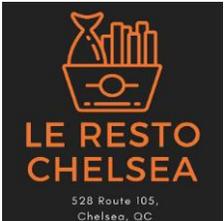


Members Discounts*

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Food		
<p>La Buena Restaurant</p> 	<p>5-1160 Saint Joseph Blvd Gatineau QC J8Z 1T3</p> <p>819-772-7771</p>	<p>DISCOUNT: All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.</p> <p>https://www.facebook.com/labuenagatineau/</p>
<p>Le Resto Chelsea</p> 	<p>528 route 105 Chelsea QC J9B 1L2</p> <p>819-827-5559</p>	<p>DISCOUNT: All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.</p>
Lodging		
<p>Hôtel Château Logue</p> 	<p>12 rue Comeau Maniwaki QC J9E 2R8</p> <p>1-877-474-4848 819-449-4848</p>	<p>DISCOUNT: 10% off the posted room rate.</p> <p>For more details or information, visit https://www.chateaulogue.com/index.php/en/</p>
<p>Groupe Katasa et Développement</p> <ol style="list-style-type: none"> 1. Le District Aylmer 2. Village Riviera (Gatineau) 3. Le Manoir Pierrefonds (Montréal) 	<p>69 rue Jean-Proulx Suite 301 Gatineau QC J8Z 1W2</p> <p>Please contact: Tina Pettinicchi 514-293-8205</p> <p>tina@ledistrictaylmer.com</p>	<p>DISCOUNT: Offer rental units including 5 stainless steel household appliances, and to members of the National Association of Federal Retirees:</p> <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, boul. de la Cité-des-Jeunes Gatineau QC J8Y 3B2</p> <p>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>Mont-Cascades</p> 	<p>Mont-Cascades 448, chemin du Mont-des-Cascades Cantley QC J8V 3B2</p> <p>819-827-0301</p>	<p>Stay tuned for our upcoming summer promotion from our preferred partner, Mont Cascades.</p>
Personal Care and Wellness		
<p>AMERISPA Cantley & Morin-Heights</p> 	<p>Amerispa Cantley 5, ch. 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 av. 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 the services offered, visit http://signaturemelisaparenteau.com/</p>

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<p>Clinispa Kaméva</p> 	<p>46-B boul. 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>
<p>Mary Kay - Danielle Gobeil, Directrice des ventes</p> 	<p>40 du Versant-nord Gatineau QC J8P 7X2</p> <p>819-661-0807</p> <p>dgobeilp@hotmail.com</p>	<p>DISCOUNT: 15% discount on regular-priced products (retail before tax)</p>
<h3>Services</h3>		
<p>ChezSoi Dentaire</p> 	<p>Mélissa Gervais, Dental Hygienist and Owner</p> <p>819-918-5577</p>	<p>DISCOUNT: The 10% difference not reimbursed by Canada Life will not be billed, except for the Canada Life annual deductible.</p> <p>For more information on services offered, visit https://chezsoidentaire.com</p>
<p>ABC Clinique Santé</p> 	<p>57 Rte 105 Unit 202 Chelsea QC J9B 1L3</p> <p>819-773-4230</p>	<p>DISCOUNT: Benefit from:</p> <ul style="list-style-type: none"> • 20% 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@abcliniquesanté.com.</p>

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<p>GiNutriVida</p> 	<p>301-90 rue des Minervoies Gatineau (QC) J9H 7R1</p> <p>Gisèle Cannalunga, Coach en santé alimentaire</p> <p>613-265-8816</p> <p>gisele.cannalunga@ginutrivida.com</p>	<p>DISCOUNT: 100 \$ off the complete Metabolic Balance® program, personalized support to rebalance your metabolism, lose weight permanently, and regain your natural energy.</p> <p>10% discount on all other GiNutriVida services www.ginutrivida.com , including:</p> <ul style="list-style-type: none"> • The ready-to-use low glycemic index (IGBas) program • À la carte consultations for personalized follow-up • Menu plans tailored to your needs and goals
	<p>105-95 Barber Greene Road Toronto ON M3C 3E9</p>	<p>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.</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>Solutions de Mamie</p>	<p>info@solutionsdemamie.com</p> <p>819-598-0512</p>	<p>DISCOUNT: 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. 5 Osgoode Gatineau QC J9H 1R6</p> <p>Daniel Robitaille Owner</p> <p>819-918-4447</p>	<p>DISCOUNT: 10% discount to all members on all our seasonal services*. Please note that they now have a garage in Gatineau (Aylmer sector). Home service is still available upon request.</p> <p>*Seasonal services: General mechanical services (tires, suspension/steering parts replacement, brakes, oil changes, etc.).</p> <p>We invite you to visit our Facebook page at: https://www.facebook.com/drmobileonwheels</p>

