



Fellowship, Sharing, Education, & Exercise

October 2025

You're owlsome!

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.



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