

Members Discounts*

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

Food		
La Buena Restaurant 	5-1160 Saint Joseph Blvd 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 NAFR membership card. https://www.facebook.com/labuenagatineau/
Le Resto Chelsea 	528 route 105 Chelsea QC J9B 1L2 819-827-5559	DISCOUNT: All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.
Lodging		
Hôtel Château Logue 	12 rue Comeau Maniwaki QC J9E 2R8 1-877-474-4848 819-449-4848	DISCOUNT: 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 Please contact: Tina Pettinicchi 514-293-8205 tina@ledistrictaylmer.com	DISCOUNT: Offer rental units including 5 stainless steel household appliances, and to members of the National Association of Federal Retirees: - 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*. *A phase that is actively under construction within a project is not included in this offer. For more information, please visit https://ledistrictaylmer.com/?lang=en

Members Discounts*

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

Recreation		
Académie des Retraités de l'Outaouais (French only)  Académie des retraités de l'Outaouais (ARO)	331, boul. de la Cité-des-Jeunes Gatineau QC J8Y 3B2 819-776-5052	• Walking Club (free) • Conferences (free or same rate as ARO members) • Viactive (free) No discounts apply to courses offered by ARO. Other activities at the same rate as members of the ARO. For a timetable and list of activities offered, visit www.aro.retraiteaction.ca
Mont-Cascades 	Mont-Cascades 448, chemin du Mont-des-Cascades Cantley QC J8V 3B2 819-827-0301	Stay tuned for our upcoming summer promotion from our preferred partner, Mont Cascades.
Personal Care and Wellness		
AMERISPA Cantley & Morin-Heights 	Amerispa Cantley 5, ch. Sainte-Élisabeth Cantley QC J8V 3E8 819-335-1555 Amerispa Morin-Heights 160 Rue Watchorn Morin-Heights QC J0R 1H0 450-226-7722	DISCOUNT: A fifteen percent discount (15%) off listed services or packages. A twenty percent discount (20%)* on one-day access to the thermal experience at the following Nordic spas: • Amerispa Spa Nordique Morin-Heights (Laurentians) • Amerispa Spa Nordique Cantley (Outaouais). * The rental of a towel, bathrobe, sandals, and locker is included. Restrictions: Applicable Sunday to Thursday. For more details visit: https://www.amerispa.ca/en/
Signature Melisa Parenteau (French only) SPA Urbain 	2-746 av. de Buckingham Gatineau QC J8L 2H8 819-281-1119	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. For more information on the services offered, visit http://signaturemelisaparenteau.com/

Members Discounts*

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

Clinispa Kaméva 	46-B boul. Gréber Gatineau QC J8T 3P6 819-598-2390	DISCOUNT: The price of initial foot care is the same as the price of follow-up foot care. 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 .
Mary Kay - Danielle Gobeil, Directrice des ventes 	40 du Versant-nord Gatineau QC J8P 7X2 819-661-0807 dgobeilp@hotmail.com	DISCOUNT: 15% discount on regular-priced products (retail before tax)
Services		
ChezSoi Dentaire 	Mélinna Gervais, Dental Hygienist and Owner 819-918-5577	DISCOUNT: The 10% difference not reimbursed by Canada Life will not be billed, except for the Canada Life annual deductible. For more information on services offered, visit https://chezsoidentaire.com
ABC Clinique Santé 	57 Rte 105 Unit 202 Chelsea QC J9B 1L3 819-773-4230	DISCOUNT: • 20% 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 .

