

# LA CIRCULAIRE DU MARQUE

Issue 45, June 2010



## June 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

### 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.

Storage units and parking make great gifts!! Surprise him with a garage parking space for Father's Day!! Short term rental available!

## DON'T FORGET...

If you are **locked out** after hours, you can 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 and they will come out for \$75.

**Trash** *MUST* be bagged before you put it down the chutes. It needs to fit with *NO* force. Glass goes into the recycling bins located in each trash room. Do *NOT* leave anything on the floor in the trash rooms. If you wish, newspapers can be recycled in the garage directly off the elevators.

**Pets** 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. We do *NOT* provide doggy waste bags at the pet stations because they continue to get stolen. Also, please be mindful of excessive barking. We love our doggies, but barking for any length of time makes us all a little crazy!

Please remember to prominently display your **parking tag** on your vehicle. It should be placed in your left rear window. Cars without the proper identification are subject to being towed.

**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!!

Be sure to check the **Club News** section of this newsletter for updates, changes and additions to your social calendar!

## FARMERS MARKET OFF TO A GREAT START!

BY: DR. PEGGY PETTIT

As of May sixth our *Farmers' Market* returned just as the swallows return to Capistrano, California each spring. The atmosphere is casual, the open air commerce enticing and the goods fresh. For those new to the family of residents at The Marque this signals the true beginning of spring in our area. Throughout the summer and early fall each Thursday from two to six o'clock ( 2:00 - 6:00 P.M.) in the apartment building's northeast front parking lot adjacent to Heathcote, you will find local and regional merchant farmers, bakers, bee keepers, and others providing fresh vegetables, fruit, breads, local honey, home crafts as well as personal services such as foot care. Yes, samples are provided and yes, you may try more than one sample! The major provider of produce for our Farmers' Market is Garner's Produce located in Westmoreland County on the Northern Neck of Virginia. The farm is approximately 110 acres of production which includes vegetables, fruits, cut flowers, nursery products and some soybeans. The farm is family owned and operated by Edward Garner and his family of daughters Dana and Lora plus son-in-law Bernard. The majority of products grown are sold at the farm's roadside stand and Northern Virginia retail farmers' markets from Charlottesville to Washington, D.C. In addition to the farmers' markets, the Garners also sell to local restaurants, schools and other local farm stands. Not forgetting those in need, surplus products are donated to local meals on wheels programs as well as operating a program called, "Plant a Row for the Hungry." The Garners indicate that they constantly try to improve growing methods to help reduce weed, insect and disease to ensure fresh, safe, high quality and nutritious fruits and vegetables. According to the **American Farmland Trust**, people are trying to remain more environmentally conscious. Farmers' market advocates believe the markets help farmers stay in business as well as preserve resources. Farmers who sell direct to the public without going through a middle man get a better price for their goods. Research has indicated that preservation of farmland is an important factor for the health of the environment and water supply as sustainable and managed farms conserve soil and clean water as well as provides a habitat for wildlife. Getting our vegetables locally at our farmers' market is a step in that direction!



## RESIDENT SPOTLIGHT

### Shirley Bonneville

I was born outside Knoxville, Tennessee, the baby of eleven children. As a child, I liked school but especially loved singing and was known to put on performances with my cousins for the neighborhood. I can distinctly remember standing on a fence in our backyard singing, "Don't Fence Me In." That song would illustrate my attitude as I was interested throughout my teen years in going against the norm by playing sports and competing academically instead of focusing on homemaking as my sisters did. That spirit led me to leave home at 18 and move to D.C. where I secured a job at the F.B.I. Moving in with a sister of a friend from home, I quickly became friends with her fiancé, a young man named Charlie who worked for the airlines. Eventually, I missed home and returned to Tennessee, only to be courted by Charlie long distance. I returned to the D.C. area after we married in 1954. By the time of our marriage, Charlie worked as a policeman, affording me the opportunity of staying home and starting a family. My son Chuck was born within a year of our wedding and my daughter Cathy followed three years later. At church, I sang in the choir and was a featured soloist for weddings and church events. As my kids got older, I went back into the work force serving as a program associate for an educational association. During this job, I began my quest to visit all the United States which I will accomplish once I get to Nebraska! My son and his wife produced 3 grandkids—Michael, Lauren and Alex and I was quickly eager to get involved in many of their projects and activities. As a result, I left my job with the educational association and opened a daycare with my daughter in law. After my husband's death from cancer, I decided to return to the Gainesville area to be closer to my kids, grandkids and two great grandchildren. Settling at The Marque allowed me an opportunity to live with people my age as well as have my family nearby. My favorite part of The Marque is the social activities. I am happiest when I am in the middle of fun and action. I have formed many great relationships at The Marque and enjoy playing bingo and pinochle as well as taking some of the trips offered. I am also still active in my church and enjoy social outings. I am a dedicated Redskins fan and try to go to as many plays and musical events as I can. Music still continues to define my spirit. One of my favorite songs has a lyric that says, "and when you get the choice to sit it out (life) or dance, I hope you dance! My attitude about living is encompassed in those lyrics. As long as I can, I plan to dance!"



