



Seniors and Law Enforcement Together

Making a Difference in our Communities

www.ffaalt.com

June 2016

salt@fortfrances.com

MISSION STATEMENT

S.A.L.T. is a voice to advocate for action to ensure that seniors live in a healthy, safe, enjoyable and vibrant communities. The team will act as a communication link between seniors and services providers, increase awareness of services for seniors and support seniors in the community.

New Exercise Equipment at the Sorting Gap Marina

The final piece of outdoor exercise equipment has been installed at the Sorting Gap Marina. The “Double Ski Trainer” is a great cardio workout and complements the pieces that were installed last year.

A “Leg Press”, a “Press-Pull” for the upper body and a “Multi-Component” piece for pull-ups, sit-ups and arm dips rounds out your workout.

One of the main features of the machines is the option of more than one person being able to exercise at once. So bring a friend, have fun and get moving!



Committee Contacts

OPP Contact:

Constable Guy Beaudry
(807)276-274-7777
guy.beaudry@opp.ca

Northwestern Health Unit Contact:

Elaine Fischer
(807)274-9827 ext 3638
efischer@nwhu.on.ca

Canadian Mental Health Association

Older Adults Program Contact:

General Inquiries
(807) 274-9400

MAILING ADDRESS

Senior's In Law Enforcement

Box "S" c/o Fort Frances Times
116 First Street East
Fort Frances, ON P9A 1K2

For more info:
Robert Schulz
(807)274-6435

Upcoming Community Events

Hike It or Bike It Challenge– June 1 - 19	Health Unit
- Call the Health Unit to Register by June 1	
District 1A Senior Games - June 7 & 8	Sister Kennedy Centre
Strawberry Social - June 16	Hospital Grounds
Substance Abuse Prevention Team BBQ	The Point
- September	
Hazardous Waste Days - September 17	Public Works Garage
Senior's Fair - October 4	Sister Kennedy Centre
Senior 55 Alive Safe Driving Course	Watch for Details

Meetings

SALT

August 30, 2016

Sister Kennedy Centre

11:00 am