Members Discounts*

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

GiNutriVida 	301-90 rue des Minervois Gatineau (QC) J9H 7R1 Gisèle Cannalunga, Coach en santé alimentaire 613-265-8816 gisele.cannalunga@ginutrivida.com	DISCOUNT: 100 \$ off the complete Metabolic Balance® program, personalized support to rebalance your metabolism, lose weight permanently, and regain your natural energy. 10% discount on all other GiNutriVida services www.ginutrivida.com , including: • 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
Lifeline	105-95 Barber Greene Road Toronto ON M3C 3E9	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. <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  Solutions de Mamie	info@solutionsdemamie.com 819-598-0512	DISCOUNT: 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. 5 Osgoode Gatineau QC J9H 1R6 Daniel Robitaille Owner 819-918-4447	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. *Seasonal services: General mechanical services (tires, suspension/steering parts replacement, brakes, oil changes, etc.). We invite you to visit our Facebook page at: https://www.facebook.com/drmobileonwheels

Members Discounts*

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

Fleurs de Guy 	746, av. de Buckingham Unit 3 Gatineau QC J8L 2H8 819-986-8293	DISCOUNT: 10% off flowers, gifts, and decorations, at any time. To see the range of services offered, and consult the floral arrangements, visit www.fleurdeguy.com
Maison funéraire Racine, Robert & Gauthier Beauchamp – Dignité 	271 Saint-Joseph Blvd. Gatineau QC J8Y 3Y1 819-770-1300	DISCOUNT: 10% off the goods and services at the Gatineau location. We invite you to visit their website at: https://www.dignitymemorial.com/en-ca
Neolegal Inc 	420 Notre-Dame West Suite 601 Montréal QC H2Y 1V3 1-855-996-9695	DISCOUNT: 10% off legal services offered on their web site. For more information about the services offered and how they could assist you, please visit: https://www.neolegal.ca/en
Noel et Associés 	Me Pierre Landry 111, rue Champlain Gatineau QC J8X 3R1	DISCOUNT: 20% off the published hourly fees. 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
Aidexpress 	Aidexpress inc. 20, Allée de Hambourg bureau 210 Gatineau QC J9J 4K3	DISCOUNT: 10% on all homecare services throughout Quebec. For more information on the services offered by Aidexpress, please consult their website and electronic flyer .
SSMT Clinique Médicale 	SSMT Clinique Médicale 1171 Saint-Joseph Blvd. Gatineau QC J8Z 2C3 819-595-0790 Site Web : https://ssmtmedical.ca/ Page Facebook : https://www.facebook.com/marleentasse	DISCOUNT: 10% off consultation fees for dermatology, family medicine, nursing, travel health, and annual preventive health checkups. The following are excluded from this discount: • Dermatological procedures (e.g., biopsies) • The cost of vaccines and products • CardioSTAT diagnostic testing However, the discount applies to diagnostic tests performed at the clinic, such as: • Blood tests • Electrocardiograms (ECG) • Ambulatory blood pressure monitoring (ABPM)

Members Discounts*

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

Subaru Outaouais  Subaru Outaouais	Subaru Outaouais 965 Saint-Joseph Blvd. Gatineau QC J8Z 1W8 Site Web : https://www.subaruoutaouais.com/ Page Facebook : https://www.facebook.com/subaruoutaouais	DISCOUNT: 12% on parts and service. \$400 rebate on the purchase of a new or pre-owned vehicle.																																												
Bibitte Organisée (Organized Bug)  une place pour tout	228 av. du Grand-Calumet Gatineau QC J9J 1L3 613-816-1837 Julie Fortin Owner Julie.fortin@bibitteorganisee.ca	DISCOUNT: 15% discount on services offered by Bibitte Organisée (Organized Bug). Web site: https://bibitteorganisee.ca/en/home/ Facebook page: https://www.facebook.com/BibitteOrganisee																																												
Park’N Fly 		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) <table><tr><th>City / Facility</th><th>Daily</th><th>Weekly</th><th>Monthly</th></tr><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></table> 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. Monthly rates are not available at all times in all locations; use the online code to view available options.	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	-
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	-																																											

Members Discounts*

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

		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. Rates are based on a minimum one-day charge and are subject to change with 30 days' written notice.
--	--	---

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.