



A "Manor" of Speaking MARIAN MANOR

5345 Marian Lane, Virginia Beach, VA 23462 • marian-manor.com • 757-456-5018

Let Freedom Ring!

20-year Navy Veteran Donald Rudy enjoys the music while celebrating our freedom.



Pictured below, team members Surena Hendricks (left) and Lisa Poole-Johnson are a perfect pair in their red, white, and blue.



Residents, staff, and friends celebrated the Fourth of July with an All-American Family Picnic! Guests tapped their toes and danced to the sounds of the Hampton Roads Metro Band. Classic picnic foods – including hot dogs, hamburgers, fried chicken, watermelon, and more – were served up by our dining team. Everyone was excited to celebrate our nation's independence at the patriotic, outdoor event.

Red Hats Volunteer Jane Reynolds is festive in her bright, tie-dye t-shirt



Felicia Yarsinske and Shirley Baird (right) were all smiles!



Easy as Pie



Nothing beats a homemade pie! Using her favorite family recipes, Vera Singer led a small group of residents through the traditional pie-baking process.

The results were a batch of lovely pies, including apple, blueberry, raspberry, and blackberry. The scrumptious confections were then served for dessert following dinner that evening – yum!



Mary Epstein

Fill 'er up! Vera and Mary work together to create the perfect fruit fillings for each delicious pie.



Vera Singer



Mark Stakes



Let's Chillax!

Once a month, our team members get to “chillax” with something sweet to acknowledge all they do for our residents—and one another—every day. In July, Mister Softee brought cool treats to help us beat the heat. Ice cream cones, shakes, water ices, and banana splits were among the most popular choices, and smiles were seen all around.

From left: Powerback Therapist Suzanne May, Assistant Director of Maintenance Johnny Jimenez, and Director of Maintenance Eric Bryant are excited for a “sweet” afternoon break.



Peggy Gibson and her SPINCLUSION instructor give the “hang loose” hand sign before their ride.

Wheels for Wellness

The simple joy of riding a bike is something that everyone should be able to experience, regardless of their age. And now they can! Thanks to the free services provided by SPINCLUSION, our residents can enjoy 20- to 40-minute bike rides in Virginia Beach. One bike accommodates two people who can pedal together. They also have an electric “tricycle” that can hold two passengers and a driver (no pedaling necessary). Our residents love getting out in nature and exercising at the same time!

More information about this great nonprofit can be found at www.spinclusion.org.



The Coordinated Services Management Community Family

Chesterbrook Residences
Residential Living, Assisted Living
Falls Church, Virginia • 703-531-0781

Mennowood
Independent Living, Assisted Living,
Memory Care
Newport News, Virginia • 757-249-0355

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Assisted Living, Memory Care
Woodbridge, Virginia • 703-494-3817

St. Mary's Woods
Residential Living, Assisted Living
Richmond, Virginia • 804-741-8624

Tall Oaks Assisted Living
Assisted Living, Memory Care
Reston, Virginia • 703-834-9800



Upcoming Events

Sunday, September 11 ~ 4 pm to 6 pm

*Grandparents Day Pig Pickin' with desserts
by Doumar's Ice Cream.*

**September 27 through December 6 ~
Call for details**

*Senior Citizens Police Academy – gain a better
understanding of police procedures.*

Sunday, October 2 ~ 2 pm to 4 pm

Marian Manor's Annual Oktoberfest

Saturday, October 8 ~ 2 pm

Blessing of the Animals

Saturday, October 15 ~ 9 am to 1 pm

*Free document shredding event in
partnership with Triad.*

Monday, October 31 ~ Dusk to 8 pm

Trick-or-Treating

You're Invited! Mark your calendar with these upcoming opportunities and events. Follow our Facebook page (facebook.com/marianmanorvb) for more details and updates on individual events.



Marian Manor is nonprofit, nondenominational, and is sponsored by the Catholic Diocese of Richmond.
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Pet Friendly

