

*Life to the Fullest*



**CCRP**

*Jamaica*

**Discount  
Partners**



# Personal Care

## 432 Body Works

11 Ardenne Rd, Suite 9, Kgn 10  
876 894 0614

**Discount Details:** 22%

## AFYA Yoga Pilates Dance Studio

2d Bamboo Ave, Kgn 6  
876 977 6735, 8763837669, 876 434 7433

**Discount Details:** \$900 drop-in class rate

## Angela's

7 Merrick Avenue, Kgn 10  
876 926 5193, 876 323-5906, 876 383-7782

**Discount Details:** 10 – 25%

## Aromacare - Donna Singh

876 461 9162

**Discount Details:** 15%

## ArthritiCare Solutions

876-423-5842 or 876-369-8283  
Website: arthriticarejm.com

**Discount Details:** 10%

## Bookophilia

92 Hope Road, Kgn 6  
876 801 -7614

**Discount Details:** 10% discount on books and café purchases

## Calidad Home Health

Level 9, Panjam Bldg, 60 Knutsford Blvd, Kgn 5  
876-817-6248

**Discount Details:** 10%

## Dale Carnegie Training Institute

Shop 13-15 Tropical Plaza,  
12-14 Constant Spring Road, Kgn 10  
876 754 9748

**Discount Details:** 25% discount on training courses

## Detoxification - Alternative Medicine by Sonia McDonald-Buchanan

876 817 9472, 876 573 1181

**Discount Details:** 15%

## Doctors Cave Bathing Club

White Sands Beach, Montego Bay  
876 952 2566

**Discount Details:** 15%

## Eden Gardens Wellness Resort & Spa

39 Lady Musgrave Road, Kgn 10  
876 946 3336

**Discount Details:** 15% discounts on Restaurants & Eden Spa

## Home Care Support for Seniors

Donna Singh  
(876) 461-9162

**Discount Details:** 10%-12%

## Jencare Skin Farm

82 Hope Road, Kgn 6  
876 946 3494-7

**Discount Details:** 10% (Mon – Wed)

## La Belle Femme Lingerie & Bra Fit Specialists

53 Lady Musgrave Rd.  
876 622 6091

**Discount Details:** 15%

## Light Therapy by Opal Bernard

Constant Spring Medical Centre, 111c Constant Spring Rd, Kgn 10

876 925-0868, 876 542-8983

**Discount Details:** 15%

## PRO Physio

Suite #4, Mid Spring Mall,  
134 Constant Spring Road, Kgn 8  
876 342 1298, 876 669 2634

**Discount Details:**

Physiotherapy Treatment \$5,000 (12.5% discount)

Follow up treatment \$4,000 (30% discount)

Physiotherapy Home Visits \$7,000 (30% discount)

Gym Membership with Supervision \$18,000 (16% discount)

Massage Therapy \$8,500 (11% discount)

