Kitchen @ DoubleTree by Hilton Putrajaya Lakeside	<ul style="list-style-type: none"> <li>Age 65 and above</li> <li>RM 138 nett for Festive Eve Dinner Buffet on 24th December 2024, 6.30PM - 10.00PM</li> <li>RM 78 nett for Festive Day High Tea Buffet on 25th December 2024, 12.30PM - 3.30PM</li> <li>RM 138 nett for New Year's Eve Dinner Buffet on 31st December 2024, 6.30PM - 10.00PM</li> <li>RM 78 nett for New Year High Tea Buffet on 1st January 2025, 12.30PM - 3.30PM</li> </ul>	
Manggis @Palimbayan Kitchen		
Melo Cafe & Deli @ The Pearl Kuala Lumpur	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>20% off BBQ buffet dinner on Friday and Saturday, 6.30PM - 10.00PM</li> </ul>	

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COMPANY	OFFER	CLICK LINK
Mitasu Japanese Restaurant	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>Lunch and dinner buffet at RM 63.60++</li> </ul>	
Mr Fish Seafood Noodle @ Da Men Mall	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>20% discount every Monday</li> <li>Da Men Mall outlet only</li> </ul>	
Nook @ Aloft Kuala Lumpur Sentral	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>50% discount on lunch or dinner buffet</li> </ul>	
Pulau Tikus Market Cafe Megah Rise	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Senior Citizen menu starting from RM 5, comes with coffee or tea</li> <li>Available daily</li> </ul>	
Queen City Steamboat and Grill	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Buffet at RM 35.90++</li> </ul>	
Sneaky Burgers		
Stand Pie Me Cafe	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>20% discount with a minimum purchase of RM 20</li> <li>Dine-in only</li> </ul>	
Tedboy	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>10% off total bill (applies to cakes, hot food, and drinks)</li> <li>Dine-in only, valid at all outlets except Seksyen 51A, Wisma Standard Chartered (Bukit Jalil), and Equatorial Plaza</li> </ul>	
Terazza Brasserie @ Dorsett Grand Subang	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>RM 188 nett for Christmas Eve buffet dinner on 24th December 2024, 6.30PM - 10.00PM</li> <li>RM 188 nett for New Year's Eve buffet dinner on 31st December 2024</li> </ul>	

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COMPANY	OFFER	CLICK LINK
The Emperor @ Dorsett Grand Subang	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>RM 85 nett for Weekend Dim Sum brunch</li> <li>Available every Sunday, 11.30AM - 2.00PM</li> </ul>	
The Kitchen @ Melia Kuala Lumpur	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>RM 50 nett on weekend buffet high tea</li> </ul>	
The View Cafe @ Best Western i-City Shah Alam	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>RM 88 nett for Christmas Eve buffet dinner on 24th December 2024, 6.30PM - 10.00PM</li> <li>RM 69 nett for Christmas Hi-Tea buffet on 25th December 2024, 12.30PM - 4.00PM</li> <li>RM 88 nett for New Year's Eve dinner buffet on 31st December 2024, 6.30PM - 10.30PM</li> <li>RM69 nett for New Year Hi-Tea buffet on 1st January 2025, 12.30PM - 4.00PM</li> </ul>	
Tonka Bean Cafe & Deli @ Impiana Hotel	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Senior citizen rate of RM69+ for weekend hi-tea buffet on Saturday and Sunday, 12.30PM - 4.00PM</li> </ul>	
Utara Restaurant @ Hotel Armada	<ul style="list-style-type: none"> <li>Age 55 and above</li> <li>RM 82 nett for Hi-Tea on Saturday and Sunday, 12.00PM - 4.00PM</li> <li>RM 46 nett for Semi Buffet dinner, 6.30PM - 9.00PM</li> </ul>	
Wagyu More Malaysia	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>20% discount on all buffet packages</li> </ul>	
Warna All-Day Dining @ Mercure Kuala Lumpur Glenmarie	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>RM 48+ for weekend hi-tea buffet</li> <li>Valid on Saturday and Sunday, 12.00PM - 4.00PM</li> </ul>	
Yam Cha Cafe	<ul style="list-style-type: none"> <li>Age 60 and above</li> <li>Senior citizen gets 10% off</li> <li>Identification is required during payment</li> </ul>	

