




## Members Discounts\*

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

Food		
<p><b>La Buena Restaurant</b></p> 	<p>5-1160 Saint-Joseph Blvd Gatineau QC J8Z 1T3</p> <p>819-772-7771</p>	<p><b>DISCOUNT:</b> All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.</p> <p><a href="https://www.facebook.com/labuenagatineau/">https://www.facebook.com/labuenagatineau/</a></p>
<p><b>Le Resto Chelsea</b></p> 	<p>528 route 105 Chelsea QC J9B 1L2</p> <p>819-827-5559</p>	<p><b>DISCOUNT:</b> All products sold in the restaurant are subject to a 10% discount for members upon presentation of their NAFR membership card.</p>
Lodging		
<p><b>Hôtel Château Logue</b></p> 	<p>12 rue Comeau Maniwaki QC J9E 2R8</p> <p>1-877-474-4848 819-449-4848</p>	<p><b>DISCOUNT:</b> 10% off the posted room rate.</p> <p>For more details or information, visit <a href="https://www.chateaulogue.com/index.php/en/">https://www.chateaulogue.com/index.php/en/</a></p>
<p><b>Groupe Katasa et Développement</b></p> <ol style="list-style-type: none"> <li>1. Le District Aylmer</li> <li>2. Village Riviera (Gatineau)</li> <li>3. Le Manoir Pierrefonds (Montréal)</li> </ol> 	<p>69 rue Jean-Proulx Suite 301 Gatineau QC J8Z 1W2</p> <p>Please contact: Tina Pettinicchi 514-293-8205</p> <p><a href="mailto:tina@ledistrictaylmer.com">tina@ledistrictaylmer.com</a></p>	<p><b>DISCOUNT:</b> 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"> <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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<p><b>Chartwell Retirement Residences</b></p>  <p><b>CHARTwell</b></p>	<p>7070 Derrycrest Dr. Mississauga ON L5W 0G5</p> <p>1-855-461-0685</p>	<p><b>DISCOUNT:</b> A discount equivalent to <b>one (1) month of free rent, plus 5 to 10 complimentary meals in the dining room</b> (depending on the unit type) during the first year of occupancy <b>in one of the six Chartwell residences* in the Outaouais region.</b> This offer is:</p> <ul style="list-style-type: none"> <li>• subject to unit availability</li> <li>• subject to admission criteria, Chartwell’s internal policies, and applicable regulations</li> <li>• non-transferable, non-redeemable for cash, and cannot be combined with other offers</li> <li>• the member must inform the Chartwell leasing advisor of their NAFR membership status</li> </ul> <p>*The six Chartwell residences in the Outaouais region are:</p> <ul style="list-style-type: none"> <li>• Du Plateau</li> <li>• Cite-Jardins</li> <li>• Le Monastère d'Aylmer</li> <li>• Domaine des Trembles</li> <li>• Jardin Notre-Dame</li> <li>• Domaine Notre-Dame</li> </ul> <p>If you have any questions, please call the number listed on their <a href="#">website</a> and follow their <a href="#">Facebook page</a> for updates on events and other interesting information about Chartwell.</p>
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## Recreation

<p><b>Académie des Retraités de l’Outaouais (French only)</b></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"> <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>
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<p><b>Mont-Cascades</b></p> 	<p><b>Mont-Cascades</b> 448, chemin du Mont-des-Cascades Cantley QC J8V 3B2  819-827-0301</p>	<p><b>DISCOUNT:</b> presale rate of \$69 + tax... for the entire summer season!</p> <p>Offer Details:</p> <ul style="list-style-type: none"> <li>• Offer valid for NAFR members and immediate family members (spouse, children, grandchildren, parents, brothers, and sisters)</li> <li>• The offer applies online or at the customer service counter</li> <li>• Proof of NAFR membership and a valid ID will be required when picking up the season pass</li> </ul> <p><b>Purchase your <a href="#">season pass online here now</a> and make the most of your summer!</b></p>
<h3>Personal Care and Wellness</h3>		
<p><b>AMERISPA Cantley &amp; Morin-Heights</b></p> 	<p>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</p>	<p><b>DISCOUNT:</b> A discount of 15% on listed services or packages.</p> <p>A discount of 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>
<p><b>Signature Melisa Parenteau (French only) SPA Urbain</b></p> 	<p>2-746 av. de Buckingham Gatineau QC J8L 2H8  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 the services offered, visit <a href="http://signaturemelisaparenteau.com/">http://signaturemelisaparenteau.com/</a></p>




