



Marge Williams plants wheatgrass in preparation for Easter.



Janice Blumrick celebrates the coming of spring with a bright yellow sweater.



Carol McCarthy shows off her Irish spirit for St. Patrick's Day.

# SIGNS OF SPRING

With the arrival of spring comes a renewed sense of hope and plenty of reasons to celebrate. Fun is in bloom for residents at the Heritage Manor senior living community in Lockport.

For St. Patrick's Day, residents listened to traditional music and enjoyed a traditional meal of corned beef, cabbage and Irish beer. For Easter lunch, being served on Sunday, the menu includes

glazed ham, ambrosia salad, sweet potatoes with honey, asparagus with hollandaise sauce, fresh baked crescent rolls and carrot cake and chocolate covered strawberries for dessert. Mmm.