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# Government Scheme

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Skim Mesra Usia Emas (SMUE)	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Seniors must be Selangor residents and voters</li> <li>• Entitled to receive annual RM 150 shopping voucher</li> <li>• One-time RM 500 death benefit payment to the next-of-kin</li> <li>• Register online, or go to the nearest DUN in Selangor</li> </ul>	

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# Healthcare

COMPANY	OFFER	CLICK LINK
20dB Hearing @ Pavilion Bukit Jalil	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Complimentary hearing screening</li> <li>• Instant rebate of RM 500 with purchase of unitron rechargeable hearing aid</li> <li>• Valid on Mondays, Pavilion Bukit Jalil outlet only</li> </ul>	
Central Dermatology Specialist Clinic	<ul style="list-style-type: none"> <li>• Age 65 and above</li> <li>• Offers include:                             <ul style="list-style-type: none"> <li>◦ 30% off consultation fee</li> <li>◦ 10% off aesthetic procedures</li> </ul> </li> <li>• Valid until 31st March 2025</li> </ul>	
Klinik Anda 24 Jam	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Get RM 15 off consultation fees</li> </ul>	
KPJ Healthcare		
Subang Jaya Medical Centre (SJMC)	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Subscribe to Super Seniors Club</li> <li>• Members privileges include:                             <ul style="list-style-type: none"> <li>◦ 20% off room and board</li> <li>◦ 30% off selected health screening packages</li> <li>◦ 15% off at SJMC's Cafe 35 and more</li> </ul> </li> </ul>	
Sunway Medical Centre	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Cherish card for seniors</li> <li>• Privileges include:                             <ul style="list-style-type: none"> <li>◦ 20% off on room rates (excluding critical care units)</li> <li>◦ 30% discount on selected Executive Health Screening packages</li> <li>◦ 10% off on procedures at TCM Centre</li> <li>◦ 10% discount on purchases at SunMed Retail Pharmacy @ Tower A and more</li> </ul> </li> </ul>	

Disclaimer: The information presented here has been gathered from the respective websites and social media platforms of the mentioned establishments, restaurants, hospitals, and other entities. Please note that these offers and promotions are subject to change without notice. For the most accurate and up-to-date information, we recommend checking directly with the respective sources. This guide is provided to the public free of charge. If any news outlets or publications wish to reproduce or share this guide, we kindly request that proper credit be given to Oretha's Senior Care. Thank you for supporting our efforts.

  
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# Hotel

COMPANY	OFFER	CLICK LINK
Hilton	<ul style="list-style-type: none"> <li>• Age 65 and above</li> <li>• Up to 7% off on Best Available rate at participating locations</li> </ul>	
Holiday Villa Hotels & Resorts	<ul style="list-style-type: none"> <li>• Age 65 and above</li> <li>• 50% discount on room rates</li> <li>• 10% off F&amp;B</li> <li>• At selected hotels only</li> </ul>	
Janice's Homestay		
Marriott Bonvoy	<ul style="list-style-type: none"> <li>• Age 62 and above</li> <li>• Select preferred destination, and select 'Senior Discount' in the 'Special Rates' drop-down</li> </ul>	
Wyndham Hotels & Resorts	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Special savings on the Best Available Rate</li> <li>• At participating locations</li> </ul>	




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# Public Transportation

COMPANY	OFFER	CLICK LINK
KLIA Transit Concession	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 30% discount</li> <li>• One-way fares</li> </ul>	
KTMB Train Concession	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 50% travel fare discount for Electric Train Service (ETS), KTM Komuter Klang Valley, Komuter Northern, and KTM Intercity</li> <li>• Register online, or go the nearest KTMB station</li> </ul>	
MyRapid Concession Card	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• 50% fare discount on RapidKL Bus, BRT, LRT, Monorail, and MRT</li> <li>• To apply, go to the Concession Registration Counter located at Pasar Seni Bus Hub, Conlay MRT Station, or via online</li> </ul>	

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COMPANY	OFFER	CLICK LINK
Digi Yellow Heart	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Lifetime rebate of RM 10 on monthly postpaid bill</li> <li>• Sign up for a postpaid line (principal account) via Digi Stores, Digi Store Express, Digi Dealers &amp; Digi Online Store</li> </ul>	
U Mobile Pakej Rahmah Siswa	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Get 30GB high-speed 5G/4G data for 180 days at only RM 30</li> <li>• Valid for subscribers on the 5G-Ready Prepaid Rate Plan</li> <li>• Subscribe via MyUMobile App</li> </ul>	

