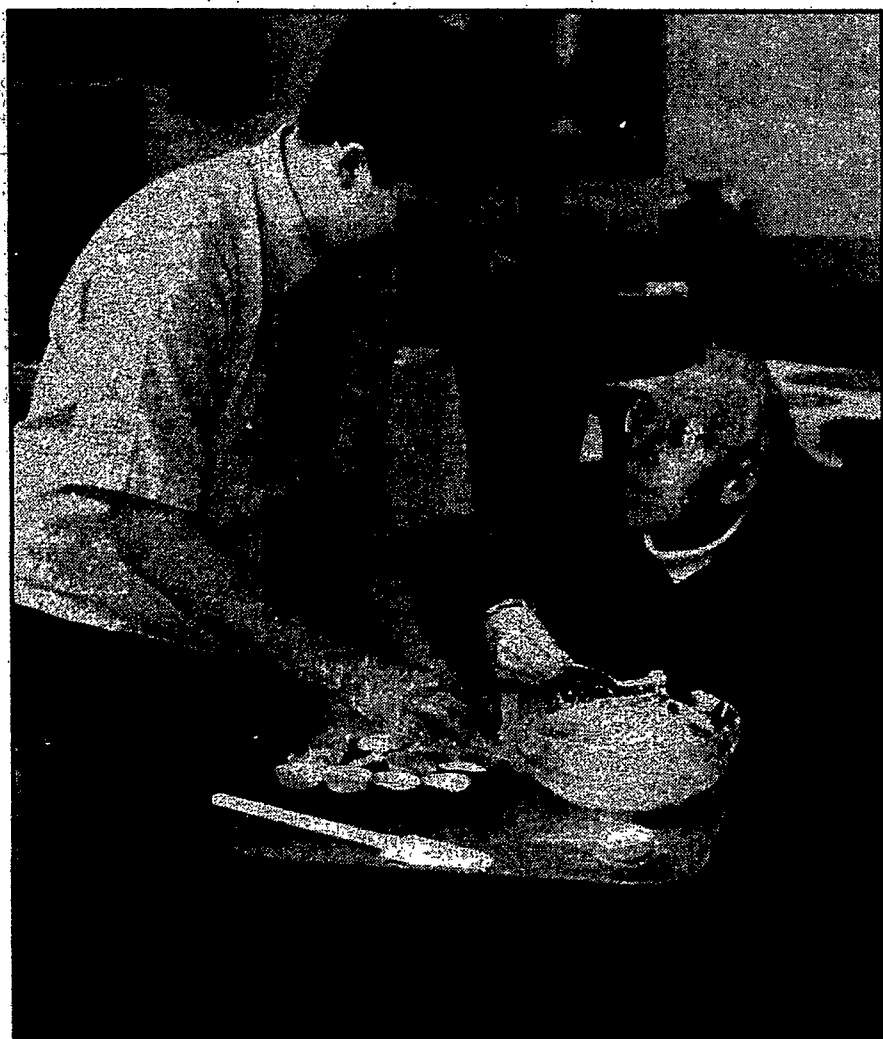


SENIOR LIFESTYLES



Helping hands

Since Oct. 17, St. Ann's Home has operated an adult day-care center in the Sacred Heart Cathedral Rectory Hall, 296 Flower City Park. The "Home and Heart" program is open five days a week. It offers meals, wellness programs, fitness classes, arts and crafts, and intergenerational activities. Eighth-grade students from Sacred Heart School visited "Heart and Home" Feb. 27 and helped bake banana and blueberry muffins. Counterclockwise from left, Lloyd Ruffie (left) helps Harry Horn distribute the ingredients into the muffin pans; Angela Williams (right) and Carmen Sanhueza assist Anna Smeltzer with mixing; an extra set of hands makes for easier work. For more information on "Home and Heart," contact Jean Bayer, site coordinator, at 716/254-7760.



Photographs

by

staff

photographer

S. John Wilkin



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