

Lynn McCarragher

From: Outaouais Branch Federal Retirees <service@federalretirees.ca>
Sent: October 1, 2025 12:46 PM
To: Lynn McCarragher
Subject: Correction: The latest news from the Outaouais Branch

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Correction: Please note that the version of this message sent yesterday contained an incorrect link for the registration to the Gatineau mayoral candidates's debate, which has been fixed below. We apologize for any inconvenience this may have caused.

The latest news from the Outaouais Branch

Happy National Seniors Day!

National Seniors Day is celebrated on **Oct. 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 Oct. 15

The 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, Oct. 15, from 2 p.m. to 4 p.m.**, at the Cabane en bois rond, 115-331 boul. de la Cité-des-Jeunes, Gatineau.



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

The deadline to register is Oct. 8, 2025.

The following mayoral candidates have confirmed their attendance:

- Action Gatineau: Maude Marquis-Bissonnette
- Équipe Mario Aubé: 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 Oct. 22

Limited spaces — Register now!

The Outaouais Branch invites you to a breakfast conference entitled **“Aging Well with Vitality”** with Gisèle Cannalunga, health coach at GiNutriVida, on **Wednesday, Oct. 22, 2025, from 9 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, Oct. 22, 2025

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

Location: Cabane en bois rond, Desjardins room
115-331 boul. de la Cité-des-Jeunes, Gatineau

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 St., 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.

Visit us online for a list of our local partners:

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 us on [Facebook](#) and [LinkedIn](#) and visit our [web page](#).

Sincerely,

Réal Fortin

President, Outaouais Branch

Outaouais Branch disclaimer: The Outaouais Branch provides information on issues, products and services, as well as opportunities of general interest to its members. It does not endorse any particular point of view, product, service or opportunity (including volunteer or employment opportunities) as being suitable for individual members, but brings them to the members' attention so that they can carry out their own verifications.



Visit federalretirees.ca/mrd to find out how.



Outaouais Branch

National Association of Federal Retirees

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