



Fellowship, Sharing, Education, & Exercise

September 2025 Programs

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.



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