Association nationale des retraités fédéraux | National Association of Federal Retirees
OUTAOUAIS

Members Discounts*

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

Food		
La Buena Restaurant	5-1160 Saint-Joseph Bvld. 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/
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 Le District Aylmer	69 rue Jean-Proulx Suite 301 Gatineau QC J8Z 1W2 Please contact: Tina Pettinicchi 514-293-8205 tina@ledistrictaylmer.com	**DISCOUNT:** Discounts for members of the National Association of Federal Retirees: • **5 stainless steel appliances** included • **3-year lease with no rent increase** • **3 free months**: the first month of the lease, plus the last month of each of the following two years • **$500 rebate** The District is, above all, a vibrant community for independent adults aged 50 and over who wish to enjoy a carefree lifestyle while benefiting from shared spaces and social and recreational activities. Several amenities are included directly in the rent, such as cable television, Internet and telephone service, air conditioning, heating and electricity, storage space, group activities, and access to the various common areas. For more information, please visit The District – Katasa Group at Le District – Katasa Group. Anyone interested in learning more about or touring The District may contact the General Manager by email at tina@ledistrictaylmer.com or by phone at 514-293-8205.

Association nationale des retraités fédéraux | National Association of Federal Retirees
OUTAOUAIS

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Chartwell Retirement Residences 	7070 Derrycrest Dr. Mississauga ON L5W 0G5 1-855-461-0685	**DISCOUNT:** A discount equivalent to **one (1) month of free rent, plus 5 to 10 complimentary meals in the dining room** (depending on the unit type) during the first year of occupancy **in one of the six Chartwell residences* in the Outaouais region.** This offer is: • subject to unit availability • subject to admission criteria, Chartwell's internal policies, and applicable regulations • non-transferable, non-redeemable for cash, and cannot be combined with other offers • the member must inform the Chartwell leasing advisor of their NAFR membership status *The six Chartwell residences in the Outaouais region are: • Du Plateau • Cite-Jardins • Le Monastère d'Aylmer • Domaine des Trembles • Jardin Notre-Dame • Domaine Notre-Dame If you have any questions, please call the number listed on their website and follow their Facebook page for updates on events and other interesting information about Chartwell.

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

Association nationale des retraités fédéraux | National Association of Federal Retirees
OUTAOUAIS

Members Discounts*

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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 discount of 15% on listed services or packages. A discount of 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/
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)
MedicSPA Gatineau	555, Boul. de la Gappe Gatineau QC J8T 8N7 819-243-7667	**DISCOUNT:** 15% off premium services offered at MedicSPA https://medicspa-gatineau.ca/fr/ info@medicspa-gatineau.ca

Association nationale des retraités fédéraux | National Association of Federal Retirees
OUTAOUAIS

Members Discounts*

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Centre chirurgical de la capitale Dre Patricia Berbari CHIRURGIE ESTHÉTIQUE	555, Boul. de la Gappe Gatineau QC J8T 8N7 819-243-7667	**DISCOUNT:** 15% off premium services offered at the Centre chirurgical de la capitale. https://www.drpatriciaberbari.com/services/accueil/ drpatriciaberbari@bellnet.ca
Services		
ChezSoi Dentaire Chez Soi Dentaire	Mélissa 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 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.
GiNutriVida 	301-90 rue des Minervois Gatineau (QC) J9H 7R1 Gisèle Cannalonga, Coach en santé alimentaire 613-265-8816 gisele.cannalonga@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

Association nationale des retraités fédéraux / National Association of Federal Retirees
OUTAOUAIS

Members Discounts*

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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 the code 1492 for this special offer.** *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.*
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 TIRES AND GENERAL MECHANICS ON WHEELS	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
Fleurs de Guy Fleur 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

Association nationale des retraités fédéraux OUTAOUAIS | National Association of Federal Retirees

Members Discounts*

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Maison funéraire Racine, Robert & Gauthier Beauchamp – Dignité MAISON FUNERAIRE RACINE, ROBERT & GAUTHIER BEAUCHAMP FUNERAL HOME Chaque détail compte | 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 Neolegal L'avenir des services juridiques	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 NOËL ASSOCIÉS	Me Pierre Landry 111 Champlain Street 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://noelassocies.com/ or contact: P.landry@noelassocies.com
Aidexpress 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	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)

Association nationale des retraités fédéraux / National Association of Federal Retirees
OUTAOUAIS

Members Discounts*

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Subaru Outaouais SUBARU | Subaru Outaouais	Subaru Outaouais 965 Saint-Joseph Blvd. Gatineau QC J8Z 1W8 819-777-4341	**DISCOUNT:** **1.** 12% on parts and service. **2.** $400 rebate on the purchase of a new or pre-owned vehicle. Website: https://www.subaruoutaouais.com/ Facebook page: https://www.facebook.com/subaruoutaouais
Bibitte Organisée (Organized Bug) Bibitte Organisée 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 (Oragnized Bug). Web site: https://bibitteorganisee.ca/en/home/ Facebook page: https://www.facebook.com/BibitteOrganisee
Huma Private Home and CHSLD Services **South Shore, Montreal and Gatineau** HUMA	103, rue Briggs Est Longueuil QC J4J 1R5 514-647-2753 / 1-855-647-2753	**DISCOUNT:** 10% off all rates* for home care, residential care, and hospital services. *Rates: Senior living facilities and hospitals - $36/hr + tax, CHSLD - $34/hr + tax Website: https://www.serviceshuma.com/ Facebook page: https://www.facebook.com/serviceshuma

Association nationale des retraités fédéraux | National Association of Federal Retirees
OUTAOUAIS

Members Discounts*

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Park'N Fly PARK'N FLY 50		**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: **1163723** The rates are: - applicable in Canada at participating locations indicated using your unique discount code - do not include taxes or any other optional extras - are based on a 24-hour clock and begin from check-in. One day equals 24 hours. No entry/exit privileges exist - are subject to change with 30 days' written notice Monthly rates are not available at all times in all locations; use the online code to view available options. 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.

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.