



A "Manor" of Speaking MARIAN MANOR

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

Holiday Celebrations



Nancy Milner shows off her festive door decorations.



At 100 years young Katherine Xefteris enjoys the parade!

The holidays are always happening at Marian Manor. From Gingerbread trains, door decorating, selfies with Santa and our very

own Honking in the Holidays parade. We had Mayor Bobby Dyer and Congresswoman Jen Kiggans stop in to visit residents and families. We even had the Virginia Beach Mounted Police join the parade! Thank you again to Gary Zalas who always helps coordinate the Parade. Thank you to all the staff, resident families, and the community for making this event successful.

Imelda Hutchinson, Kathy Sanzone, and Resident Art Teacher Nancy Milner (left to right) enjoy the Paint and Sip activity.



Elf Cathy Loiercio and Dulce with Robert Allen as the Gingerbread Man!



From left. Sabrina Shepard, Lareina Consalvo, Josephine Balisacan, Congresswoman Jen Kiggans, Nelani Umali, and Nerie Tayag





Robert Allen and Mel Pritchard sharing their stories with local students.

Retired Veteran's visit Kellam High School

In November residents Mel Pritchard and Robert Allen, retired veterans visited with 10th grade students from Kellam High School.

Veterans Robert Allen and Mel Pritchard were able to speak to the students about their military experience and the importance of sending letters at the holidays. Mr. Allen is an avid supporter of community events and will be attending the upcoming Honor Flight in April 2024. Mr. Pritchard just completed the Honor Flight in November 2023.

The Kellam High School sophomore class signed holiday cards for the Marian Manor residents and veterans spending the holidays in the hospital at the Veterans affairs care center.



Mr. Allen attending a march in Washington!

Kenya Crafts

Residents, staff, and visitors enjoyed a holiday pop-up event with beautiful, handcrafted gifts from Kenya made by the amazing women's crafters sponsoring children's education. Thank you to the Mirror of Hope Foundation and the Church of the Ascension for sponsoring this event!



Margaret Ball (left) and Dora Sockell (below) view all the beautiful items on display!



Volunteers help make the event a success!



Marian Manor's Country Style Collard Greens Recipe

INGREDIENTS

Southern Collard Greens Recipe with Smoked Turkey

- Six bunches of Fresh Collard Greens
- 1 pound Smoked Turkey Leg or Wing
- 1 tsp crushed red pepper flakes.
- One gallon water
- Three quarts Chicken Stock
- 2 tsp Accent Seasoning
- 1 tsp Lawry's seasoning

Country Collard Greens with Pork

- Six bunches of Fresh Collard Greens
- 1 Pound of Country Ham or Fat Back
- 1 tsp crushed red pepper flakes.
- One gallon water
- Two quarts Chicken Stock
- One cup bacon grease
- 1 tsp Accent Seasoning
- 1 tsp Lawry's Seasoning

DIRECTIONS

1. In large sink rinse collard greens .
2. Remove stems from collard greens and discard.
3. Clean the sink and fill it with fresh water and soak for about 30 minutes to an hour.
4. Drain and rinse collards again under running water.
5. Fill large pot with water and add all of the seasoning in each recipe.
6. Cut collard greens into medium sized strips and add to the seasoned water.
7. Bring to a rapid boil and reduce heat to a steady simmer.
8. Cook for 2 hours and check to doneness of the collard green.
9. Cook until tender.
10. You can add hot sauce if you desire a little heat, and you can add vinegar for extra taste.



Recipe shared by Malcolm Skinner, Chef/Dining Director.

Lori Wack & Father Ken Wood

Father Ken Wood and Lori Wack are no strangers. They met at the Blessed Sacrament over 20 years ago in Harrisonburg, Virginia. Father Wood traveled to many parishes and was instrumental in helping to raise funds to build a new church in Harrisonburg. Resident Lori Wack attended this church in Harrisonburg Virginia.

It's a
**Small
World**



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Upcoming Events

Saturday March 16th ~ 10 am–Noon

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

Topic “Keeping the Keys” with Vickye Parker of AAA.
In the Terrace Room.

1st & 3rd Wednesdays of Each Month 7 – 9 pm

Toastmasters: You are invited to develop and improve your public speaking abilities.

Tuesday evenings at 6:30 pm

Beginning March 5th, 2024

Line Dancing: Terrace Room, \$3 per person for outside guests.

Saturday, March 23rd ~ 2 pm – 4 pm

Easter Egg Hunt, Photos with the Easter Bunny and a Magic Show!

Thursday, March 28th

Marian Manor University

Lunch and Learn: Senior Service Seminar with Preston Mangum.

Thursday, April 25th ~ 2 – 4 pm

Journey to Assisted Living – Open House with Marian Manor and Our Lady of Perpetual Help

Join us for a progressive tour of our continuum care in Virginia Beach.

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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