




## Members Discounts\*

\* With proof of membership in the National Association of Federal Retirees, Outaouais Branch

Company	Contact	Discount
<b>Food</b>		
<b>La Buena Restaurant</b> 	5-1160 Bvd Saint Joseph Gatineau QC J8Z 1T3  (819) 772-7771	<b>DISCOUNT:</b> All products sold in the restaurant are subject to a 10% discount for members upon presentation of their FSNA membership card.  <a href="https://www.facebook.com/labuenagatineau/">https://www.facebook.com/labuenagatineau/</a>
<b>Lodging</b>		
<b>Hôtel Château Logue</b> 	12, rue Comeau Maniwaki QC  1-877-474-4848 (819) 449-4848	<b>DISCOUNT:</b> 10% off the posted room rate.  For more details or information, visit <a href="https://www.chateaulogue.com/index.php/en/">https://www.chateaulogue.com/index.php/en/</a>
<b>Groupe Katasa et Développement</b>  1. Le District Aylmer 2. Village Riviera (Gatineau) 3. Le Manoir Pierrefonds (Montréal)  	69 Rue Jean-Proulx, Suite 301, Gatineau, QC J8Z 1W2  Contact: Tina Pettinicchi (514) 293-8205 (Direct Line)  <a href="mailto:tina@ledistrictaylmer.com">tina@ledistrictaylmer.com</a>	<b>DISCOUNT:</b> Offer rental units including 5 stainless steel household appliances, and to members of the National Association of Federal Retirees: <ul style="list-style-type: none"> <li>• First month's rent free on agreements of 12 months or more*.</li> <li>• Upon signing a lease of 12 months or more, the choice between a reimbursement of moving expenses up to a maximum of \$1,000 OR 12 months' free indoor parking valued at \$1,500*.</li> </ul> <p>*A phase that is actively under construction within a project is not included in this offer.</p> <p>For more information, please visit  <a href="https://ledistrictaylmer.com/?lang=en">https://ledistrictaylmer.com/?lang=en</a> </p>





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Recreation											
<p><b>Académie des Retraités de l'Outaouais (French only)</b></p>  <p><i>Académie des retraités de l'Outaouais (ARO)</i></p>	<p>331, boulevard Cité-des-Jeunes Gatineau QC</p> <p>(819) 776-5052</p>	<ul style="list-style-type: none"> <li>• Walking Club (free)</li> <li>• Conferences (free or same rate as ARO members)</li> <li>• Viactive (free)</li> </ul> <p>No discounts apply to courses offered by ARO. Other activities at the same rate as members of the ARO.</p> <p>For a timetable and list of activities offered, visit <a href="http://www.aro.retraiteaction.ca">www.aro.retraiteaction.ca</a></p>									
<p><b>Mont-Cascades</b></p>  <p><b>MONT CASCADES</b></p>	<p><b>Mont-Cascades</b> 448 chemin du Mont-des-Cascades Cantley QC J8V 3B2</p> <p>(819) 827-0301</p>	<p><b>DISCOUNT:</b> NAFR members and their immediate families benefit from the association group rate (with proof of e-mail or membership card) every Wednesday for day tickets only (9 a.m. to 5 p.m.). This promotion is valid from the opening of the ski season and throughout the winter season, with the exception of these two days: Wednesday, December 25, 2024 and Wednesday, January 1, 2025.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #D3D3D3;">Mont Cascades</th> <th style="background-color: #D3D3D3;">Discount</th> <th style="background-color: #D3D3D3;">Discount</th> </tr> </thead> <tbody> <tr> <td style="background-color: #D3D3D3;">Day Ticket (9 a.m. to 5 p.m.)</td> <td style="background-color: #D3D3D3;">6 to 17 years</td> <td style="background-color: #D3D3D3;">18 to 79 years</td> </tr> <tr> <td style="background-color: #D3D3D3;">Children 2 to 5 (10\$) Adults 80 and over (10\$) Children 2 and under (free)</td> <td style="background-color: #D3D3D3;">\$21,00</td> <td style="background-color: #D3D3D3;">\$30,00</td> </tr> </tbody> </table> <p>Mont Cascades defines a family member as a member of the immediate family:</p> <ul style="list-style-type: none"> <li>- Spouse</li> <li>- Children and grandchildren</li> <li>- parents</li> <li>- Brothers and sisters</li> </ul>	Mont Cascades	Discount	Discount	Day Ticket (9 a.m. to 5 p.m.)	6 to 17 years	18 to 79 years	Children 2 to 5 (10\$) Adults 80 and over (10\$) Children 2 and under (free)	\$21,00	\$30,00
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	<p><b>Fadoq Outaouais</b> 811-D, Bd Saint-René O, Gatineau QC J8T 0C3</p> <p>(819) 777-5774</p>	<p><b>DISCOUNT:</b> \$10 discount for new FADOQ members only.</p> <p>The cost of the FADOQ card determined by the Réseau is \$30 for 12 months. The application of the \$10 rebate will be credited directly on the purchase of a 12-month membership for an amount of \$20 instead of \$30 (applies to a new FADOQ member only).</p>
<p><b>Personal Care and Wellness</b></p>		
<p><b>AMERISPA</b></p> 	<p>Amerispa Cantley 5, Chemin Sainte-Élisabeth Cantley QC J8V 3E8</p> <p>(819) 335-1555</p> <p>Amerispa Morin-Heights 160 Rue Watchorn Morin-Heights QC J0R 1H0</p> <p>(450) 226-7722</p>	<p><b>DISCOUNT:</b> A fifteen percent discount (15%) off listed services or packages.</p> <p>A twenty percent discount (20%)* on one-day access to the thermal experience at the following Nordic spas:</p> <ul style="list-style-type: none"> <li>• Amerispa Spa Nordique Morin-Heights (Laurentians)</li> <li>• Amerispa Spa Nordique Cantley (Outaouais).</li> </ul> <p>* The rental of a towel, bathrobe, sandals, and locker is included.</p> <p><b>Restrictions:</b> Applicable Sunday to Thursday. For more details visit: <a href="https://www.amerispa.ca/en/">https://www.amerispa.ca/en/</a></p>
<p><b>Signature Melisa Parenteau (French only)</b> <b>SPA Urbain</b></p> 	<p>2-746, avenue de Buckingham Gatineau QC J8L 2H8</p> <p>(819) 281-1119</p>	<p><b>DISCOUNT:</b> 10% off esthetic services and the Espace Thermal (the discount will not apply to massage therapy). Discount cannot be combined with any current offer.</p> <p>For more information on our services, visit <a href="http://signaturemelisaparenteau.com/">http://signaturemelisaparenteau.com/</a></p>
<p><b>Clinispa Kaméva</b></p> 	<p>46-B boulevard Gréber Gatineau Qc J8T 3P6</p> <p>(819) 598-2390</p>	<p><b>DISCOUNT:</b> The price of initial foot care is the same as the price of follow-up foot care.</p> <p>To book an appointment and view pricing, please visit <a href="https://clixibook.ca/hub/clinispakameva">https://clixibook.ca/hub/clinispakameva</a> and go to the Podiatry Care (Specialized Foot Care) tab, or send an e-mail to <a href="mailto:info@clinispakameva.ca">info@clinispakameva.ca</a>.</p>



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<p><b>Mary Kay - Danielle Gobeil, Directrice des ventes</b></p> 	<p>40 versant nord Gatineau QC J8P-7X2</p> <p>(819) 661-0807</p> <p>dgobeilp@hotmail.com</p>	<p><b>DISCOUNT:</b> 15% discount on regular-priced products (retail before tax)</p>
<b>Services</b>		
<p><b>ChezSoi Dentaire</b></p> 	<p>Mélissa Gervais, Hygiéniste dentaire et propriétaire</p> <p>(819) 918-5577</p>	<p><b>DISCOUNT:</b> 10% off esthetic services and the Espace Thermal (the discount will not apply to massage therapy). Discount cannot be combined with any current offer.</p> <p>For more information on our services, visit <a href="https://chezsoidentaire.com">https://chezsoidentaire.com</a></p>
<p><b>ABC Clinique Santé</b></p> 	<p>57 Rte 105 Unité 202, Chelsea QC J9B 1L3</p> <p>(819) 773-4230</p>	<p><b>DISCOUNT:</b> Benefit from :</p> <ul style="list-style-type: none"> <li>• 30% off any initial consultation at the clinic, including the first massage therapy appointment</li> <li>• 10% on subsequent follow-ups.</li> </ul> <p>To book your first appointment, call 819-773-4230 or e-mail <a href="mailto:gatineau@abccliniquesanté.com">gatineau@abccliniquesanté.com</a>.</p>
<p><b>Lifeline</b></p> 	<p>105–95 Barber Greene Road Toronto ON M3C 3E9</p>	<p><b>DISCOUNT:</b> Call today and as an NAFR member you'll get <b>2 MONTHS FREE SERVICE with a 6-month term</b> (max. value \$130). For more information, contact Lifeline at 1 800 LIFELINE (1 800 543-3546) or visit our website <a href="http://www.lifeline.ca">www.lifeline.ca</a>. <b>Enter code 1492 for this special offer.</b></p> <p><i>Offer valid only with participating local programs and for new activations only. Cannot be combined with any other offer. Certain restrictions apply. Subject to a six-month agreement.</i></p>
<p><b>Solutions de Mamie</b></p> 	<p><a href="mailto:info@solutionsdemamie.com">info@solutionsdemamie.com</a></p> <p>(819) 598-0512</p>	<p><b>DISCOUNT:</b> 15% discount on tax returns and personal budget consultation. Offer valid upon presentation of NAFR membership card.</p> <p>Visit the <a href="http://Solutions de Mamie">Solutions de Mamie</a> website to consult the services offered: Budgeting/taxation, business</p>

