



## Members Discounts\*

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

Company	Contact	Discount
<b>Food</b>		
<b>La Buena Restaurant</b> 	5-1160 Saint Joseph Blvd 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 NAFR membership card.  <a href="https://www.facebook.com/labuenagatineau/">https://www.facebook.com/labuenagatineau/</a>
<b>Le Resto Chelsea</b> 	528 route 105 Chelsea QC J9B 1L2  819-827-5559	<b>DISCOUNT:</b> All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.
<b>Lodging</b>		
<b>Hôtel Château Logue</b> 	12 rue Comeau Maniwaki QC J9E 2R8  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  Please contact: Tina Pettinicchi 514-293-8205  <a href="mailto:tina@ledistrictaylmer.com">tina@ledistrictaylmer.com</a> <a href="http://m">m</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										
<b>Académie des Retraités de l'Outaouais (French only)</b>   <i>Académie des retraités de l'Outaouais (ARO)</i>	331, boul. de la Cité-des-Jeunes Gatineau QC J8Y 3B2  819-776-5052	<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>								
<b>Mont-Cascades</b>   <b>MONT CASCADES</b>	<b>Mont-Cascades</b> 448 chemin du Mont- des-Cascades Cantley QC J8V 3B2  819-827-0301	<b><u>WATER PARK</u></b>  <p><b>Starting on June 13, 2025</b> NAFR members and their immediate family*, can purchase tickets at a special discounted price (upon presentation of Association membership card, or a copy of an email from the Association) <u>every Monday and Friday this summer (except for July 21, 25 and 28, and August 1, 25 and 29. Season ends on September 1, 2025. These tickets cannot be purchased online.</u></p> <table border="1"> <thead> <tr> <th>Mont Cascades</th><th>Rebate</th><th>Rebate</th></tr> </thead> <tbody> <tr> <td rowspan="2"><b>Free admission</b> for children 2 years old or under.</td><td>Person under 52" (1.32 m)</td><td>Person taller than 52" (1.32 m)</td></tr> <tr> <td>\$25.00 plus taxes</td><td>\$29.00 plus taxes</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	Rebate	Rebate	<b>Free admission</b> for children 2 years old or under.	Person under 52" (1.32 m)	Person taller than 52" (1.32 m)	\$25.00 plus taxes	\$29.00 plus taxes
Mont Cascades	Rebate	Rebate								
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Personal Care and Wellness		
<b>AMERISPA</b> 	<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>
<b>Signature Melisa Parenteau (French only)</b> <b>SPA Urbain</b> 	<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>
<b>Clinispa Kaméva</b> 	<p>46-B boul. 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>
<b>Mary Kay - Danielle Gobeil, Directrice des ventes</b> 	<p>40 versant nord Gatineau QC J8P 7X2</p> <p>819-661-0807</p> <p><a href="mailto:dgobeilp@hotmail.com">dgobeilp@hotmail.com</a></p>	<p><b>DISCOUNT:</b> 15% discount on regular-priced products (retail before tax)</p>

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Services		
<b>ChezSoi Dentaire</b> 	Mélissa Gervais, Dental Hygienist and Owner  819-918-5577	<b>DISCOUNT:</b> The 10% difference not reimbursed by Canada Life will not be billed, except for the Canada Life annual deductible.  For more information on our services, visit <a href="https://chezsoidentaire.com">https://chezsoidentaire.com</a>
<b>ABC Clinique Santé</b> 	57 Rte 105 Unit 202 Chelsea QC J9B 1L3  819-773-4230	<b>DISCOUNT:</b> Benefit from : <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> To book your first appointment, call 819-773-4230 or e-mail <a href="mailto:gatineau@abccliniquesanté.com">gatineau@abccliniquesanté.com</a> .
<b>Lifeline</b> 	105-95 Barber Greene Road Toronto ON M3C 3E9	<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>  <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>
<b>Solutions de Mamie</b>  Solutions de Mamie	<a href="mailto:info@solutionsdemamie.com">info@solutionsdemamie.com</a>  819-598-0512	<b>DISCOUNT:</b> 15% discount on tax returns and personal budget consultation. Offer valid upon presentation of NAFR membership card.  Visit the <a href="http://Solutions de Mamie">Solutions de Mamie</a> website to consult the services offered: Budgeting/taxation, business consulting, coaching, executor and attorney general.
<b>DR Mobile</b> 	DR Mobile Inc. 1486 route 148 Luskville QC J0X 2G0  Daniel Robitaille Owner  819-918-4447	<b>DISCOUNT:</b> 10% discount to all members on all our seasonal services (closed during the winter months): <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> We invite you to visit our Facebook page at: <a href="https://www.facebook.com/drmobileonwheels">https://www.facebook.com/drmobileonwheels</a>


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<b>Fleurs de Guy (French only)</b> 	746, avenue de Buckingham Unit 3 Gatineau QC J8L 2H8  819-986-8293	<b>DISCOUNT:</b> 10 % off flowers, gifts, and decorations, at any time.  To see our range of services, and consult our floral arrangements, visit <a href="http://www.fleurdeguy.com">www.fleurdeguy.com</a>
<b>Maison funéraire Racine, Robert &amp; Gauthier Beauchamp – Dignité</b> 	271 Saint-Joseph Blvd. Gatineau QC J8Y 3Y1  819-770-1300	<b>DISCOUNT:</b> 10 % off the goods and services at our Gatineau location.  We invite you to visit our website at: <a href="https://www.dignitymemorial.com/en-ca">https://www.dignitymemorial.com/en-ca</a>
<b>Neolegal Inc</b> 	420 Notre-Dame West Suite 601 Montréal QC H2Y 1V3  1-855-996-9695	<b>DISCOUNT:</b> 10% off legal services offered on our web site.  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>
<b>Noel et Associés</b> 	Me Pierre Landry 111, rue Champlain Gatineau QC J8X 3R1	<b>DISCOUNT:</b> 20% off the published hourly fees.  For more information about our rates and how we can assist you, please contact: <a href="mailto:P.landry@noelassocies.com">P.landry@noelassocies.com</a>
<b>Aidexpress</b> 	Aidexpress inc. 20, Allée de Hambourg bureau 210 Gatineau QC J9J 4K3	<b>DISCOUNT:</b> 10% on all homecare services throughout Quebec.  For more information on the services offered by Aidexpress, please consult their <a href="#">website</a> and <a href="#">electronic flyer</a> .
<b>SSMT Clinique Médicale</b> 	SSMT Clinique Médicale 1171 Saint-Joseph Blvd. 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>	<b>DISCOUNT:</b> <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>

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<p><b>Subaru Outaouais</b></p>  <p><b>Subaru Outaouais</b></p>	<p>Subaru Outaouais 965 Saint-Joseph Blvd. Gatineau QC J8Z 1W8</p> <p>Site Web : <a href="https://www.subaruoutaouais.com/">https://www.subaruoutaouais.com/</a></p> <p>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>1. 12% on parts and service</li> <li>2. \$400 rebate on the purchase of a new or pre-owned vehicle</li> </ol>
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*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.*