Senior Shopping Hours—Knox County

March 24, 2020. This list was accurate at the time of posting but may change as situations in our community develop. If you have any changes or additions, please contact gabe@franklinkyle.com at Franklin & Kyle Elder Law, LLC.

***Note that many stores are no longer allowing you to bring in reusable shopping bags.

Aldi—1 hour before opening to the public, Tuesdays and Thursdays (store hours vary by location)
Seniors, pregnant women, customers with compromised immune systems

Big Lots—First hour of each day for senior citizens and “those most vulnerable to this virus”

Butler and Bailey—Tuesday and Saturday mornings from 8am until 9am are reserved for the elderly and high risk to shop.

Costco—Tuesdays and Thursdays, members 60 and older can shop from 8 to 9 a.m. at all locations except Business Centers.

Dollar General—First hour of each day for seniors

Food City—Daily 7am-8am

Fresh Market—First hour stores open, from 8 to 9 a.m., for "seniors and those most at risk" Mon-Fri

Ingle’s—7am-8am Tuesday and Wednesday for seniors, first responders and those with compromised immune systems.

Kroger—from 7am-8am (first hour of opening) for seniors and those with compromised immune systems.

UGO—(Did not get an answer on phone and will update when able)

Publix—Tuesday and Wednesday mornings from 7 to 8 a.m. for seniors 65+. Pharmacies also open at 7am during that time for seniors.

Sam’s—No senior shopping hours at this time

Save-a-Lot—8am-9am (first hour of opening) for seniors

Target—First hour open each Wednesday for “vulnerable guests”
**The Village Mercantile**—Open 10am-5pm, while they said they do not have set senior hours, they recommend shopping before noon when there is less of a crowd.

**Three Rivers Market**—No senior set hours but they recommend that seniors come in from 8am-9am when the store is less crowded.

**Trader Joe’s**—First hour of daily shopping will be reserved for senior customers, from 9 to 10 a.m. The company didn't specify the age range of seniors, which is generally considered to be 65 and older, but it varies by company.

**Walgreens**—Tuesday weekly senior hour from 8 to 9 a.m., open to caregivers and immediate families, as well.

**Walmart**—March 24- April 28, Tuesday for customers 60+ are invited to shop one hour prior to store opening.

**Whole Foods**—Customers 60+ are invited to shop one hour prior to store opening.

Some of the senior shopping hour time information was from the following sources:
