



FOR IMMEDIATE RELEASE

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OWL: Older, Wiser, Livelier at the New Braunfels Public Library

New Braunfels, TX – The New Braunfels Public Library is starting a new program called OWL (Older, Wiser, Livelier) for their patrons aged 50+. Join them every Monday from 2:00 – 4:00 p.m. for a variety of programs.

OWL is a time to gather and enjoy a variety of activities while making new friends. The library will facilitate this with a new activity each week of the month, such as puzzles, games, guest speakers, fitness classes, crafts and movies.

“Studies show that a sense of community among seniors has long lasting physical and mental health benefits, creating higher mobility levels and lower levels of cognitive decline. Research has also discovered that frequent social activity helps us to live independently longer,” Toni Davenport, Adult Services Librarian, explained. “As our senior population in the United States grows, more libraries are working to create engaging programs to keep our patrons active throughout their lives.”

OWL is free, open to the public and no registration is necessary. The schedule for September is:

- September 12: Gaming Afternoon - traditional board, card, and domino games as well as puzzles. If anyone is interested in a game of 42, Toni will gladly sit in on your team.
- September 19: Fun Film afternoon – stop in and watch a fun, family friendly movie.
- September 26: Guest Speaker – Allison Vanderford: Senior Living Strategies – planning for home life and looking into senior living communities and facilities.

OWL is made possible with the support of The Friends of the New Braunfels Public Library. For further information, visit the Adult Services page: <http://newbraunfels.libguides.com/Adults> or contact Toni Davenport at 830-221-4300.

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