

LA CIRCULAIRE DU MARQUE



AUGUST 2010

New Office Hours

Mon. thru Fri. 8:30am - 4:30pm
Sat. 10am—4pm
Sun. 12pm—5pm

Important Numbers

(703) 754-7711 Office
(703) 754-7711 Emergency
(703) 754-7758 Fax
www.TheMarque55.com

Office Services Offered: Copies, fax,
& notary public. Free to residents.

EXTRAS

Storage Units Available:

Floor Bins: \$30 per month
(climate controlled)

Garage Units: \$50—\$100 per month
(non-climate controlled)

Garage and Carport Parking Available:

Carport Parking: \$75 per month
Garage Parking: \$175 per month

Guest Suites Available:

Suite 148 and 149: \$100 per night
Suite 439: \$150 per night (sleeps 6)
Call the office for reservations.

HOUSEKEEPING

If you are **locked out of your apartment** after hours, call the answering service and they will contact Roberta to let you in. *There is a \$50 charge for this service—no exceptions.* You can also call Priority Lock and Key (703) 330-0249. They will charge \$75 for the service.



If you should lose your house keys, mail box key, access card or remote, the following are the replacement costs:

House or Mail Key: \$15
Access Card: \$35
Parking Remote: \$50

TRASH—It *MUST* be bagged before you put it into the trash chutes. It needs to fit with *NO* force. Glass *ONLY* goes into the recycling bins located in each trash room. Do *NOT* leave anything on the trash room floor. Newspapers can be recycled in the garage trash cans near the elevator doors.

PETS— They must be walked *ONLY* in the designated areas on the sides of the buildings. You must pick up after them and properly dispose of waste in the green pet waste containers each and every time. Also, please be mindful of excessive barking. Barking for any length of time makes us all a little crazy!

NO PARKING in the east side front parking lot on Wednesdays and Thursdays from now until October 28th. This is where our Farmer's Market is held. We really do *NOT* want to have to tow your car!!

SWIMMING POOL—The pool is open Tuesday through Sunday from 10am—8pm. All guests must be accompanied by a resident at all times. All children under the age of 16 must be accompanied by an adult. No glass containers, no diapers, no pets! Please clean up after yourself.

DRY CLEANERS—If you would like to use our dry cleaning service—Catharpin Cleaners—they pick up Tuesday and Friday morning in the front foyer closet. Price list and credit card release located in the kitchen and office.

REMINDERS

PARKING TAG—It must be prominently displayed on your vehicle's rear window on the left hand side. Cars without the proper identification are subject to being towed.

CARTS—Return the grocery and valet carts to their appropriate closets as soon as you are finished using them.





MOVIES AT THE MARQUE

Sun., Aug. 1 at 1:30pm

Edge of Darkness—R

Wed., Aug. 4 at 1:30pm

The Twilight Saga: New Moon—PG-13

Sat., Aug. 7 at 7:00pm

Sun., Aug. 8 at 1:30pm

The Da Vinci Code—PG-13

Wed., Aug. 11 at 1:30pm

The Bourne Ultimatum—PG-13

Sat., Aug. 14 at 7:00pm

Sun., Aug. 15 at 1:30pm

Inglourious Basterds—R

Wed., Aug. 18 at 1:30pm

Something's Gotta Give—PG-13

Sat., Aug. 21 at 7:00pm

Sun., Aug. 22 at 1:30pm

It's Complicated—R

Wed. Aug. 25 at 1:30pm

Leap Year—PG

Sat., Aug. 28 at 7:00pm

Sun., Aug. 29 at 1:30pm

Enchanted—PG

Stop by our theater for some popcorn and a movie! Popcorn provided, *but you need to make it yourself*—instructions are on the machine!



RESIDENT BIRTHDAYS

Bruce Berry, Deborah Shugars, Barbara Rogers, David Chelnik, Eric Foelker, Frank Henry, Bob Brooks, Bud Maxwell, Justin Connolly, James Graves, Frederica Haag, Susan Fife

Stop by the Café for our resident birthday celebration on the 2nd Wednesday at of each month at 7pm—cake will be served.



NEW RESIDENTS

Rose Eppolito, Cheryl Mays, Marilyn Kelley, Friend & Frieda Haag, Peter & Cynthia Hong, William & Debra Kinsey, Richard, Elizabeth & Andrew Colegrove, Brian McInnis, Michael Franciosa, Justin Connolly & Melissa Riffle, Tom & Marianne McQuillan

Welcome to The Marque! Be sure to check out our social clubs and activities. New members are always welcome.

Club Chairperson contact list and phone numbers are located in the front office.

THE WASHINGTON POST

If you would like the post delivered to your door, please call Dom Chick at (703) 753-8641.



HELPFUL HINTS

-When you get a splinter, reach for the scotch tape before resorting to tweezers or a needle. Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily!

-To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover the bottom of the pan, and bring it to a boil on the stovetop. Let it cool and easily remove the mess!

-Place a fabric softener sheet in your dresser drawers and your clothes will smell freshly washed for weeks to come! You can also do this with towels and linens!

