



We have a
'HOOT'
of a time!

Fellowship, Sharing, Education, & Exercise

April 2024

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.

04/04

SOLAR ECLIPSE

Facts, Fun, Preparation



04/11

HANDS

Separating
Humans
from the
Pack



04/18

HEALTHY, HAPPY FEET

with Certified Podologist
Andrea Whitcomb-May



04/25

SPRING CLEANING

Cleaning out activities
and trivia left over
from past few months



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/owl>