



**Fellowship, Sharing, Education, & Exercise**

# September 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.**

**09/05**

## *Steps to Get Home Health Care*

Megan Shergill, of Community Care Home Health Service, explains steps to obtain In Home Health Care which are not like what appear in TV ads – Part 1

**09/12**

## *People, Places, Experiences in India's Nagaland*

The Rev. Dr. Ken Dodgson shares more about his time in India (2 weeks)



**09/19**

**09/26**

## *Steps to Get Home Health Care*

Megan Shergill, of Community Care Home Health Service, explains steps to obtain In Home Health Care which are not like what appear in TV ads – Part 2

Donations appreciated to offset expenses for food, exercise, program, and transportation.

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>