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<p><b>Clinispa Kaméva</b></p> 	<p>46-B boul. Gréber Gatineau QC J8T 3P6</p> <p>819-598-2390</p>	<p><b>DISCOUNT:</b> Exclusive introductory offer for your members:</p> <ul style="list-style-type: none"> <li>- \$25 credit applicable to your first visit</li> <li>- Valid for all clinic services</li> <li>- Reserved for new clients – one-time offer</li> <li>- The credit cannot be combined with any other offer</li> </ul> <p>To book an appointment and view pricing, please visit <a href="https://clixibook.ca/hub/clinispakameva">https://clixibook.ca/hub/clinispakameva</a> or send an e-mail to <a href="mailto:info@clinispakameva.ca">info@clinispakameva.ca</a>.</p>
<p><b>Mary Kay - Danielle Gobeil, Directrice des ventes</b></p> 	<p>40 du Versant-nord Gatineau QC J8P 7X2</p> <p>819-661-0807</p> <p>dgobeilp@hotmail.com</p>	<p><b>DISCOUNT:</b> 15% discount on regular-priced products (retail before tax)</p>
<p><b>MedicSPA Gatineau</b></p>  <p>MedicSPA Gatineau</p>	<p>555, Boul. de la Gappe Gatineau QC J8T 8N7</p> <p>819-243-7667</p>	<p><b>DISCOUNT:</b> 15% off premium services offered at MedicSPA</p> <p><a href="https://medicspa-gatineau.ca/fr/">https://medicspa-gatineau.ca/fr/</a></p> <p><a href="mailto:info@medicspa-gatineau.ca">info@medicspa-gatineau.ca</a></p>
<p><b>Centre chirurgical de la capitale</b></p> 	<p>555, Boul. de la Gappe Gatineau QC J8T 8N7</p> <p>819-243-7667</p>	<p><b>DISCOUNT:</b> 15% off premium services offered at the Centre chirurgical de la capitale.</p> <p><a href="https://www.drpatriciaberbari.com/services/accueil/">https://www.drpatriciaberbari.com/services/accueil/</a></p> <p><a href="mailto:drpatriciaberbari@bellnet.ca">drpatriciaberbari@bellnet.ca</a></p>






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Services		
<p><b>ChezSoi Dentaire</b></p> 	<p>Mélissa Gervais, Dental Hygienist and Owner</p> <p>819-918-5577</p>	<p><b>DISCOUNT:</b> 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 <a href="https://chezsoidentaire.com">https://chezsoidentaire.com</a></p>
<p><b>ABC Clinique Santé</b></p> 	<p>57 Rte 105 Unit 202 Chelsea QC J9B 1L3</p> <p>819-773-4230</p>	<p><b>DISCOUNT:</b></p> <ul style="list-style-type: none"> <li>• 20% off any initial consultation at the clinic, including the first massage therapy appointment</li> <li>• 10% on subsequent follow-ups</li> </ul> <p>To book your first appointment, call 819-773-4230 or e-mail <a href="mailto:gatineau@abccliniquesanté.com">gatineau@abccliniquesanté.com</a>.</p>
<p><b>GiNutriVida</b></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><a href="mailto:gisele.cannalunga@ginutrivida.com">gisele.cannalunga@ginutrivida.com</a></p>	<p><b>DISCOUNT:</b> 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 <a href="http://www.ginutrivida.com">www.ginutrivida.com</a> , including:</p> <ul style="list-style-type: none"> <li>• The ready-to-use <b>low glycemic index</b> (IGBas) program</li> <li>• <b>À la carte consultations</b> for personalized follow-up</li> <li>• <b>Menu plans</b> tailored to your needs and goals</li> </ul>
<p><b>Lifeline</b></p>	<p>105-95 Barber Greene Road Toronto ON M3C 3E9</p>	<p><b>DISCOUNT:</b> 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 <a href="http://www.lifeline.ca">www.lifeline.ca</a>. <b>Enter the code 1492 for this special offer.</b></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>





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<p><b>Solutions de Mamie</b></p>  <p>Solutions de Mamie</p>	<p><a href="mailto:info@solutionsdemamie.com">info@solutionsdemamie.com</a></p> <p>819-598-0512</p>	<p><b>DISCOUNT:</b> 15% discount on tax returns and personal budget consultation. Offer valid upon presentation of NAFR membership card.</p> <p>Visit the <a href="#">Solutions de Mamie</a> website to consult the services offered: Budgeting/taxation, business consulting, coaching, executor and attorney general.</p>
<p><b>DR Mobile</b></p> 	<p>DR Mobile Inc. 5 Osgoode Gatineau QC J9H 1R6</p> <p>Daniel Robitaille Owner</p> <p>819-918-4447</p>	<p><b>DISCOUNT:</b> 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: <a href="https://www.facebook.com/drmobileonwheels">https://www.facebook.com/drmobileonwheels</a></p>
<p><b>Fleurs de Guy</b></p> 	<p>746, av. de Buckingham Unit 3 Gatineau QC J8L 2H8</p> <p>819-986-8293</p>	<p><b>DISCOUNT:</b> 10% off flowers, gifts, and decorations, at any time.</p> <p>To see the range of services offered, and consult the floral arrangements, visit <a href="http://www.fleurdeguy.com">www.fleurdeguy.com</a></p>
<p><b>Maison funéraire Racine, Robert &amp; Gauthier Beauchamp – Dignité</b></p> 	<p>271 Saint-Joseph Blvd. Gatineau QC J8Y 3Y1</p> <p>819-770-1300</p>	<p><b>DISCOUNT:</b> 10% off the goods and services at the Gatineau location.</p> <p>We invite you to visit their website at: <a href="https://www.dignitymemorial.com/en-ca">https://www.dignitymemorial.com/en-ca</a></p>
<p><b>Neolegal Inc</b></p> 	<p>420 Notre-Dame West Suite 601 Montréal QC H2Y 1V3</p> <p>1-855-996-9695</p>	<p><b>DISCOUNT:</b> 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: <a href="https://www.neolegal.ca/en">https://www.neolegal.ca/en</a></p>

