

The latest news from the Outaouais branch

Happy National Seniors Day!



National Seniors Day is celebrated on **October 1**. It coincides with the United Nations International Day of Older Persons. It's a chance to celebrate the contributions Canadians make as we age — in our homes, communities and workplaces.

Through your membership, Federal Retirees champions secure retirements, healthy aging and meaningful representation for older Canadians. This work matters today and for the generations to come. On National Seniors Day, I invite you to take a

moment to appreciate the positive impact older Canadians — friends, family, colleagues and mentors — have had in your life and community.

For more information about this important awareness day or to find out how you can get involved, [make sure to visit Federal Retirees online](#).

Register for the Gatineau mayoral candidates' debate on October 15

The NAFR Outaouais branch, in collaboration with various seniors' associations (ARO, AQDR, AREQ, TAG, and TCARO), invites you to register to participate free of charge, either online or in person, in the mayoral candidates' debate on **Wednesday, October 15, from 2:00 p.m. to 4:00 p.m.**, at the Cabane en bois rond.

Registration link:

<https://aro.activigo.com/program/activity/23975/77>



The deadline to register is October 8, 2025.

The following mayoral candidates have confirmed their attendance:

- Action Gatineau: Ms. Maude Marquis-Bissonnette
- Équipe Mario Aubé: Mr. Mario Aubé

The election debate will be offered in hybrid mode, either in person at the Cabane en bois rond or on the Zoom and Facebook Live platforms. We hope that many of you will participate in this debate focused on issues and concerns affecting Gatineau seniors.

Free breakfast conference on October 22

LIMITED SPACES - REGISTER NOW!

Your Outaouais branch invites you to a breakfast conference entitled "Aging Well with Vitality" with Gisèle Cannalonga, health coach at GiNutriVida, on Wednesday, October 22, 2025, from 9:00 a.m. to 11:30 a.m. With her expertise in metabolic diseases and healthy lifestyles, Gisèle will present a number of practical tools to help us take back control of our health.



Please note that the breakfast menu will be specially designed for this conference:

- 1 mini buckwheat pancake topped with spinach and goat cheese
- 1 porridge prepared the night before with almond milk, chia seeds, and blueberry coulis
- 1 soft-boiled egg
- Coffee and tea

Date: Wednesday, October 22, 2025, at the Cabane en bois rond, Desjardins room

Time: 9:00 a.m. to 11:30 a.m. (in French)

Registration: <https://forms.office.com/r/M9tBk4KLpn?origin=lprLink>

Featured Local Partner



Dr Mobile, our proud local partner offering at-home auto repair services, is unveiling its new location at **5 Osgoode Street in Gatineau**. DR Mobile will continue to offer mobile service a few days a week until December 1, then will be at your service all winter long at the full-time garage! If you have any questions about this partner and the discount offered to our members, call DR Mobile at 819-918-4447.

Visit their [Facebook page](#) to stay up to date on their activities and promotions.

For a list of our local partners, click on this link:

<https://www.federalretirees.ca/en/branches/quebec/outaouais-branch/local-preferred-partners>

Contact Us

Do you have any questions, comments, or suggestions? Feel free to contact us at admin@anrf-outaouais.ca or by calling 819-776-4128. Visit our [Facebook page](#), our [website](#) and our [LinkedIn page](#).

Sincerely,

Réal Fortin

President, Outaouais Branch

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