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*Marian Manor's
Belles and Beaus*



Starting this Friday
Open Thursdays
& Fridays
from 9am-5pm w/
Michele Jacobs
Call her for an
appointment at
(757)-814-3150



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WELCOME TO THE TEAM FELINA WINSLOW ASSISTANT NURSING DIRECTOR

Born and raised in Virginia. She has 2 children and 1 grandson whom she adores deeply. Felina has been in the Health Care field for over 20 years. She is thrilled to be working with us here at Marian Manor.



Chatterbox

January 2025



A Caring Assisted Living
Retirement Community
5345 Marian Lane
Virginia Beach, VA 23462
(757) 456-5018

Celebrating January

New Year's Day
Wednesday, January 1

Wicked
Friday, January 3
TBA
Beach Cinema Café

Craft w/ Jane & Sue
Wednesday, January 8
10:30am
Activity Room

Symphonicity: 26th Annual Lollipop Concert
Sunday, January 12
3:15pm
Sandler Center

Resident Bake Off
Wednesday, January 17
1:30pm
Activity Room

National Activity Professionals week
Tuesday, January 21-
Saturday, January 27

PB&J Dancing Princesses
Sunday, January 26
2:15pm
Sandler Center

Marian Manor Night Out w/ Pastor Vicki
Tuesday, January 28
5:00pm
Vicki's Condo

Chinese New Year Craft & Snack
Wednesday, January 29
1:30pm
Terrace Room





ACTIVITY HIGHLIGHTS

Happy New Year 2025!!!

Coupon Clipping Join us every Tuesday *at 10:30am in the library*. Coupon clipping with Kathy Mulkey coupons are sent to our military families overseas to use at their commissary

Bear Stuffing & Simple Mending Join us every Tuesday except the Third Tuesday of every month *at 1:00pm in the Activity Room*. Susan & Bob Deml will be here to help draw, color, and sew bears that will be donated to CHKD, VB Police, Fire Department and EMS.

Cinema Café Friday, January 3rd. Van departs at TBA. We are going to watch Wicked, the untold story of the witches of Oz, stars Emmy, Grammy and Tony winning powerhouse Cynthia Erivo as Elphaba, a young woman, misunderstood because of her unusual green skin, who has yet to discover her true power, and Ariana Grande as Glinda, a popular young woman, gilded by privilege and ambition. The two meet as students at Shiz University in the fantastical Land of Oz and forge an unlikely but profound friendship. Following an encounter with The Wonderful Wizard of Oz, their friendship reaches a crossroads, and their lives take very different paths. *Please sign-up at the concierge desk! Tickets cost \$10. Bring money for food as well.*

Trip to Five Below Join us for a joy ride on *Thursday, January 9th at 9:30am*. We have had some requests to go to a different store, so we will try out this one first and the location will change each month until we decide which one we like best. *Please sign-up at the concierge desk!*

History Class with Susan! Please join resident **Susan Igareda** for a fascinating history lecture this month! Mark your calendars for *Friday, January 10th, 17th, & 24th at 2pm in the Chapel*.

Symphonicity: 26th Annual Lollipop Concert The Snowman, Movie with Music Sunday, January 12th. The van will depart at 3:15pm to the Sandler Center. Experience the magic of live music paired with the beloved 1982 British animated TV classic, complete with poetic accompaniment based on Raymond Briggs' picture book. Immerse yourself in the heartwarming tale of an English boy and his snowman, as they embark on an enchanting adventure to the North Pole to meet Santa Claus. Join us for pre-concert activities starting at 3pm, followed by a captivating 45-minute movie set to live music at 4pm. Don't miss out on this unforgettable holiday experience!

Please sign-up at the concierge desk! Tickets cost \$5

Romeo's Club Monday, January 13th at 12pm in the Hooters. All men are invited as we enjoy a savory treat and talk about whatever men talk about. *Please sign-up at the concierge desk!*

Connor's Culinary Creations Join Connor for another culinary creation on *Tuesday, January 14th at 10:30am in the Activity Room*. *Please sign-up at the concierge desk!*

Resident Bake-Off Join us in the *Activity Room* on *Wednesday, January 15th at 1:30pm* for our annual resident bake off. Do not worry about missing lunch we will fill out our menus early and eat together while our desserts are baking. All supplies will be provided! There will be three teams, three desserts, but only ONE winning team. *Please sign-up at the concierge desk!*

A message from our Pastoral Counselor



A NEW YEAR, A NEW HOPE, AND A NEW FUTURE

I can't believe 2024 is over and we are embarking on a brand-new year. Time seems to be going by faster and faster. So let's make sure we are loving on our family and friends just a little bit more. Being kinder to those we come in contact with on a daily basis. And helping those we meet who are in need.

