



Members Discounts*

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

Company	Contact	Discount
Food		
La Buena Restaurant 	5-1160 Bvd Saint Joseph Gatineau QC J8Z 1T3 (819) 772-7771	DISCOUNT: All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card. https://www.facebook.com/labuenagatineau/
Le Resto Chelsea 	528 route 105 Old Chelsea Chelsea QC J9B 1L2 (819) 827-5559	DISCOUNT: All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.
Lodging		
Hôtel Château Logue 	12, rue Comeau Maniwaki QC 1-877-474-4848 (819) 449-4848	DISCOUNT: 10% off the posted room rate. For more details or information, visit https://www.chateaulogue.com/index.php/en/
Groupe Katasa et Développement 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) tina@ledistrictaylmer.com	DISCOUNT: 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"> • First month's rent free on agreements of 12 months or more*. • 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*. <p>*A phase that is actively under construction within a project is not included in this offer.</p>





Members Discounts*

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

		For more information, please visit https://ledistrictaylmer.com/?lang=en															
Recreation																	
Académie des Retraités de l'Outaouais (French only)  Académie des retraités de l'Outaouais (ARO)	331, boulevard Cité-des-Jeunes Gatineau QC (819) 776-5052	<ul style="list-style-type: none"> • Walking Club (free) • Conferences (free or same rate as ARO members) • Viactive (free) <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 www.aro.retraiteaction.ca</p>															
Mont-Cascades 	Mont-Cascades 448 chemin du Mont-des-Cascades Cantley QC J8V 3B2 (819) 827-0301	<p>DISCOUNT: 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"> <thead> <tr> <th>Mont Cascades</th><th>Discount</th><th>Discount</th></tr> </thead> <tbody> <tr> <td>Day Ticket (9 a.m. to 5 p.m.)</td><td>6 to 17 years</td><td>18 to 79 years</td></tr> <tr> <td>Children 2 to 5 (10\$)</td><td>\$21,00</td><td>\$30,00</td></tr> <tr> <td>Adults 80 and over (10\$)</td><td></td><td></td></tr> <tr> <td>Children 2 and under (free)</td><td></td><td></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"> - Spouse - Children and grandchildren - parents - Brothers and sisters 	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\$)	\$21,00	\$30,00	Adults 80 and over (10\$)			Children 2 and under (free)		
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\$)	\$21,00	\$30,00															
Adults 80 and over (10\$)																	
Children 2 and under (free)																	

Members Discounts*

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

	<p>Fadoq Outaouais 811-D, Bd Saint-René O, Gatineau QC J8T 0C3</p> <p>(819) 777-5774</p>	<p>DISCOUNT: \$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>Personal Care and Wellness</p>		
<p>AMERISPA</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>DISCOUNT: 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"> • Amerispa Spa Nordique Morin-Heights (Laurentians) • Amerispa Spa Nordique Cantley (Outaouais). <p>* The rental of a towel, bathrobe, sandals, and locker is included.</p> <p>Restrictions: Applicable Sunday to Thursday. For more details visit: https://www.amerispa.ca/en/</p>
<p>Signature Melisa Parenteau (French only) SPA Urbain</p> 	<p>2-746, avenue de Buckingham Gatineau QC J8L 2H8</p> <p>(819) 281-1119</p>	<p>DISCOUNT: 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 http://signaturemelisaparenteau.com/</p>
<p>Clinispa Kaméva</p> 	<p>46-B boulevard Gréber Gatineau Qc J8T 3P6</p> <p>(819) 598-2390</p>	<p>DISCOUNT: 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 https://clixibook.ca/hub/clinispakameva and go to the Podiatry Care (Specialized Foot Care) tab, or send an e-mail to info@clinispakameva.ca.</p>



Members Discounts*

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

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

Members Discounts*

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

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

Members Discounts*

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

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

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.