

Special Shopping Hours for Seniors

Costco: The membership club announced on Facebook that starting March 24, the store will open early on Tuesdays and Thursdays, 8-9 a.m., for members who are 60 and older.

Dollar General: Dollar General is [“strongly suggesting” that the first shopping hour of each day be devoted to senior](#) customers, and they’re asking other shoppers to plan their shopping to avoid that time.

Fresh Market: The Greensboro-based chain is [devoting the first shopping hour each day to seniors](#) “and other individuals most at risk (those with chronic health conditions such as heart disease or diabetes).” The new store hours are (as of March 19) 8 a.m. to 9 p.m., so the store is asking those who are not in those categories to wait until 9 a.m. to shop.

Harris Teeter: Effective, Monday, March 23, Harris Teeter is designating Monday and Thursday mornings from 6 a.m. to 7 a.m. as senior shopping hours for shoppers aged 60 and over. To further enhance our commitment to protecting our senior shoppers, Harris Teeter will designate ExpressLane Online Shopping pick-up times from 9 a.m. to 2 p.m. for seniors only every Thursday until further notice AND will waive the \$4.95 fee & offer \$5 delivery for seniors during these times.

Lowes Foods: Lowes Foods is dedicating 7 to 8 a.m. every Tuesday and Wednesday as shopping hours for seniors and others who are vulnerable to the virus. Those who are not at risk are being asked to shop at Lowes Foods after 8 a.m. on Tuesdays and Thursdays or other days of the week. The special shopping hours are in place until further notice. (This has been updated to reflect a correction of days from Lowes Foods.)

Target: Target [will devote the first shopping hour of each Wednesday to seniors](#) and those with health issues that put them at a greater risk. Target store hours vary location to location, so check with your store for current store hours (many stores are operating with reduced hours now). That first hour on Wednesday is the time to go.

Walmart: Starting March 24 through April 28, [Walmart stores will devote one hour prior to the store opening each Tuesday to senior shoppers](#) (60 and older). Pharmacies and Vision Centers will also be open during this time. Current new Walmart hours are 7 a.m. to 8:30 p.m. nationwide, so seniors would shop at 6 a.m.

Whole Foods: Whole Foods is setting aside [the hour before they open each day to senior shoppers](#) (ages 60 and up) in all stores in the U.S. and Canada. (In the U.K., this applies to shoppers 70 and up.) Keep in mind that the store hours are different now, so [check with your closest Whole Foods](#) to see when they open.

This information was compiled as a courtesy and may not be the most updated or accurate. Please check with your local stores for the most current information (3/25/2020).