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		consulting, coaching, executor and attorney general.
<p><b>DR Mobile</b></p> 	<p>DR Mobile Inc. 1486 route 148 Luskville QC J0X 2G0</p> <p>Daniel Robitaille, propriétaire</p> <p>(819) 918-4447</p>	<p><b>DISCOUNT:</b> 10% discount to all members on all our seasonal services* (closed during the winter months):</p> <ul style="list-style-type: none"> <li>- From early April to mid-December, general mechanical service (tires, suspension/steering parts, brakes, oil changes, etc.), all at your home!</li> <li>- From mid-May to mid-October, in-home car wash service. 100% autonomous and mobile.</li> </ul> <p>We invite you to visit our Facebook page at: <a href="https://www.facebook.com/drmobileonwheels">https://www.facebook.com/drmobileonwheels</a></p>
<p><b>Fleurs de Guy (French only)</b></p> 	<p>746, avenue de Buckingham, Unité 3 Gatineau QC J8L 2H8</p> <p>(819) 986-8293</p>	<p><b>DISCOUNT:</b> 10 % off flowers, gifts, and decorations, at any time.</p> <p>To see our range of services, and consult our floral arrangements, visit <a href="http://www.fleurdeguy.com">www.fleurdeguy.com</a></p>
<p><b>Maison funéraire Racine, Robert &amp; Gauthier Beauchamp – Dignité</b></p> 	<p>271, boulevard St-Joseph Gatineau QC J8Y 3Y1</p> <p>(819) 770-1300</p>	<p><b>DISCOUNT:</b> 10 % off the goods and services at our Gatineau location.</p> <p>We invite you to visit our website at: <a href="https://www.dignitymemorial.com/en-ca">https://www.dignitymemorial.com/en-ca</a></p>
<p><b>Neolegal Inc</b></p> 	<p>420 Notre-Dame Ouest Suite 601 Montréal QC H2Y 1V3</p> <p>1-855-996-9695</p>	<p><b>DISCOUNT:</b> 10% off legal services offered on our web site.</p> <p>For more information about our services and how we could assist you, please visit: <a href="https://www.neolegal.ca/en">https://www.neolegal.ca/en</a></p>

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<p><b>Noel et Associés</b></p> 	<p>Me Pierre Landry 111, rue Champlain Gatineau QC J8X 3R1</p>	<p><b>DISCOUNT:</b> 20% off the published hourly fees.</p> <p>For more information about our rates and how we can assist you, please contact: <a href="mailto:P.landry@noelassociés.com">P.landry@noelassociés.com</a></p>
<p><b>Aidexpress</b></p> 	<p>Aidexpress inc. 20, Allée de Hambourg bureau 210 Gatineau QC J9J 4K3</p>	<p><b>DISCOUNT:</b> 10% on all homecare services throughout Quebec.</p> <p>For more information on the services offered by Aidexpress, please consult their <a href="#">website</a> and <a href="#">electronic flyer</a>.</p>
<p><b>SSMT Clinique Médicale</b></p> 	<p>SSMT Clinique Médicale 1171, Boulevard Saint-Joseph Gatineau QC J8Z 2C3  (819) 595-0790  Site Web : <a href="https://ssmtmedical.ca/">https://ssmtmedical.ca/</a>  Page Facebook : <a href="https://www.facebook.com/marleentasse">https://www.facebook.com/marleentasse</a></p>	<p><b>DISCOUNT:</b></p> <ol style="list-style-type: none"> <li><b>A \$50 discount on the standard fee for an annual preventive check-up.</b> (The normal cost of this service is \$385).</li> <li><b>A 10% discount on our travel health consultation service.</b> (*The cost of vaccines, where applicable, is excluded from this discount.) - (The current cost of this service varies from \$55 to \$135, depending on the destination, and \$25 per additional traveller at the same appointment. The 10% discount applies to all travelers living at the same address).</li> </ol>
<p><b>Subaru Outaouais</b></p>  <p><b>Subaru Outaouais</b></p>	<p>Subaru Outaouais 965 Boulevard Saint-Joseph Gatineau QC J8Z 1W8  Site Web : <a href="https://www.subaruoutaouais.com/">https://www.subaruoutaouais.com/</a> Page Facebook : <a href="https://www.facebook.com/subaruoutaouais">https://www.facebook.com/subaruoutaouais</a></p>	<p><b>DISCOUNT:</b></p> <ol style="list-style-type: none"> <li>12% on parts and service</li> <li>\$400 rebate on the purchase of a new or pre-owned vehicle</li> </ol>

*Members are advised, that while the Association recognizes the value the preferred partner offers members, the Association does not represent that a particular good or service necessarily meets a particular member's needs. Members must exercise their own due diligence and make their own determination whether the good or service is appropriate for them.*