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<p>Fleurs de Guy</p> 	<p>746, av. de Buckingham Unit 3 Gatineau QC J8L 2H8</p> <p>819-986-8293</p>	<p>DISCOUNT: 10% off flowers, gifts, and decorations, at any time.</p> <p>To see the range of services offered, and consult the floral arrangements, visit www.fleurdeguy.com</p>
<p>Maison funéraire Racine, Robert & Gauthier Beauchamp – Dignité</p> 	<p>271 Saint-Joseph Blvd. Gatineau QC J8Y 3Y1</p> <p>819-770-1300</p>	<p>DISCOUNT: 10% off the goods and services at the Gatineau location.</p> <p>We invite you to visit their website at: https://www.dignitymemorial.com/en-ca</p>
<p>Neolegal Inc</p> 	<p>420 Notre-Dame West Suite 601 Montréal QC H2Y 1V3</p> <p>1-855-996-9695</p>	<p>DISCOUNT: 10% off legal services offered on their web site.</p> <p>For more information about the services offered and how they 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>DISCOUNT: 20% off the published hourly fees.</p> <p>For more information about the rates and how they can assist you, please consult their Website at https://noelassociés.com/ or contact: P.landry@noelassociés.com</p>
<p>Aidexpress</p> 	<p>Aidexpress inc. 20, Allée de Hambourg bureau 210 Gatineau QC J9J 4K3</p>	<p>DISCOUNT: 10% on all homecare services throughout Quebec.</p> <p>For more information on the services offered by Aidexpress, please consult their website and electronic flyer.</p>
<p>SSMT Clinique Médicale</p> 	<p>SSMT Clinique Médicale 1171 Saint-Joseph Blvd. Gatineau QC J8Z 2C3</p> <p>819-595-0790</p> <p>Site Web : https://smtmedical.ca/</p> <p>Page Facebook : https://www.facebook.com/marleentasse</p>	<p>DISCOUNT:</p> <p>1. A \$50 discount on the standard fee for an annual preventive check-up. (The normal cost of this service is \$385).</p> <p>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).</p>

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<p>Subaru Outaouais</p>  <p>Subaru Outaouais</p>	<p>Subaru Outaouais 965 Saint-Joseph Blvd. Gatineau QC J8Z 1W8</p> <p>Site Web : https://www.subaruoutaouais.com/</p> <p>Page Facebook : https://www.facebook.com/subaruoutaouais</p>	<p>DISCOUNT: 12% on parts and service. \$400 rebate on the purchase of a new or pre-owned vehicle.</p>																																												
<p>Bibitte Organisée (Organized Bug)</p>  <p><i>une place pour tout</i></p>	<p>228 av. du Grand-Calumet Gatineau QC J9J 1L3</p> <p>613-816-1837</p> <p>Julie Fortin Owner Julie.fortin@bibitteorganisee.ca</p>	<p>DISCOUNT: 15% discount on services offered by Bibitte Organisée (Oragnized Bug).</p> <p>Web site: https://bibitteorganisee.ca/en/home/ Facebook page: https://www.facebook.com/BibitteOrganisee</p>																																												
<p>Park’N Fly</p> 		<p>DISCOUNT: Up to 35% off, resulting in the following parking rates at Park’N Fly Canada Inc., per space, when booking through the Park’N Fly app or online at www.parknfly.ca using the discount code for the Outaouais Section (sent in the “Latest News from the Outaouais Section” newsletter on March 2, 2026)</p> <table border="1" data-bbox="824 1260 1412 1543"> <thead> <tr> <th>City / Facility</th> <th>Daily</th> <th>Weekly</th> <th>Monthly</th> </tr> </thead> <tbody> <tr> <td>Edmonton</td> <td>\$ 10.99</td> <td>\$ 49.99</td> <td>\$ 97.99</td> </tr> <tr> <td>Halifax</td> <td>\$ 16.41</td> <td>\$ 82.02</td> <td>-</td> </tr> <tr> <td>Montreal Express (self-park)</td> <td>\$ 23.99</td> <td>\$ 129.99</td> <td>-</td> </tr> <tr> <td>Montreal Valet</td> <td>\$ 25.99</td> <td>\$ 149.99</td> <td>-</td> </tr> <tr> <td>Ottawa</td> <td>\$ 15.99</td> <td>\$ 69.99</td> <td>\$ 129.99</td> </tr> <tr> <td>Toronto Self-Park</td> <td>\$ 16.99</td> <td>\$ 94.99</td> <td>\$ 164.99</td> </tr> <tr> <td>Toronto Valet</td> <td>\$ 21.99</td> <td>\$ 119.99</td> <td>\$ 199.99</td> </tr> <tr> <td>Vancouver Valet</td> <td>\$ 20.99</td> <td>\$ 98.99</td> <td>\$ 149.99</td> </tr> <tr> <td>Winnipeg Self-Park</td> <td>\$ 20.00</td> <td>\$ 89.99</td> <td>-</td> </tr> <tr> <td>Winnipeg Valet</td> <td>\$ 22.99</td> <td>\$ 114.99</td> <td>-</td> </tr> </tbody> </table> <p>The above rates are applicable in Canada at participating locations indicated using your unique discount code. These rates do not include taxes or any other optional extras. Rates are based on a 24-hour clock and begin from check-in. One day equals 24 hours. No entry/exit privileges exist.</p> <p>Monthly rates are not available at all times in all locations; use the online code to view available options.</p>	City / Facility	Daily	Weekly	Monthly	Edmonton	\$ 10.99	\$ 49.99	\$ 97.99	Halifax	\$ 16.41	\$ 82.02	-	Montreal Express (self-park)	\$ 23.99	\$ 129.99	-	Montreal Valet	\$ 25.99	\$ 149.99	-	Ottawa	\$ 15.99	\$ 69.99	\$ 129.99	Toronto Self-Park	\$ 16.99	\$ 94.99	\$ 164.99	Toronto Valet	\$ 21.99	\$ 119.99	\$ 199.99	Vancouver Valet	\$ 20.99	\$ 98.99	\$ 149.99	Winnipeg Self-Park	\$ 20.00	\$ 89.99	-	Winnipeg Valet	\$ 22.99	\$ 114.99	-
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		<p>No discounts will apply unless you have booked in advance using your discount code. Reservations can be made online at www.parknfly.ca or using the Park'N Fly Canada Inc. app. Please note that the app does not work in Halifax.</p> <p>Rates are based on a minimum one-day charge and are subject to change with 30 days' written notice.</p>
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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.