Let's make 2025 a year of loving...giving...and serving. We have so much to be thankful for, and so many things to appreciate all around us. Don't miss the little things God continues to do in your life and in the lives of those you love. He is at work, and His love endures forever. And whether we believe it or not, He still has a special plan for all of our lives. He wants us to be engaged in the mission, and excited about the opportunity to show people around us His amazing love.

So don't miss out on the incredible journey God has for you in 2025!!!

And to help you on the journey, we have:

1. Bible Study every Monday at 1:00pm in the chapel
- We gain insight from the Word of God, and discuss how to apply it to our daily lives...
2. Tuesday, we pick out a very interesting book and go through it together.
3. Come and enjoy Bible Trivia on Wednesday. We have Lots of fun and laughter together.

Come and join in the fun, so we can be ready and prepared for all god is going to do in and through our lives in the New Year.

January's Verse: Hebrews 12:1

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

If there is anything I can do for you or your family please don't hesitate to touch base...

Keep the Son in your eyes!

Pastor Vicki



Meet Michele Jordan our new hair stylist

Michele is originally from Long Island. She will be joining the Marian Manor family as our new hair stylist. Michele is a licensed cosmetologist and comes with 30 years' experience. She is a certified nursing assistant, but her love is hair, and she loves making people look and feel beautiful or handsome.

January Birthdays

Residents

Joyce Pendry	01/09
Dolores Payton	01/11
Betsy McCarthy	01/16
Shawn Kelley	01/20
Pauline Flemming	01/21
Joseph White	01/24
Rosanna Sunderland	01/26

Powerback Rehab

Paul Crist	01/06
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Employees

Imelda Angat	01/02
Elizabeth Olds	01/08
Karen Taylor	01/12
Latoya Kittrell	01/15
Natasha Beasley	01/26
Scholastica Kimaro	01/26
Kafilat Saka	01/27
Anna Winston	01/28
Ernest White III	01/31

Please join us as we celebrate our residents and staff during their special month! There will be a joint Birthday Bash held on **Friday, January 31st** in the **Terrace Room**.



January and the start of the New Year are often associated with resolutions and goals for self-improvement. The key to being successful is setting realistic goals. You may have a goal to improve your memory, be more active, reduce your pain, attend more community events, communicate more confidently, minimize episodes of incontinence, get a better night sleep, increase your flexibility or reduce your fall risk. Each of these areas have the potential to positively impact other areas of our health and wellbeing so there is not any goal that is too big or too small. If it is important to you, now is the time to begin. The Powerback Rehabilitation team can help you develop a plan that is right for you so that your goal can be attained and sustained. Please contact our therapists at 757-473-0693 to set up a time to begin turning your goals into reality!

National Activity Professional's Week

Tuesday, January 21st-
Monday, January 27th



Thank you all for being the life of every party,

and creating everlasting memories!

ACTIVITY HIGHLIGHTS



Va Beach Library Craft and Library Check-up Join volunteers, Shannon and Kathi in the **Activity Room on Thursday, January 16th, 2:30pm** for a craft class. Library materials will also be available for check out. See Shannon and Kathi if there are any books that you want to return or if they can be added to our library.

Martin Luther King Jr. Program w/ Sweet Treat **Monday, January 20th at 3pm in the Terrace Room.** Join us in the terrace room to celebrate Martin Luther King Jr.'s life. Malcolm Skinner and staff will share a few words regarding how Dr. King changed their lives and the lives around them. We will also enjoy MLK's favorite dessert, pecan pie w/ a side of vanilla ice cream and wine. This event will take place of Happy Hour.