## Reflexology - Mrs. Shirley Reeson

876 456-6045

**Discount Details:** 20%

## Sanaa Studios

25 Barbican Road, Kgn 6  
876 977 4792

**Discount Details:** 10% discounts on classes

## Treatment Room

2D Bamboo Avenue, Kingston 6  
876 792-1352

**Discount Details:** 20%

## The Wanderer

Queensway  
876 926 6071

**Discount Details:** 10%

## Vanity Squad Mobile Beauty and Barber Salon

876 346 5129/876 842 8958

**Discount Details:** 10% on all services



# Home & Entertaining

## Amazing Events

876 823 4433

**Discount Details:** 15%

## Conserve It Solar Equipment

12 Truman Avenue, Kgn 10

876 754 0220-1

**Discount Details:** 5%

## Every Blooming Thing

80 Constant Spring Road, Kgn 8

876 925 4483, 876 925 9319

**Discount Details:** 20%

## Greenthumb Floral & Gifts

37 Shortwood Rd, Kgn 8

876 925 0988

**Discount Details:** 20%

## Guardsman Alarms Limited

6 Carvahlo Dr, Kingston

876 929-6847

**Discount Details:** 10%

## Guardsman Security Services

107 Old Hope Road, Kgn 6

876 978 5760, 876 929 3299

**Discount Details:** 10%

## Hope Zoo

Hope Road, Kingston 6

876-927-1085

**Discount Details:** 30%

## Hawkeye Electronic Security

14 Belmont Road, Kingston 5

876 926 4295

**Discount Details:** 10%

## Jamaica Fire Equipment

16 Hagley Park Rd, Kgn 10

876 926 5229

**Discount Details:** 10%

## Konoko Park & Falls

Pimento Walk Main St Ann

876 622-1712

**Discount Details:** 10%

## King Alarm

Caledonia Avenue, Kingston

876 926 0116

**Discount Details:** 25% Discount (Installations only)

## Nature's Paradise

107 Old Hope Road

876 927-6613

**Discount Details:** 10%

## Orkin Pest Control (Kingston)

5A Haughton Avenue Kingston 10

876-906-2306

**Discount Details:** 10%

## Orkin Pest Control (Ironshore)

Lot 1218 Providence Way Ironshore, Industrial Estate

876-953-8649

**Discount Details:** 10%

## Puerto Seco Beach

Discovery Bay, Saint Ann

(876) 670-0128

**Discount Details:** 10%

## That Blooming Florist

20 West Kings House Road, Kgn 10

876 908 3538-9

**Discount Details:** 20%

## Victor Nugent

Drapery & Upholstery Cleaners On Site

876 366 3758

**Discount Details:** 10%

## Wayne's Discount Centre

7 Marescaux Road.

876 754 6273

**Discount Details:** CCRP members will pay wholesale rate on all items



# Medical Services

## Apex X-Ray & Ultrasound

2A Molynes Rd, Kingston 10  
3A Winchester Road, Kingston 10,  
876 926 7607

**Discount Details:** 15%

## Dr Kanchara Bandara Coore, MD

Shortwood Medical Centre  
Manuchant Medical Centre

**Discount Details:** 10%

## Dr. Judit Baptiste Ph.D, Holistic Healing

#5 Hope View Avenue, Kingston 6, Hope Pastures  
876 970 0064

**Discount Details:** 5%

## Dr. Marcia Barnes, Southdale Dental

Shop 8, Southdale Plaza, Kingston 10  
876 929 3312, 876 926 7474

**Discount Details:** 10%

## Centre for Diagnostic Imaging

94 1/4 Old Hope Rd.  
876 946 9729

**Discount Details:** 15% discount (X-Ray, Ultrasound, CT-Scan)

## FISH (Foundation for Int'l. Self Help)

2 Gordon Town Rd., Kingston 6,  
876 927 1106, 876 977 1269

**Discount Details:** 10%

## Hargreaves Memorial Hospital

32 Hargreaves Avenue, Mandeville,  
876 961 1589

**Discount Details:**

10% discount - Emergency & Outpatient Services, Laboratory, Radiology (X-Ray, Ultrasound, Cat Scan), Pharmacy, Ambulance

5% discount - Hospitalization (including Operating Theatre)

## Heart Institute of the Caribbean Foundation

23 Balmoral Avenue, Kingston 10 (876 906 2105)  
1 Brumalia Rd, Mandeville, Manchester (876 625 7122)  
Unit C5B, Shoppes at Pineapple, Main Street, Ocho Rios, St Ann (876 974 8314)

**Discount Details:** 10%

## Dr. Emerson Henry, "The Dentist"

Shop 9, Wyndham Complex, Knutsford Blvd, Kgn 6,  
Papine 5 Chandos Place, Kgn 6,  
Morant Bay Shop #15B, Morant Bay Shopping Plaza  
876-927-1013

**Discount Details:** 10% discount on oral and periodontal exams & cleaning

## Independent Living

11 Merrick Ave, Kgn 10  
876 754 2195, 876 754 5198

Shop BG1 Whitter Village  
Ironshore, Montego Bay

**Discount Details:**

10% discount on Abena Incontinence products  
5% on Bathroom/Safety products, commodes, walkers/canes & blood pressure machines  
2% discount on CPAP Machines

## Jamaica Cosmetic Dental Services

Suite #28, 7-9 Ardenne Road,  
876 978 4747

**Discount Details:** 5% discount on dental procedures

## Dr. Margaret Larmond, Dental Surgeon

Lot 25 Mandeville Plaza, Mandeville  
Telephone number 876-962-3405 (Office)  
876 - 446-2545 (cell)

Shop 22 Apple Tree Plaza,  
Christiana, Manchester.  
Telephone 876 -964 -3109

**Discount Details:** 10%

## Dr A. W Lawrence, Allergist

Medical Associates Hospital, 18 Tangerine Place,  
876 926 2513

**Discount Details:** 10% discount on consultation

## Med-Clinix

Unit 27, Barbican Business Centre, 88 Barbican Road,  
Kingston 8,  
876 978 7380

**Discount Details:** 15%

## Medical Associates Hospital

18 Tangerine Place, Kingston 10,  
876 926 1400

**Discount Details:** 10%

## Parkington Medical & Eye Centre

26A Parkington Plaza, Kingston 10,  
876 920 3502

**Discount Details:** 20% discount on frames. Conditions apply

## Phoenix Gastroenterology

2 Phoenix Ave, Kgn 10,  
876 929 7108

**Discount Details:** 10%

## PLC Services, Andrews Memorial Services

876 926 1805

**Discount Details:** 15% discount for physiotherapy services at Andrews Memorial Hospital

# Medical Services (cont)

## Revamp Rehabilitation Centre - In-Patient Stroke Unit

17 Latham Avenue, Kgn 6,  
876 946 1172

**Discount Details:** 10% discount on services: physical therapy, speech therapy and occupational therapy

## Dr. Suzette A. Robinson, MBBS, FACP, FACE, CCD

Endocrinology, Diabetes & Associates  
Lee Gore Business Centre, Unit 2  
Upper Waterloo Road, Kingston 10

