



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.



Show & Tell Part I: A two-session discussion:Bring an object of interest and share its story.Show & Tell Part II: Continued discussion of interesting objects.



Sing Along
with Bangers & Mash

celebrating the extra calendar day.

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

RSVP appreciated but not required.

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

First Baptist Church 175 Allens Creek Road Rochester, NY 14618 http://kandeetabor.wixsite.com/owls