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# Others

COMPANY	OFFER	CLICK LINK
Candle Pit Stop	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Get 20% off for any of fun candle activities</li> <li>• Get 30% for a group of 4</li> <li>• Applicable only from Tuesday to Thursday, except for Public Holidays</li> <li>• 3 days advance booking is required</li> <li>• Valid for in-store in Bangsar Studio only</li> </ul>	
Decor Fairy	<ul style="list-style-type: none"> <li>• Age 60 and above</li> <li>• Free Welcome Flower Box display for each package signed up for a senior citizen birthday event</li> </ul>	
LaLaSol Solutions Hub		
Shine Time Premium Auto Detailing & Bike Spa		

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## Golden Privileges for Your Golden Years

**KPJhealthcare**  
A JCORP Company

Avail exclusive healthcare benefits tailored just for seniors.

ENJOY



Complimentary room upgrade.  
*(up to 2 nights per stay)*

20%  
OFF

Health screening packages.  
Room and boarding.

10%  
OFF

Imaging, Screening and  
Rehabilitation Services.

10%  
OFF

When you spend at  
*Healthshoppe*



**+6019-324 3208**

To redeem, call the KPJ Medical Concierge Hotline  
to set up your KPJ Cares app and access your benefits.

[www.kpjhealth.com.my](http://www.kpjhealth.com.my)

#### Terms and Conditions

- This promotion is exclusively for Oretha's Senior Citizen Guide.
- Please contact the KPJ Medical Concierge Hotline at +6019-324 3208 to enjoy the benefits.
- Open to senior citizens aged 60 and above.
- Benefits are available at all KPJ Specialist Hospitals for cash-paying customers only.
- Redemption requires the KPJ Cares mobile app. Our Concierge team can assist with setup if needed.
- KPJ Healthcare may amend or withdraw this promotion at any time without notice.
- Valid until 31 December 2025.
- Other terms and conditions apply.

Care for Life

JANICE'S  
HOMESTAY

Enjoy your  
staycation with us



Operating Hours: 9AM-10PM

## GIFT VOUCHER

\*Exclusively for Oretha's Senior Citizen Guide



Scan Here to claim.

\*Apply promo code **ORETHA2425** on checkout\*



#### TERMS AND CONDITIONS

This promotion is exclusively for Oretha's Senior Citizen Guide | The promo code is valid for booking date until 31st March 2025 | Valid as long as there is at least one (1) guest of Senior Citizen age 65+ | Please use the promo code "ORETHA2425" upon booking in our website | The voucher can be used without limit, but only for the booking dates before 1st of April 2025 | Promo code is redeemable depending on availability of our units only | Limit to one promo code usage per unit booking | Bookings made under the promotion are non-refundable.



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**Exclusive Promo**  
for Oretha's readers

# 50% Off Discount

on our top seller product Purifying Neem  
Face Wash 150ml  
**(Normal RCP @ RM24.90)**



**Himalaya**  
SINCE 1930  
Purifying Neem  
Face Wash

**96% NATURAL\*\*\***

**ACNE?  
NEEM  
JER!**

## Reduce Acne & Acne Marks!

\*Based on responses from participants in a clinical study and \*\*consumer study. \*\*\*Ingredients sourced from nature.

This promotion is exclusively for Oretha's Senior Citizen Guide and redeemable at Himalaya Malaysia boutiques nationwide.  
Valid from 15 November 2024 to 31 January 2025 only, while stocks last. Other terms & conditions apply.

Open daily from 8am to 10pm (including public holidays)

[@iloveswimin12](#) [swimin12official](#) [swimin12.com](#)



Special discount  
for Senior Citizens

## SAVE RM100!

**swimin12**

# AQUA JAM

AquaJam is cardio in the water! It's a fun, low-impact water aerobics program that keeps seniors moving, grooving, and feeling their best. Jam with us as a group (maximum 15 pax per class), in pairs or by yourself. It's a great way to stay active and fit.

	Normal Price	For Oretha's Senior Citizen Guide
4 sessions	RM 250	RM 150
8 sessions	RM 450	RM 350

Location: University of Malaya, Petaling Jaya

**For timing and/or to register,  
kindly contact +60 16-353 3600**

**TERMS AND CONDITIONS**  
This promotion is exclusively for Oretha's Senior Citizen Guide.  
Open to senior citizens age 55+  
The voucher is valid until 31st January 2025.  
Please present your IC / Passport upon enrollment.  
This promotion cannot be combined with any other promotions, discounts, or offers.  
Swimin12 reserves the right to modify or withdraw this voucher at its sole discretion.



