



We have a
'HOOT'
of a time!



Fellowship, Sharing, Education, & Exercise

November 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.

Give Thanks

11/07 **Ralph Meranto**
Production Manager, JCC Center Stage Theater, shares his story.



JCC ROCHESTER | **CENTERSTAGE**

11/14 **OWLS prep the Harvest Dinner**
Bring your favorite apple peeler or paring knife and apron. No exercise class this day - plenty of work exercise. Hearty soup lunch provided



11/17 **Harvest Dinner**
Invite your friends and family to join OWLS and the First Baptist Church family on SUNDAY at NOON to share a meal of gratitude.



11/21 **Gobble Games**
Trivia, riddles and fun to share at your Family Thanksgiving.

11/28 **Happy Thanksgiving No OWLS**

Transportation available upon request. Call Kandee Tabor at 585-520-6948.
Donations appreciated to offset expenses for food, exercise, program, and transportation.
RSVP appreciated but not required.

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



Balloon volleyball game, August 29, 2024