



# Newsletter

## June 2024



Association nationale  
des retraités fédéraux

National Association  
of Federal Retirees

The newsletter of the National Association  
of the Federal Retirees - Outaouais Branch

## NAFR celebrates National Public Service Week

From June 9 to 15, the National Association of Federal Retirees is celebrating National Public Service Week. Public servants do important work that really makes a difference. They are committed to serving Canadians. They deserve thanks for their diligence and dedication from one generation to the next. Public servants take great pride in putting service before themselves.



We would also like to thank federal retirees for dedicating their careers to the well-being of Canada and Canadians. Many continue their vocation once retired, in the form of volunteering, community and other involvement.

**Happy National Public Service Week to all!**

# VIDEOCONFERENCE to come this month !

## Preventing Falls: Tips for everyday life



### VIDEOCONFERENCE for NAFR members

#### Preventing falls

Tips for everyday life

THURSDAY JUNE 13, 2024  
11:00 A.M. TO 12:00 P.M.



Katherine Beaulieu



Catherine Baril



Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais



In its videoconference entitled:

"Preventing falls: Tips for everyday life",  
to be presented on **Thursday June 13, 2024** in **French from 9:30 a.m. to 10:30 a.m.** and in **English from 11:00 a.m. to 12:30 p.m.**, Katherine Beaulieu and Catherine Baril will discuss the following topics :

- Why worry about falls?
- What causes falls
- How to prevent falls
- A Fall Prevention Program in our region

To register, please click [here](#).

## PLANNED VIDEOCONFERENCES CALENDAR FOR FALL 2024

### September

Wills

### October

Fraud and Cyberattacks (Breakfast conference)

Sexuality in the elderly

### November

Hearing

Nutrition

Do you have topics you'd like to suggest or speakers you know who would be interested in hosting a videoconference for our members? Please let us know by e-mail [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca) or by phone (819) 776-4128.

Past videoconferences are available on [our web site](#).

# NAFR Outaouais Branch proud to present its new outdoor kiosk at the FADOQ Golf Tournament on May 23!



# PARTNER ACTIVITIES...



Académie des retraités de l'Outaouais (ARO)

**LA SOIRÉE DES TALENTS**  
SALLE JEAN-DESPRÉZ  
SLAM, CHANSONS, HUMOUR, PIANO, GUITARE

15 \$  
7,50 \$ Enfants  
(12 ans et moins)  
20 \$ Sur place

19 JUIN 2024 À 18 H30

POUR DE PLUS AMPLES INFORMATIONS, VISITEZ  
[WWW.ACADEMIEDESRETRAITES.CA](http://WWW.ACADEMIEDESRETRAITES.CA)  
OU CONTACTEZ-NOUS PAR TÉLÉPHONE AU 819-776-5052.

Site web : [academiedesretraites.ca](http://academiedesretraites.ca)

INFO : 819-776-5052

## PROMOTIONS EN COURS

- **“Amène un ami”**  
50% de réduction sur le coût de votre carte. Deux amis, votre carte est gratuite!
- **12\$ de réduction**  
À l'achat de 4 conférences payantes, une réduction de 3 \$ par conférence (sur une transaction seulement)
- **10% de réduction**  
À l'achat de 3 cours payants ou plus, une réduction de 10% (sur une transaction seulement)

An invitation from  
Centre intégré de  
santé et de services  
sociaux de l'Outaouais

**SAMEDI 15 JUIN**  
DE 9 H À 12 H AU CENTRE ASTICOU  
241, boul. de la Cité-des-Jeunes, Gatineau (secteur Hull)



**MARCHONS ENSEMBLE**

POUR LUTTER CONTRE LA  
**MALTRAITANCE**  
ENVERS LES AÎNÉS



Pour information:  
[07.maltraitance@sss.gouv.qc.ca](mailto:07.maltraitance@sss.gouv.qc.ca)

En cas d'alerte météo,  
l'événement sera annulé.

Trajets de 1 km et 3 km, kiosques,  
animation, rafraîchissements,  
séance de yoga, et plus !

Venez démontrer votre appui en famille ou entre amis !

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais  
Québec

Une initiative de l'ensemble  
des organismes membres de la

TABLE RÉGIONALE  
POUR CONTRENER LA MALTRAITANCE  
ENVERS LES AÎNÉS  
DE L'OUTAOUAIS

# CONTACT-US !

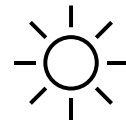


If you have any questions, comments or suggestions, please don't hesitate to contact us. If you'd like to get involved as a volunteer, write to us at [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca).

## Summer Season!

Please note that from July 1 to August 16, member services will be limited, but available on request via e-mail or telephone. Member Services will respond to your calls in a timely manner during this summer period. You can reach Member Services at (819) 776-4128 or by e-mail at [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca).

The entire NAFR Outaouais Branch team wishes you a most enjoyable summer!



Donald Déry, President  
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(819) 776-4128

<https://www.federalretirees.ca/en/branches/quebec/outaouais-branch>  
<https://www.facebook.com/anrfoutaouais/>