

The latest news from the Outaouais Branch

Season's greetings from the president

What a wonderful evening we had at our Christmas Banquet on Saturday, December 6!
I sincerely thank everyone who participated in this event to celebrate the holidays and close out the branch's activities for the current year.

This time of year is a good opportunity to take stock and reflect on how far we've come over the past year. Your branch has continued to offer you quality activities and information, forge new partnerships, including one with Héma-Québec to help increase plasma self-sufficiency vis-à-vis the United States, and sponsor two political debates on issues affecting seniors and retirees, one federal debate in April and one municipal debate in October. We are pleased to share with you that Federal Retirees Outaouais now has 11,304 members and that our goal is still to become the second largest branch in Canada, after the Ottawa branch.



I would like to take this opportunity to thank each of you for your support throughout 2025 and, on behalf of myself, the members of the Board of Directors, and the staff of the Outaouais branch, I wish you all the best for a healthy and happy 2026. Happy Holidays!

Christmas Banquet 2025 – A very successful evening!

On Saturday, December 6, 121 participants, members and their guests of the NAFR Outaouais branch, gathered at the Palais des congrès de Gatineau to celebrate the 2025 holiday season. It was an eventful evening that began with cocktails and networking, followed by a four-course meal with wine pairings, door prizes, a visit from Santa Claus, and dancing provided by Danse mobile Gatineau-Ottawa.



Thank you again to all our main sponsors for their essential contribution to the banquet: Dignité, Amerispa, Bélairdirect, ABC Santé, and Fleurs de Guy. Our branch thanks you for being such generous partners.

You can find photos of the evening on our Facebook page:
<https://www.facebook.com/anrfoutaouais/>

The 2025 winter promotion at Mont Cascades

Celebrate winter with Mont Cascades' fantastic "**almost anytime 5 days/7 nights**" promotion on season ski passes. This year, members of the Outaouais and Ottawa branches can take advantage of a **special rate of \$295 plus tax**, which is a **32% discount off the regular price**. In addition, season pass holders receive a 35% discount on full-day tickets on weekends or on exclusion days.

See the advertisement for full details of the offer.



Videoconference on January 22, 2026

On January 22, 2026, a videoconference entitled “**Vivre avec la maladie de Parkinson**” will be presented in French only by Chiara Djiagni Silatsa, social worker at Parkinson Outaouais. Chiara is also responsible for welcoming new members, facilitating support and self-help groups, providing individual support, and giving presentations on behalf of the organization. Come learn more about Parkinson's disease during this interactive videoconference.



Date: Thursday, January 22, 2026

Time: 9 :30 a.m. to 10 :30 a.m. (in French only)

Registrations: [French session](#)

Featured local partner

With a comprehensive range of services including family medicine and minor emergency care, nursing, home care, and specialties in dermatology and mental health, the **SSMT Clinic** relies on a multidisciplinary team of nearly twenty healthcare professionals.



DISCOUNT for members of the NAFR Outaouais branch:

- **A \$50 discount on the standard fee for an annual preventive health checkup.** (The normal cost of this service is \$385)
- **A 10% discount on our travel health consultation service.** (The cost of vaccines, if applicable, is excluded from this discount.) – (The current cost of this service ranges from \$55 to \$135 depending on the destination and \$25 per additional traveler at the same appointment. The 10% discount applies to all travelers living at the same address.)

If you have any questions about this partner and the discount offered to our members, please contact the SSMT Clinic directly at 819-595-0790. Visit their [website](#) and [Facebook page](#).

For a list of our local preferred partners, visit our [website](#). You can find our national preferred partners on this [webpage](#).

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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