



Fellowship, Sharing, Education, & Exercise

November 2025

Thursday Programs

OWLS sessions include 11:30 A.M. SILVER STRETCH led by Kathy Mulvehill,
12:15 P.M. Lunch and 12:30 P.M. Program.

11/06

**Medicare Advantage Plans:
WHAT's NEW?**

11/13

**Sarah & Sasha:
HISTORY OF THANKSGIVING
SING-A-LONG**

11/20

**PREP FOR HARVEST DINNER
Hosted by OWLS**

11/23

**SUNDAY HARVEST DINNER
NOON:
All Family & Friends Welcome**

11/27

**NO OWLS
Celebrate
Thanksgiving
With Gratitude**

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>