



A "Manor" of Speaking MARIAN MANOR

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

Celebrating the Holidays with Santa and Mrs. Claus!

From kids to great-grandparents, everyone gets excited for a visit from St. Nick! Our residents enjoyed several special appearances by Santa and Mrs. Claus, including at our Breakfast Selfies with Santa event and our third annual Honking in the Holidays Parade. Residents, families, and our team were delighted to let Santa know exactly what they wanted for Christmas as they enjoyed all the holiday festivities!



Congratulations to the Powerback Rehab team for winning "Best Float" in our parade.



Joyce Pendry (far right) and her family were excited to pose with Mrs. Claus (Resident Sophie Spalenka) and Santa (Sophie's son, Jim).



Helen Meima (second from right) smiles with her grandson and great-grandchildren during our "Selfies with Santa" breakfast.

Welcome Home, Chef!

Chef Darren Delano Stallings was welcomed back to Marian Manor with open arms when he returned as the Assistant Dining Services Director. Chef Darren spent 21 years cooking in the U.S. Navy where he graduated from Mess Management "A" School. He received an associate of applied science degree in Culinary Arts from Johnson and Wales University and a certification in Cake Decorating from Wilton Cake Decorating School. During his naval service, Darren served on the staff of General Colin Powell, where he prepared meals for the General, foreign dignitaries, and President George W. Bush.

We are thrilled that Chef Darren will now be using his culinary talents at Marian Manor again!



Celebrating a Century

Mr. Bill Frier recently celebrated an impressive milestone: turning 100 years old! William Harmon Frier, who goes by Bill, was born in Savannah, Georgia, on December 16, 1922.

At age seven, he and his family moved to Portsmouth, where he lived most of his life until joining our community in 2017.

He graduated from the University of Virginia as a civil engineer in 1950, the same year he married his wife, Ruby. The two were together for 67 years before her passing.

Mr. Frier served in the U.S. Army from 1943 to 1946 and was involved in combat during WWII. He received the Bronze Star, a Purple Heart, and an Oak Leaf Cluster for his heroic military service.

If he could give advice to his younger self, it would be this: "Don't drink, don't smoke, and stay out of trouble."

Virginia Beach Mayor Bobby Dyer (right) presents Mr. Frier with a Certificate of Celebration for his 100th birthday at our Honking in the Holidays Parade as our event emcee Joe Flanagan (center) looks on.



It's a Small World

Boston-native Ann Lamore made Marian Manor her new home in December. She remembers hearing the name of Shirley Baird, a fellow resident, and thinking it sounded familiar. Similarly, Shirley remembers hearing the name of Ann's late husband—Jim Lamore—and thinking the same thing! The two quickly connected the dots and realized that their husbands were friends at the Naval Academy nearly 65 years ago. As they say, it is a small world after all!

Tom Baird's military portrait.



Ann and Jim on their wedding day.



New friends Ann (on left) and Shirley.

The Coordinated Services Management Community Family

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Upcoming Events

Saturday, February 18, 10 am ~ 12 pm

TRIAD – S.A.L.T.
(Seniors and Law Enforcement Together) Presentation.

Topic: Computer Crimes

Saturday, March 18, 10 am ~ 12 pm

TRIAD – S.A.L.T.
(Seniors and Law Enforcement Together) Presentation.

Topic: Adult Protection Services

Thursday, March 23, 12 ~ 2 pm

Lunch and Learn: The Aging Process

Learn about the natural aging process and tips for healthy aging. Presented by Lisa Poole-Johnson.

RSVP to 757-456-5018 by March 13.

Saturday, April 8, 2 ~ 4 pm

Easter Egg Hunt
Pictures with the Easter Bunny

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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