



Fellowship, Sharing, Education, & Exercise

## **July 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.



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