

The latest news from the Outaouais Branch

Strategic Meeting of the Board of Directors (Lac-à-l'épaule)

Your newly elected board members will meet all day on Thursday, June 11, for their annual strategic meeting (Lac-à-l'épaule) in Gatineau at the home of our preferred partner, Chartwell.



During this meeting, participants will first review the results of the strategic plan adopted in 2024. They will then engage in a discussion about the branch's growth and ways to better meet the needs and interests of our members, both today and in the years to come.

This day of reflection and discussion will also help identify concrete courses of action to further the branch's development in a spirit of collaboration, innovation, and closeness to our members.

Lyme disease: Be on the lookout this spring

The return of spring (starting in April) marks the resumption of tick activity—ticks are carriers of Lyme disease—and the period of heightened vigilance lasts through October.

To mark this period of vigilance, your Outaouais Branch invites you to attend the free webinar open to all, « **Sensibilisation à la maladie de Lyme** » and « **La prévention des blessures en randonnée** » offered in French by our partner organization, l'Académie des retraités de l'Outaouais (ARO), featuring the following speakers: The Public Health Department of the CISSSO, on **Tuesday, May 26, 2026, from 9 a.m. to 11 a.m.**



Come learn more about prevention, symptoms to watch for, and best practices to follow during outdoor activities.

Date: Tuesday, May 26, 2026

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

Cost: Free for everyone

Registration: Registration is required through the Académie des retraités de l'Outaouais (ARO) at 819-776-5052 or by clicking the following link: <https://aro.activigo.com/program/activity/24586/79>. The link to the webinar will be sent to you a few days before the online presentation.

TALENT SHOW - Come cheer on our local talent!

For its 5th edition, the l'Académie des retraités de l'Outaouais invites you to a colorful and festive evening! Come cheer on our members' talents at a unique show in the Jean-Després Hall.



Share the event and join us!

Date: Tuesday, May 26, 2026

Time: 6:30 p.m. to 8:30 p.m. (in French)

Location: Salle Jean-Després, Maison du Citoyen (25 Laurier Street, Hull sector)

Cost: \$18 + tax (adults) | \$8 + tax (children under 12)

Purchase: Purchase online before May 20, 2026, on the Académie des retraités de l'Outaouais (ARO) website by clicking the following link:

<https://aro.activigo.com/program/activity/24190/79> or \$20 (cash) at the door.

Congratulations to the winner of the Mother's Day contest with Clinispa Kaméva

Thank you to the 195 participants who entered the drawing for the Mother's Day contest, courtesy of our preferred partner, Clinispa Kaméva. Your Outaouais Branch held the drawing on Monday, May 11, 2026, and Mr. Pierre Delorme won the prize of a free 60-minute massage.



Congratulations to Mr. Delorme and his spouse,
Mrs. Céline Nolet!

Our preferred local partners

Did you know that...

Planning a trip soon? **Park'n Fly** offers attractive discounts to ANRF members for parking at Canadian airports. **To take advantage of these reduced rates**, members must book in advance using the discount code, either on the Park'n Fly website or through their app. You can find the instructions and discount code in this [informat on brochure](#).

Need advice on reviewing your budget? **Solutions de Mamie** is here for you and offers a **15% discount** on its personal budget consulting services and on your next tax returns. Visit her website: <https://www.solutionsdemamie.com/en>

Dr. Mobile offers you a **10% discount** on general auto repairs, tire changes, oil changes, and more. Your vehicle surely needs a little TLC after this long winter and endless spring! Contact Dr. Mobile via their Facebook page: <https://www.facebook.com/drmobileonwheels>

Mélissa Gervais, a dental hygienist at **Chez Soi Dentaire**, comes to your home to perform your cleaning. In addition, aside from the Canada Life annual deductible, you'll receive a discount equal to the percentage not covered by your insurance. For more information about Chez Soi Dentaire, click this link: <https://chezsoidentaire.com/en/>

ABC Clinique Santé offers a **20% discount** on all initial consultations and **10%** on subsequent appointments. For more information on their services, visit their website: <https://abccliniquesante.com/en/>.

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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