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*Delicious*

## SENIOR PROMO

**The Secret Garden of Greater KL**

 **manggis@palimbayan, Sg Penchala ,KL**  
10min from 1Utama Mall

**WAKTU OPERASI**  
BUSINESS HOURS

**SELASA - KHAMIS** (TUES - THURS) 11am - 9pm  
\*Pesanan Terakhir (Last Order) - 8.30pm

**JUMAAT, SABTU, AHAD & CUTI UMUM** (FRI, SAT, SUN & P.HOLIDAY) 8.30am - 11pm  
\*Pesanan Terakhir (Last Order) - 10.30pm

**ISNIN (MON) TUTUP (CLOSED)**

 **+6011 1105 0101**  **manggis.palimbayan@gmail.com**

 **Follow Us: @manggispalimbayan**

T&C: This discount valid for 60 years above  
Subject to single receipt with min spent of RM50. Valid until 15 February 2025







## GOURMET PORK BURGERS AND MORE!



# 20% OFF

**GROUP DISCOUNT FOR 3 OR MORE DINERS**  
With a minimum spend of RM 100 per receipt  
Dine-in only from Tuesday to Friday | 11am to 3pm  
Senior Citizens 55+ | Promo ends 31 January 2025

Reservations preferred  
**012 332 2938**



  **mysneakyburgers**

 **33A SS 22/11, Damansara Jaya (first floor)**



TERMS AND CONDITIONS  
This promotion is exclusively for Oretha's Senior Citizen Guide | The voucher is valid until 31 January 2025 | Valid for Senior Citizens age 55+ | Dine-in only from Tuesday to Friday, 11am to 3pm | Group dining for 3 or more senior citizens | Please present your IC upon ordering | The voucher must be redeemed within the validity period. No extensions will be granted | This voucher cannot be combined with any other promotions, discounts, or offers | Sneaky Burgers reserves the right to modify or withdraw this voucher at its sole discretion.

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BECAUSE YOUR VEHICLE  
DESERVES TO LOOK GOOD TOO

## 30% DISCOUNT

Get 30% off Detailing, Coating and PPF services for your car or bike with this voucher. Valid for Senior Citizens age 55 and above.

**Expiry date: 31 January 2025**



Shine Time Premium Auto Detailing & Bike Spa  
7G, Lorong 51A/227A, Section 51A, 46100 Petaling Jaya

**BOOK NOW 019.317.3186 / 019.773.7474**



### TERMS AND CONDITIONS

This promotion is exclusively for Oretha's Senior Citizen Guide | The voucher is valid until 31 January 2025 | Valid for Senior Citizens age 55+ | WhatsApp / Call 019 317 3186 or 019 773 7474 to book an appointment and a quotation | You may be required to present your IC for verification purposes | The voucher must be redeemed within the validity period. No extensions will be granted | This voucher cannot be combined with any other promotions, discounts, or offers | Shine Time Premium Auto Detailing & Bike Spa reserves the right to modify or withdraw this voucher at its sole discretion.



## Gift Voucher

- Is your small business hitting a flat note because you're **too busy** to promote it?

Here's your chance to fine-tune your brand with a **FREE** consultation on topline strategies designed to help your business be seen and grow! (Applicable for the first 10 enquiries only. Offer ends 31st January 2025)



The most *interesting* business\* will win 3 months of Instagram and Facebook management worth RM 1,500!

Email us why your business needs a little marketing harmony, and let's create something unforgettable.



lalasolutionshub@gmail.com

This promotion is exclusively for Oretha's Senior Citizen Guide | \*Priority will be given to franchisee businesses by seniors, single income families and single moms.

**lalaso!**

helping you kick-start your journey into entrepreneurship. one beat at a time





# Home Safety for the Elderly

## SENIOR PROOFING YOUR HOME

Here are some actionable steps you can take to modify your home and make it safer for the elderly members in your household.



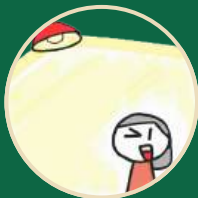
### ENHANCE SAFETY & MOBILITY

Place grab bars in bathrooms near the toilet and in the shower. Install handrails on both sides of staircases.



### BATHROOM SAFETY

Consider a shower chair and a handheld shower head. Use non-slip mats in and around the shower or bathtub.



