

The latest news from the Outaouais Branch

Welcome back everyone!

We hope you had a wonderful summer, and you were able to enjoy some well-deserved relaxation. As fall arrives, we are pleased to present a dynamic lineup of activities that we hope will match your interests and provide many opportunities to learn, connect, and have fun.

We would like to remind you that our office at **La Cabane en bois rond** (Office 115, basement level) is open on **Wednesdays from 9:30 a.m. to 4:30 p.m.** We are also available on other weekdays **by appointment**. Please feel free to stop by and visit us. It is always a pleasure for our team to welcome members and connect with you.

Thank you for your continued support and commitment to the **NAFR - Outaouais Branch**. We look forward to seeing you at our upcoming activities and events.

Countryside Luncheon Held on August 25

This year, our traditional annual méchoui was replaced by a delightful **countryside luncheon**, where participants enjoyed a delicious barbecue chicken meal in a warm and friendly atmosphere. The event was further enhanced by excellent musical entertainment provided by our Director General, **André Thivierge**, whose performance greatly contributed to the day's success.



Jointly organized by the **Académie des Retraités de l'Outaouais (ARO)** and the **National Association of Federal Retirees (NAFR), Outaouais Branch**, the event was a success, attracting **more than 170 participants**. The organizers would like to sincerely thank all volunteers, partners, and attendees who helped make this day possible. Their involvement once again demonstrated the importance of fostering social connections and

maintaining an active social life among seniors and retirees.



Provincial Election Candidates' Debate Held on September 2, 2026

An **election debate**, offered in a hybrid format, was organized on **Wednesday, September 2** by a coalition of eight seniors' and retirees' associations in the Outaouais region, including your branch. Key issues such as seniors' income, home

care services, access to family physicians, housing, and the future regional hospital project were at the forefront of the discussion.



Upcoming Activities

October 1, 2026 – National Senior's Day Walk

Rain or shine, come walk and celebrate with participants from Montreal, Quebec City, Rimouski, Val-d'Or, Lorrainville (Témiscamingue), and Saint-Hyacinthe. Join the walk to highlight the strengths of senior adults and of all those who, every day, work to promote their well-being and uphold their rights.



Meeting location: Domaine des Trembles, 250 Saint-Raymond Blvd., Gatineau

Welcome and registration: Starting at 9:15 a.m. under the main tent

Walk departure: 10:00 a.m.

Registration required: On or before September 21. [Click here to register](#)

This is a free festive activity. Please bring a water bottle and wear comfortable walking shoes. A snack will be provided during the walk. Registered participants will receive a ticket for lunch (boxed lunch). If you wish, **feel free to wear identification**

representing your association or organization. Let's build on our strengths. Let's not remain isolated. Let's come together. **On October 1, we gather, we walk, we shine.**

October 7, 2026 - Breakfast/Conference

October 7, 2026 – Join us for a **breakfast/conference** hosted by **Dr. Patricia Berbari**, cosmetic surgeon, in collaboration with **MedicSPA Gatineau**. Dr. Berbari will present a bilingual conference entitled “**Feeling Good About Yourself in Retirement**”, focusing on well-being and personal fulfillment during retirement. A **complimentary continental breakfast** will be served. Please note: Contrary to the information published in the **Fall 2026 issue of SAGE magazine**, this event will take place at **Dr. Berbari's clinic**, located at **555 de la Gappe Boulevard, Gatineau**.



IMPORTANT: Only the first 40 registrations will be accepted. A confirmation email will be sent the day before the event to advise whether your registration has been accepted. By registering, you commit to attending, as meal planning will be based on the number of confirmed participants.



We understand that unforeseen circumstances may arise. If you need to cancel, please notify us at least **three (3) days before the event** by contacting us at admin@anrf-outaouais.ca or **819-776-4128**. Thank you for your cooperation.

Date: Wednesday, October 7, 2026

Time: 9:00 a.m. to 11:30 a.m.

Location: Dr. Berbari's Clinic, 555 de la Gappe Blvd., Gatineau

Registration: [Click on this link to register](#)

Please note that our office will be **open exceptionally** from **noon until 5:00 p.m.** on that day (October 7, 2026)

Contact Us

Do you have questions, comments, or suggestions? We would be pleased to hear from you by writing to admin@anrf-outaouais.ca, or calling **819-776-4128**.

You can also visit our [Facebook page](#), our [Website](#) or our [LinkedIn page](#).

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