


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 FSNA membership card. https://www.facebook.com/labuenagatineau/
Lodging		
Hôtel Château Logue 	12, rue Comeau Maniwaki, QC 1-877-474-4848 819-449-4848	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	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> <p>For more information, please visit https://ledistrictaylmer.com/?lang=en </p>





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Recreation		
<p>Académie des Retraités de l'Outaouais (French only)</p>  <p>Académie des retraités de l'Outaouais (ARO)</p>	<p>331, boulevard Cité-des-Jeunes Gatineau, QC 819-776-5052</p>	<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>
<p>Ottawa Senators</p> 	<p>Hockey Club Centre Canadian Tire 1000 Palladium Drive Ottawa, ON K2V 1A5</p>	<ul style="list-style-type: none"> • 15% discount on Ottawa Senators home games (excluding Montreal and Toronto). • You can also rent suites on game nights at rates reserved for members of the Ottawa Senators Hockey Club. <p>For the purchase of the tickets, please visit https://fevo.me/anrf-outaouais</p>
<p>Mont-Cascades</p> 	<p>Mont-Cascades 448 chemin du Mont-des-Cascades Cantley, QC J8V 3B2 (819) 827-0301</p>	<p>Every Friday this summer, except July 26 and Aug. 2, 2024, Members and their immediate family* can purchase tickets at a reduced price.</p> <ul style="list-style-type: none"> • \$23.50 + tax per person for those under 52" (or 1.32m) • \$27.50 + tax per person for those taller than 52" (or 1.32m) • Free admission for children 2 years old or under <p>To receive the special pricing, please note that you will need to purchase these tickets in-person (not online) at Mont Cascades and show your Association membership card or a copy of an email from the Association to demonstrate that you are a member. The email can be printed or electronic, but the waterpark cannot be responsible if your phone does not work on-site</p> <p>*Mont Cascades defines immediate family members as spouses or partners, children and grandchildren, and grandparents, and brothers and sisters. The branch member must be one of the individuals visiting the Waterpark.</p>


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	<p>Fadoq Outaouais 811-D, Bd Saint-René O, Gatineau (Québec) QC J8T 0C3</p> <p>819-777-5774</p>	<p>\$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>
Personal Care and Wellness		
<p>AMERISPA</p> 	<p>100, boulevard de la Marine, Bureau 2A Varenes, QC J3X 2B1 450-985-8585 x 1013</p>	<p>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 819 281-1119</p>	<p>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 819-598-2390</p>	<p>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>
<p>Mary Kay - Danielle Gobeil, Directrice des ventes</p>	<p>40 versant nord Gatineau, Qc J8P-7X2 819-661-0807</p>	<p>15% discount on regular-priced products (retail before tax)</p>

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 <p>MARY KAY DANIELLE GOBEIL marykay.ca/daniellegobeil</p>	<p>dgobeilp@hotmail.com</p>	
Services		
<p>ChezSoi Dentaire</p> 	<p>Mélissa Gervais, Hygiéniste dentaire et propriétaire 819-918-5577</p>	<p>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>ABC Clinique Santé</p> 	<p>57 Rte 105 Unité 202, Chelsea, QC J9B 1L3 819-773-4230</p>	<p>Benefit from :</p> <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. <p>To book your first appointment, call 819-773-4230 or e-mail gatineau@abccliniquesanté.com.</p>
<p>Lifeline</p> 	<p>105 – 95 Barber Greene Road Toronto, ON M3C 3E9</p>	<p>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.</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>Solutions de Mamie</p> 	<p>info@solutionsdemamie.com 819-598-0512</p>	<p>15% discount on tax returns and personal budget consultation. Offer valid upon presentation of NAFR membership card.</p> <p>Visit the Solutions de Mamie website to consult the services offered: Budgeting/taxation, business consulting, coaching, executor and attorney general.</p>
<p>DR Mobile</p>	<p>DR Mobile Inc. 1486 route 148 Luskville, QC J0X 2G0</p>	<p>10% discount to all members on all our seasonal services* (closed during the winter months):</p> <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!

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	<p>Daniel Robitaille, propriétaire 819-918-4447</p>	<p>- From mid-May to mid-October, in-home car wash service. 100% autonomous and mobile.</p> <p>We invite you to visit our Facebook page at: https://www.facebook.com/drmobileonwheels</p>
<p>Fleurs de Guy (French only)</p> 	<p>746, avenue de Buckingham, Unité 3 Gatineau, QC J8L 2H8 (819) 986-8293</p>	<p>10 % off flowers, gifts, and decorations, at any time.</p> <p>To see our range of services, and consult our floral arrangements, visit www.fleurdeguy.com</p>
<p>Maison funéraire Racine, Robert & Gauthier Beauchamp – Dignité</p> 	<p>271, boulevard St-Joseph Gatineau, QC J8Y 3Y1 819-770-1300</p>	<p>10 % off the goods and services at our Gatineau location.</p> <p>We invite you to visit our website at: https://www.dignitymemorial.com/en-ca</p>
<p>Neolegal Inc</p> 	<p>420 Notre-Dame Ouest Suite 601 Montréal, QC H2Y 1V3 1-855-996-9695</p>	<p>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: https://www.neolegal.ca/en</p>
<p>Noel et Associés</p> 	<p>Me Pierre Landry 111, rue Champlain Gatineau, QC J8X 3R1</p>	<p>20% off the published hourly fees.</p> <p>For more information about our rates and how we can assist you, please contact: P.landry@noelassociés.com</p>

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.



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