Red Hat's Luncheon Join volunteer **Jane Reynolds** on **Tuesday, January 21st at 11:00am.** The Red Hatters are having their monthly meet up, this time at **Las Palmas Mexican Restaurant.** Don't forget to wear your red and purple! **Please sign-up at the concierge desk!**

PB & J Dancing Princesses w/ Virginia Symphony Orchestra **Sunday, January 26th at the Sandler Center. The van will depart a 2:15pm.** Put on your dancing shoes and revel in this lively retelling of the Brothers Grimm's fairy tale "The Twelve Dancing Princesses." Tiffany Haas, Broadway performer and Yorktown native, has crafted a program showcasing the talents of her Academy of Dance students in a variety of styles that will have the audience dancing in the aisles along to the melodious sounds of the Virginia Symphony Orchestra. **Please sign-up at the concierge desk! Tickets cost \$22.**

Marian Manor's Night out w/ Pastor Vicki **Tuesday, January 28th. The Van will depart at 5pm.** Join Pastor Vicki to enjoy her delicious Homemade Chicken and Dumplings while also enjoying her famous banana pudding. The van will load at 4:30pm to Pastor Vicki's Condo. **Please sign-up at the concierge desk!**

Chinese New Year Craft Join us in the **Terrace Room at 1:30pm on Wednesday, January 29th** to enjoy a couple traditions for Chinese New Year. We will create paper lanterns that do in fact glow and before dinner we will enjoy making and eating homemade Chinese dumplings. Dumplings, representing reunion, harmony and wealth in Chinese culture, are made with minced meat and vegetables wrapped in a round and elastic dumpling skin in the shape of Chinese silver ingot. **Please sign-up at the concierge desk!**

Dining Meeting This month's Food Committee meeting will be on **Thursday January 30th at 3pm in the Terrace Room.** All residents are encouraged to attend! Food samples will be served.

January Birthday Celebration **Friday, January 31st from 3pm-4:30pm in the Terrace Room.** All residents are invited as we celebrate this month's birthday celebrants. Come down for cake, ice cream and karaoke!

MERRY
Christmas
&
HAPPY NEW YEAR

December Fun with Residents

Grace with Beltone put together an ornament making craft



Eileen & Brenda creating the Angels for our Angel Tree



Gloria judging the staffs baked good contest



Mary, Joseph & Baby Jesus at our Live Nativity



Girl Scout Troop 165 brought smiles and cheer to our residents



Ruth crashing the Holiday party for a selfie



Thank you to Sue and Bob for decorating our Living room tree so beautifully



Evelyn shows us her wooden ornament painting skills



Jocelyn & Imelda found our hidden elves

2
0
2
5



Ann lending a hand with one of our Christmas trees



Saint Gregory the Great Cub Scouts Christmas Caroling phenomenally



The American Heritage Girls singing through the halls with so much holiday cheer



Marian Manor's helping hands ministry decorating Christmas cookies with volunteers from Ascension church



A great group attended a great show with Virginia Voices at the Sandler Center



Siblings can get along! Renee & resident Terry painting wreaths



Dolores made a beautiful painted ornament



Christmas Pajama Day for staff and residents



WELCOME HOME

Dr. William "Bill" Harshaw Apt. 301



Bill is from Portsmouth, Va. He enjoys learning new things, & listening to music. Bill has traveled to Europe, Egypt and to the Caribbean. He can be found walking, watching NFL Football, or socializing in the dining room.

Carolyn Harshaw Apt. 301



Carolyn was born near Lexington, Va. Carolyn loves her church, sports, and the music of Tina Turner. She collects freeze dried flowers and loves dogs. Christmas is the most important holiday to her.

Lucenda "Cindy" Molisee Apt. 205A



Lucenda was born in Wilkinsburg, PA and raised in the Pittsburgh area. She enjoys playing card games, reading, and animals. Cindy loves Thanksgiving and Christmas. Her comfort food includes meatloaf, mac and cheese, and Italian Pasta.

Frank Gonzalez Apt. 236



Frank likes classical music, trivia games, and cats. He was very active as a child growing up in Brooklyn, New York. Frank was a chief petty officer in the Navy. He likes to travel and enjoys eating chocolate ice cream and nuts.

John Mckee Apt. 328



John was born in Rye, N.Y. He is a retired Navy Lieutenant Commander and pilot. His comforts foods include Boston cream pie, beef stroganoff, and coffee. John enjoys reading and shopping at Costco.

Romelda Mckee Apt. 328



Romelda was born in Key West. She has lived in Va Beach since 1970. She enjoys card and board games. Romelda loves dogs and watching football. She also enjoys group exercise classes.

Nancy Vaughan Apt. 242



Nancy enjoys watching television, playing with animals, and listening to music. She was born in Portsmouth, Va and grew up in Chesapeake, Va. She does not like to travel. Home is where her heart is. She likes mashed potatoes, hot dogs, pizza, and mac & cheese.