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<p><b>Noel et Associés</b></p> 	<p>Me Pierre Landry 111 Champlain Street Gatineau QC J8X 3R1</p>	<p><b>DISCOUNT:</b> 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 <a href="https://noelassocies.com/">https://noelassocies.com/</a> or contact: <a href="mailto:P.landry@noelassocies.com">P.landry@noelassocies.com</a></p>
<p><b>Aidexpress</b></p> 	<p>Aidexpress inc. 20, Allée de Hambourg bureau 210 Gatineau QC J9J 4K3</p>	<p><b>DISCOUNT:</b> 10% on all homecare services throughout Quebec.</p> <p>For more information on the services offered by Aidexpress, please consult their <a href="#">website</a> and <a href="#">electronic flyer</a>.</p>
<p><b>SSMT Clinique Médicale</b></p> 	<p>SSMT Clinique Médicale 1171 Saint-Joseph Blvd. Gatineau QC J8Z 2C3</p> <p>819-595-0790</p> <p>Site Web : <a href="https://ssmtmedical.ca/">https://ssmtmedical.ca/</a></p> <p>Page Facebook : <a href="https://www.facebook.com/marleentasse">https://www.facebook.com/marleentasse</a></p>	<p><b>DISCOUNT:</b> 10% off consultation fees for dermatology, family medicine, nursing, travel health, and annual preventive health checkups.</p> <p>The following are excluded from this discount:</p> <ul style="list-style-type: none"> <li>• Dermatological procedures (e.g., biopsies)</li> <li>• The cost of vaccines and products</li> <li>• CardioSTAT diagnostic testing</li> </ul> <p>However, the discount applies to diagnostic tests performed at the clinic, such as:</p> <ul style="list-style-type: none"> <li>• Blood tests</li> <li>• Electrocardiograms (ECG)</li> <li>• Ambulatory blood pressure monitoring (ABPM)</li> </ul>
<p><b>Subaru Outaouais</b></p>  <p>Subaru Outaouais</p>	<p>Subaru Outaouais 965 Saint-Joseph Blvd. Gatineau QC J8Z 1W8</p> <p>819-777-4341</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> <p>Website: <a href="https://www.subaruoutaouais.com/">https://www.subaruoutaouais.com/</a></p> <p>Facebook page: <a href="https://www.facebook.com/subaruoutaouais">https://www.facebook.com/subaruoutaouais</a></p>

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<p><b>Bibitte Organisée (Organized Bug)</b></p> 	<p>228 av. du Grand-Calumet Gatineau QC J9J 1L3</p> <p>613-816-1837</p> <p>Julie Fortin Owner <a href="mailto:Julie.fortin@bibitteorganisee.ca">Julie.fortin@bibitteorganisee.ca</a></p>	<p><b>DISCOUNT:</b> 15% discount on services offered by Bibitte Organisée (Organized Bug).</p> <p>Web site: <a href="https://bibitteorganisee.ca/en/home/">https://bibitteorganisee.ca/en/home/</a></p> <p>Facebook page: <a href="https://www.facebook.com/BibitteOrganisee">https://www.facebook.com/BibitteOrganisee</a></p>
<p><b>Huma Private Home and CHSLD Services South Shore, Montreal and Gatineau</b></p> 	<p>103, rue Briggs Est Longueuil QC J4J 1R5</p> <p>514-647-2753 / 1-855-647-2753</p>	<p><b>DISCOUNT:</b> 10% off all rates* for home care, residential care, and hospital services.</p> <p>*Rates: Senior living facilities and hospitals - \$36/hr + tax, CHSLD - \$34/hr + tax</p> <p>Website: <a href="https://www.serviceshuma.com/">https://www.serviceshuma.com/</a></p> <p>Facebook page: <a href="https://www.facebook.com/serviceshuma">https://www.facebook.com/serviceshuma</a></p>
<p><b>Park'N Fly</b></p> 		<p><b>DISCOUNT:</b> 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 <a href="http://www.parknfly.ca">www.parknfly.ca</a> using the discount code for the Outaouais Section: <b>1163723</b></p> <p>The rates are:</p> <ul style="list-style-type: none"> <li>- applicable in Canada at participating locations indicated using your unique discount code</li> <li>- do not include taxes or any other optional extras</li> <li>- are based on a 24-hour clock and begin from check-in. One day equals 24 hours. No entry/exit privileges exist</li> <li>- are subject to change with 30 days' written notice</li> </ul> <p>Monthly rates are not available at all times in all locations; use the online code to view available options.</p> <p>No discounts will apply unless you have booked in advance using your discount code. Reservations can be made online at <a href="http://www.parknfly.ca">www.parknfly.ca</a> or using the Park'N Fly Canada Inc. app. Please note that the app does not work in Halifax.</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.*