




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											
Académie des Retraités de l'Outaouais (French only)  <i>Académie des retraités de l'Outaouais (ARO)</i>	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>									
Ottawa Senators 	Hockey Club Centre Canadian Tire 1000 Palladium Drive Ottawa, ON K2V 1A5	<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>									
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) every Tuesday for day tickets only (9 a.m. to 5 p.m.). This promotion is valid from Tuesday, December 19 (conditions permitting) and throughout the winter season, with the exception of these two days: Tuesday, December 26, 2023 and Tuesday, January 2, 2024.</p> <table border="1"> <thead> <tr> <th></th><th>6 to 17 y.o.</th><th>Adult</th></tr> </thead> <tbody> <tr> <td>Day tickets (9 a.m. to 5 p.m.)</td><td>\$21.00</td><td>\$30.00</td></tr> <tr> <td>Les billets pour les enfants de 2 ans et moins sont gratuits.</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 		6 to 17 y.o.	Adult	Day tickets (9 a.m. to 5 p.m.)	\$21.00	\$30.00	Les billets pour les enfants de 2 ans et moins sont gratuits.		
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Personal Care and Wellness		
AMERISPA 	100, boulevard de la Marine, Bureau 2A Varennnes, QC J3X 2B1 450-985-8585 x 1013	<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>
Signature Melisa Parenteau (French only) SPA Urbain 	2-746, avenue de Buckingham Gatineau, QC J8L 2H8 819 281-1119	<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>
Clinispa Kaméva 	46-B boulevard Gréber Gatineau, Qc J8T 3P6 819-598-2390	<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>
Mary Kay - Danielle Gobeil, Directrice des ventes 	40 versant nord Gatineau, Qc J8P-7X2 819-661-0807 dgobeilp@hotmail.com	<p>15% discount on regular-priced products (retail before tax)</p>

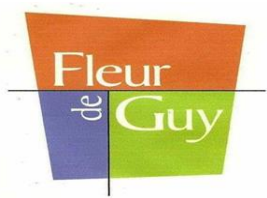



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Services		
ChezSoi Dentaire 	Mélissa Gervais, Hygiéniste dentaire et propriétaire 819-918-5577	10% off esthetic services and the Espace Thermal (the discount will not apply to massage therapy). Discount cannot be combined with any current offer. For more information on our services, visit http://signaturemelisaparenteau.com/
ABC Clinique Santé 	57 Rte 105 Unité 202, Chelsea, QC J9B 1L3 819-773-4230	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	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	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 consulting, coaching, executor and attorney general.
DR Mobile 	DR Mobile Inc. 1486 route 148 Luskville, QC J0X 2G0 Daniel Robitaille, propriétaire 819-918-4447	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

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Fleurs de Guy (French only) 	746, avenue de Buckingham, Unité 3 Gatineau, QC 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
Maison funéraire Racine, Robert & Gauthier Beauchamp – Dignité 	271, boulevard St-Joseph Gatineau, QC 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
Neolegal Inc 	420 Notre-Dame Ouest Suite 601 Montréal, QC 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
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

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.