



Fellowship, Sharing, Education, & Exercise

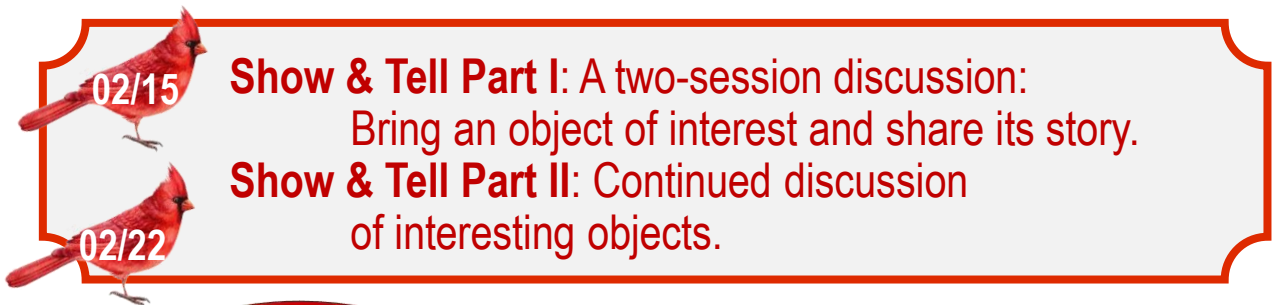
February 2024 Programs

OWLS sessions include 11:30 A.M. SILVER STRETCH led by Kathy Mulvehill,
12:15 P.M. Lunch, 12:30 P.M. Program, 1:30 P.M. Departure.



11:30 Exercise in Garden Room

12:00 Senior Fair in Hubbell Hall with Finger Foods for Lunch
Resource Vendors will answer questions, concerns and needs
Invite family and friends.



A \$10 donation would be appreciated for each session.

RSVP appreciated but not required.

Transportation Available Upon Request – Call Kande Tabor at 585-520-6948.

First Baptist Church 175 Allens Creek Road Rochester, NY 14618

<http://kandeetabor.wixsite.com/owls>