Office: 876 925 5044

Fax: 876 925 9007

Office Mobile: 876 854 2335

JAM Mobile: 876 570 6649

US Mobile: 239 935 9124

**Discount Details:** 10% on all services

## Dr Veronica Salter - Release Therapist

110 Old Hope Rd, Kgn 6,  
876 927 7420, 876 770 4400

**Discount Details:** 20%

## St Jago Ultrasound and X-Ray Diagnostic Services

St. Jago Shopping Centre, Spanish Town,  
876 984 7266, 876-749-2090

**Discount Details:** 15%

## The Smile Centre

27 Manning Hills Rd, Suite 4, Kgn 19,  
876 925 3637

**Discount Details:** 20%

## The Woman's Place

1 Stanton Terrace Units 1&2,  
876 978 4359, 876 927 8550

**Discount Details:** 10%

## Dr Eulalee Thompson - Psychologist

163 Old Hope Rd, Kgn 6  
876 275 2430, 876 977 1108

**Discount Details:** 20%

## Total Therapy

4 Queens Dr, Montego Bay

**Discount Details:** 10%



## Bert's Auto Parts

1-888-991-5459

**Discount Details:** 15%

## GPSConnect

8 Eureka Cres, Kgn 5

876 908 0107

**Discount Details:** 10%

## Hertz International Car Rental (Kingston)

9a Garelli Avenue, Kingston 10

876 960 0600

**Discount Details:** 15%

## Irons' Mechanical Services

White River, Ocho Rios

876 974 9173

**Discount Details:** 15%

## Jamaica Automobile Association (JAA)

7 Central Avenue, Kingston 5

876 906 5343

**Discount Details:** 30%



# Pharmacy

## Bewellers Pharmacy

2 Phoenix Ave, Kgn 10  
876 634 7007

**Discount Details:** 15%

## Fontana Pharmacy

34 East Kings House Road, Kgn 6 (876 946 2630)  
Waterloo Square, 12 West Kings Hse (876 969 8889)  
Manchester Shopping Centre (876 962 3129)  
Fairview Town Centre, Montego Bay (876 952 3866)  
**Discount Details:** 10% off prescriptions and over the counter medication

## J & J Pharmacy

92 Barnett St, Montego Bay,  
Shop #3 Embassy Place, Montego Bay,  
82 Barnett Street, Montego Bay  
876 940 4262

**Discount Details:** 10% discount on all purchases at all branches

## Johnson's Pharmacy

25 Manchester Rd, Mandeville  
876 962 2464

**Discount Details:** 10%

## New Kingston Pharmacy

30 Dominica Drive Shop#1, Kingston,  
876 908 3628, 876 908 4765

**Discount Details:**  
5% discount on vitamin supplements  
10% discount to members over 60

## New Papine Pharmacy

5 Chandos Place, Kgn 6  
876 927 2499

**Discount Details:** 10% discount on prescriptions

## Smart Care Pharmacy

70 Half Way Tree Road, Kgn 10,  
876 616-6010

**Discount Details:** 17.5% discount on prescriptions

## South Avenue Pharmacy

Shop 2, 6 South Avenue, Kgn.10,  
876 960 2018

**Discount Details:** 5%

## Super Med Pharmacies

28 Barbados Ave, Sagicor Building New Kingston  
(876-920-2701,920-8408)  
111A Molynes Rd, Kgn. 20 (876-934-3130,765-5282)  
Shop 12-20, Mall Plaza 20 Constant Spring Rd., Kgn. 10  
(876-926-2457,960-2145)

**Discount Details:**  
10% discount on prescriptions  
5% discount on non prescription items (Islandwide)

The Caribbean Community of Retired Persons (CCRP) is a non-profit membership organization for persons 50 and over. CCRP was founded in January 2009 by Jean Lowrie-Chin to honour her mother and other senior mentors. The management team consists of a board of directors supported by a small administrative team.

## Our Offices

### Kingston

Phoenix Central, 2 Phoenix Avenue, Suite 16, Kingston 10.  
Hours 10am-4pm Monday-Friday.  
Tel:876 469 1944 or email [info@ccrponline.org](mailto:info@ccrponline.org).

### Mandeville

Global Travel Service, Manchester Shopping Centre.  
Hours 10am-2pm Monday & Wednesday.  
Tel: 876 278 1590 or email [ccrpscentralja@ccrponline.org](mailto:ccrpscentralja@ccrponline.org)

### Ocho Rios

St Ann Chamber of Commerce, Pineapple Place, Ocho Rios.  
Hours 9am-12pm Tuesday & Wednesday .  
Tel: 876 553 0329 or email [ccrpnortheastja@ccrponline.org](mailto:ccrpnortheastja@ccrponline.org)

### Montego Bay

Unity of Montego Bay Worship Centre, 12 Dome Street, Montego Bay.  
Hours 9am-3pm Tuesday & Friday.  
Tel: 876 550 9330 or email [ccrpwesternja@ccrponline.org](mailto:ccrpwesternja@ccrponline.org)