### IMPROVE LIGHTING

Install brighter bulbs or 'smart' lights with motion sensor



### KITCHEN SAFETY

Use appliances with automatic shut-off features. Induction cookers. No gas stoves.



### REMOVE TRIP HAZARDS

Clear pathways of wires, slippery rugs and clutter. Secure loose carpets with non-slip backing.

For the podcast and full article

[CLICK HERE](#)







# Understanding Sudden Loss of Appetite in the Elderly

## WHAT YOU NEED TO KNOW

As our loved ones age, we may notice a sudden or gradual reduction in their food intake. While this can be a normal part of aging, it is essential to understand the underlying causes to ensure they receive the necessary care. Reduced appetite in the elderly can result from various factors, ranging from common age-related changes to more serious health concerns. This article delves into these causes and highlights the importance of proper assessment and intervention.

## Part 1: Common Causes of Reduced Appetite

### CHANGES IN APPETITE

As we get older, hormonal shifts and alterations in the digestive system can lead to a natural decline in appetite. This reduced hunger can make eating less appealing, leading to decreased food intake.



### DENTAL ISSUES

Dental problems, such as pain or difficulty chewing due to poorly fitting dentures, can make eating uncomfortable. These challenges may cause the elderly to eat smaller portions or avoid certain foods altogether.



### SOCIAL AND PSYCHOLOGICAL FACTORS

Loneliness and social isolation can significantly impact an elderly person's desire to eat. Without the company of others, meals may feel less enjoyable, and the motivation to prepare or consume food may diminish.



For the podcast and part 2 of this article

[CLICK HERE](#)



# Your Support Matters

The Senior Citizen Guide focuses on retail discounts and promotions for Malaysian Senior Citizens. The next issue is tentatively scheduled for **March / April 2025**. It will also include tips and useful information for households with elderly individuals.



## Advertising

helps sponsor hospital accompaniments services for B40 seniors.



Rates as low as

# RM 100



Suitable for:

- Corporations / Organisations
- Small / Medium Enterprises
- Entrepreneurs
- Home businesses

## ADVERTISING RATES



### Full Page Ad

The entire page dedicated to the advertiser

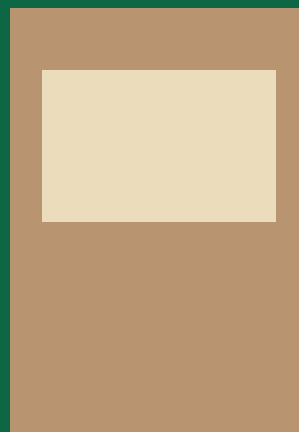
**RM 550**



### Highlight Listing

Advertiser's row will be highlighted to attract full attention

**RM 150**



### Exclusive Promotion\*

Offers created exclusively for Oretha's Senior Citizens Guide readers

**RM 100**

For enquiries / booking, please email [care@orethas.com](mailto:care@orethas.com)

# About Oretha's



Oretha's Senior Care offer personalised non-medical support, empowering seniors to thrive independently.

In 2019, Oretha first launched Oretha's Senior Concierge where dedicated concierges provide assistance during hospital and clinic visits, as well as for various errands.

Fast forward to March 2024, we have over 20+ Senior Concierges in the Klang Valley and a Senior Daycare in the heart of Petaling Jaya and very soon - Cheras.

In today's dynamic world, families often relocate or work full time, leaving seniors in need. Our services alleviate the stress, providing comprehensive care and peace of mind for your loved ones.



## OUR SERVICES

### SENIOR DAYCARE

Our comprehensive range of services is designed to cater to your senior loved one's needs, making their time with us both comfortable and enjoyable.

- Social & Cognitive Programs
- Health Monitoring
- Customised Physical Training
- Basic Care
- Nutritious Meals
- Hospital & Therapy Appointments

**PETALING JAYA**  
1 SS 3/78  
Taman Universiti  
47300 Petaling Jaya



**CHERAS** *Coming Soon*  
Taman Billion



### SENIOR CONCIERGE

With the support of dedicated concierges, we aid seniors with a variety of errands and appointments. Available in Klang Valley. Includes transportation.

### SERVICES

- Hospital assistance in hospitals / clinics / therapy
- Errands & shopping
- Home management
- Companionship





# Oretha's

## SENIOR CARE

DAYCARE | CONCIERGE | TRAVEL

[www.orethas.com](http://www.orethas.com)