





Members Discounts



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

| Company | Contact | Discount | Restrictions (if applicable) |
|--|--|---|---------------------------------|
| Food | | | |
| Pastina  | 355, boulevard Gréber Gatineau (Québec) J8T 6H8 819-243-0546 www.pastina.ca | With the Freebees card, 6% will be added to your account for any purchase amount. To get your Freebees card, please visit: Freebees (freebeespoints.com) | S/O |
| Lodging | | | |
| Hôtel Château Logue  | 12, rue Comeau Maniwaki, Québec 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/ | S/O |
| 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 | Offers rental units to members of the National Association of Federal Retirees with the following incentives: * 5 stainless steel appliances included; * The first month's rent free for a rental agreement of 12 months or more. In addition, upon signing a lease of 12 months or more, choose between <ul style="list-style-type: none"> • Reimbursement up to a maximum of \$1,000 for moving expenses OR • 1 year of free indoor parking, a value of \$1,500. For more information, please visit https://ledistrictaylmer.com/?lang=en | S/O |

Recreation

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|---|---|---|------------|
| <p>Académie des Retraités de l'Outaouais (French only)</p>  | <p>331, boulevard Cité-des-Jeunes Gatineau 819-776-5052</p> | <ul style="list-style-type: none"> - Walking Club (free) - Conferences (free or same rate as ARO members) - Viactive (free) - Other activities at the same rate as members of the ARO <p>For a timetable and list of activities offered, visit www.aro.retraiteaction.ca</p> | <p>S/O</p> |
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Personal Care and Wellness

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| <p>AMERISPA</p>  | <p>100, boulevard de la Marine, Bureau 2A Varenes (Québec) 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> <p>Amerispa Spa Nordique Morin-Heights (Laurentians)</p> <p>Amerispa Spa Nordique Cantley (Outaouais).</p> <p>* The rental of a towel, bathrobe, sandals and locker is included.</p> <p>For more details visit https://www.amerispa.ca/en/</p> | <p>Sunday to Thursday everywhere in Québec</p> |
| <p>Énergie Vie, Linda Côté, naturothérapeute</p>  | <p>111-331, boulevard de la Cité-des-jeunes Gatineau (Québec) J8Y 6T3</p> | <p>20% off posted rates, tax included,</p> <ul style="list-style-type: none"> - \$60 for a 1-hour session - \$75\$ for a 90-minute Session <p>For more details about our services, please visit: www.energievie.ca</p> | <p>S/O</p> |

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| Signature Melisa Parenteau (French only) SPA Urbain  | 2-746, avenue de Buckingham Gatineau, Qc. J8L 2H8 819 281-1119 | 10% off all services. For more information on our services and packages, visit: www.signaturemelisaparenteau.com | S/O |
| Services | | | |
| Fleurs de Guy (French only)  | 746, avenue de Buckingham, Unité 3 Gatineau (Québec) J8L 2H8 (819) 986-8293 | 10 % off flowers, gifts, and decorations, at any time. To see our range of services, and consult our floral arrangements, visit www.fleurdeguy.com | S/O |
| Maison funéraire Racine, Robert & Gauthier Beauchamp – Dignité  | 271, boulevard St-Joseph Gatineau (Québec) J8Y 3Y1 819-770-1300 | 10 % off the goods and services at our Gatineau location. We invite you to visit our website at: https://www.dignitymemorial.com/en-ca | S/O |
| Neolegal Inc  | 420 Notre-Dame Ouest Suite 601 Montréal (Québec) H2Y 1V3 1-855-996-9695 | 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 | S/O |
| Noel et Associés  | Me Pierre Landry 111, rue Champlain Gatineau, QC J8X 3R1 | 20% off the published hourly fees. For more information about our rates and how we can assist you, please contact: P.landry@noelassocies.com | S/O |