HAPPINESS AND AGING

By: Dr. Peggy Pettit



A large telephone survey Gallup poll done in 2008 has found that by almost any measure, people get happier as they get older, and researchers are not sure why. It seems to be opposite of what one would expect as the inevitability of our muscles weakening, plus often times hearing and vision fading. For many, our bodies become wrinkled and stooped. We do not seem to be able to run, or even walk, as fast as we used to. We have aches and pains in parts of our bodies we never even noticed before. We get old. It sounds miserable, but apparently it is not.

A new study based on a survey of more than 340,000 people nationwide, ages 18-85, asked questions about age and sex, current events, personal finances, health and other matters. The survey also asked about global well-being by having each person rank overall life satisfaction on a 10-point scale. Finally, there were six yes-or-no questions based on "Did you experience the following feelings during a large part of the day yesterday: 1. enjoyment, 2.happiness, 3.stress, 4.worry, 5.anger, 6.sadness.

The results, published online May 17 in the Proceedings of the National Academy of Sciences, were good news for old people, and for those who are getting old. On the global measure, people start out at age 18 feeling pretty

good about themselves, and then, apparently, life begins to throw curve balls.

They feel worse and worse until they hit 50. At that point, there is a sharp reversal, and people keep getting happier as they age. By the time they are 85, they are even more satisfied with themselves than they were at 18.

In measuring immediate well-being via the results of the questions on yesterdays emotional state the researchers found that stress declines from age 22 onward, reaching its lowest point at 85. Worry stays fairly steady until 50, then sharply drops off. Anger decreases steadily from 18 on, and sadness rises to a peak at 50, declines to 73, then rises slightly again to 85. Enjoyment and happiness have similar curves: they both decrease gradually until we hit 50, rise steadily for the next 25 years, and then decline very slightly at the end, but they never again reach the low point of our early 50s.

Other experts were impressed with the work and have commented, that it's a very encouraging fact that we can expect to be happier in our early 80s than we were in our 20s. The study was not designed to figure out which factors make people happy, and the polls' health questions were not specific enough to draw any conclusions about the effect of disease or disability on happiness in old age. But the researchers did look at four possibilities: 1. the sex of the interviewee, 2. whether the person had a partner, 3. whether there were children at home and 4, employment status/ financial well being.. For people under 50 who may sometimes feel gloomy, there may be consolation here. The view seems a bit bleak right now, but looking at the bright side you are getting older and that is a good thing.

SUMMER SCHEDULE FOR JIFFY LUBE LIVE

FORMERLY NISSAN PAVILION

August

<u>Date</u>	<u>Time</u>	<u>Event</u>
Sat. 8/7	7:30pm	Kings of Leon
Sun. 8/8	2:15pm	Rockstar Festival
Wed. 8/11	7:00pm	Green Day
Thurs. 8/12	7:00pm	Jonas Bros.
Fri. 8/13	7:00pm	Maroon 5
Sat. 8/14	7:00pm	Rascal Flatts
Sun. 8/15	7:00pm	Tom Petty
Fri. 8/20	7:30pm	Rihanna
Sat. 8/21	6:30pm	Kiss
Sat. 8/28	1:00pm	Yo Gabba Gabba
Sat. 8/28	5:00pm	Yo Gabba Gabba-
Tues. 8/31	3:15pm	Rockstar Festival





QUICK LOOK CALENDAR AUGUST 2010



WEEKLY EVENTS

SUNDAY Movie 1:30pm Theater

MONDAY Canasta 1:00pm Game Rm
Scattergories 7:00pm Game Rm

TUESDAY Arts & Crafts 2:00pm Craft Rm
Water Aerobics 5:30pm Pool
Bingo 7:00pm Game Rm

WEDNESDAY Grocery Shuttle 10:00am Lobby
Daytime Mexican Train Dominos
1:00pm Game Rm
Movie 1:30 Theater
Bingo 7:00pm Game Rm

THURSDAY Tile Rummy 1:00pm Game Rm
Western Movie Club 1:30 pm Theater
Farmers Market 2-6pm East
Parking Lot
Water Aerobics 5:30pm Pool
Bridge 7:00pm Game Rm

FRIDAY Dominos 7:00pm Game Rm

SATURDAY Movie 7:00pm Theater

NON-WEEKLY EVENTS

Birthday Party: 2nd Wed. 7:00pm in the café. Cake is served.

Book Club: Next meeting is Fri. Aug. 13 at 10:00am in the library. Reading: The Language of Secrets by Diane Dixon.

Cocktail Club: Next meeting is Fri. August 6 at 7pm in the Café/Pool area. It's Pool Party and Beer-rita time! Dues: \$10 per person (August only) payable at party time. Sign up sheet will be posted on the kitchen bulletin board.

Schwan's: 1st & 3rd Friday 10:30am in the foyer.

NOTICES

Yoga will resume when the pool closes for the summer.

Aerobics is on hold for the summer. Class will resume in the fall.

Cooking Class is on hold for the summer. It will resume in the fall. If you would like to sign up to teach a class please let the office know!

Club Chairpersons—Make sure that you contact the office (703) 754-7711 with new dates, time and/or information regarding your clubs. Deadline for newsletter contributions is the 15th of each month.

Don't forget to check the bulletin boards often! Things change, get added, get canceled, etc.!

Pick up your resident phone and e-mail directory in the front office!

Volunteers needed for a decoration committee for various special occasions and parties that we have throughout the year. Look for a sign up sheet on the kitchen bulletin board.

August 2010

Su.	M	T	W	R	F	Sa.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				