## RESIDENT BIRTHDAYS

Barbara Nilsen, Joan Allen, Susan Callahan, Patty Gates, Charles Shugars, Sally Hall, Lillian Friedman, Mary Zadrozny, Jackie Chilcote, Mary Borman, Kit Hopkins, Roy Brown, Paul Palistrant, Bill Drew, Cary Lanzalone

Make sure you stop by our monthly resident birthday party celebration on the 2nd Wednesday of each month. We eat cake, sing happy birthday and, of course, take



## NEW RESIDENTS

Susan & Tom Fife, James & Grisela Graves, Lil & Robert Tyburski, Walter & Dorothy Daniels, Janice & Bernard Bramson

Welcome to The Marque!!

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

## RESIDENT CLASSIFIED ADS

Have something to sell? Need a service? Place your advertisement here - no charge! Residents only please.

Please submit your advertisement no later than the 15th of each month for inclusion in the following month's publication!

All submissions must be in writing.

### Categories:

For Sale: (ex. couch, furniture, etc)

Services Wanted: (dog walker, flowers watered, etc.)

Services Offered: (computer teacher, organizer, etc.)

## SAVE A LIFE

Symptoms of a stroke: Sudden numbness or weakness of the face, arm or leg, especially on one side of the body. Sudden confusion, trouble speaking or understanding. Sudden trouble seeing in one or both eyes. Sudden trouble walking, dizziness, loss of balance or coordination. Sudden severe headache with no known cause.

To help identify a stroke in others, use the Cincinnati Prehospital Stroke Scale, better known as FAST:

-FACE: Ask the person to smile. Does one side of the face droop?

-ARMS: Ask the person to raise both arms. Does one arm drift downward?

-SPEECH: Ask the person to repeat a simple sentence. Are the words slurred? Can he or she repeat the sentence correctly?

-TIME: If the person shows any of these symptoms, time is important. Call 911 or get to the hospital fast.

## MOVIES AT THE MARQUE

Wed., June 2 at 1:30pm  
**White Squall—PG13**

Sat., June 5 at 7:00pm  
Sun., June 6 at 1:30pm  
**Life is Beautiful—PG13**

Wed., June 9 at 1:30pm  
**Up in the Air—R**

Sat., June 12 at 1:30 pm  
Sun., June 13 at 7:00pm  
**2012—PG13**

Wed., June 16 at 1:30pm  
**The Blind Side—PG13**

Sat., June 19 at 7:00pm  
Sun., June 20 at 1:30pm  
**Nine—PG13**

Wed., June 23 at 1:30pm  
**Run, Fat Boy, Run—PG13**

Sat., June 26 at 7:00pm  
Sun., June 27 at 1:30pm  
**Bridget Jones Diary—R**

Wed., June 30 at 1:30pm  
**Notting Hill— PG13**

If you so desire, you can find a description of each movie in the office!

## VOLUNTEER OF THE MONTH



**BEA LASSITER** THANK YOU FOR YOUR SERVICE!

## VOLUNTEER COMMITTEE NEWS AND UPDATES

Please consider volunteering on one of our new committees! This committee has been formed at the request of the residents and is intended to create a sense of community and involvement! We continually strive to make The Marque an exciting and fun place to call home. We truly enjoy all the parties, events and activities we plan for our residents, but as you can imagine, they take A LOT of work. We appreciate all of our residents that are always there with smiles and a helping hand!!

We are still looking for floor representatives, monthly newsletter distributors, decoration committee, and party clean-up volunteers. Thanks to all who have volunteered thus far!!

We will be having a volunteer meeting (with drinks and hors d'oeuvres) coming up soon to answer any questions you may have! Look for more information on the kitchen bulletin board soon!!

## CLUB NEWS

**Arts & Crafts**— Tuesdays at 2:00pm in the craft room. *Suspending meetings in the month of June. Will resume regular schedule in July.*

**Bingo**—Tues. and Wed. at 7:00pm in the game room.  
**Book Club**—Next Meeting: June 6th at 2:30pm in the library.

**Bridge**—Meeting Thursdays at 7:00pm in the game room. Looking for more members.

**Canasta**—Meeting Mondays at 2:00pm in the game room.

**Chair Aerobics**—See Exercise

**Cooking Club**—Meeting Friday, June 4th at 1:30pm in the Café. Guest Chef: John Murray

Dish: Lobster ravioli in butter sauce.

**Cocktail Club**—Next meeting:

**Dominoes**—Meeting Fridays at 7:00pm in the game room.

**Exercise**—Beginning Monday, June 21, exercise classes will be held on Mon. and Wed. evenings from 5:15pm—5:45pm. Chair aerobics will follow from 5:45pm—6:15pm.

**Pool Sharks**—Looking for members

**Scattergories**—Mondays at 7:00pm in the game room. Looking for members

**Tile Rummy**—Thursdays at 1:30pm in the game room.

**Western Movie Club**—Thursdays at 1:30pm in the theater.

**Yoga**—On hiatus until the pool closes.

**Water Aerobics**—Tuesdays and Thursdays at 5:30pm beginning June 1st.

Club Chairpersons—PLEASE make sure you are in contact with the office (703) 754-7711 with new dates, times or information regarding your clubs. Deadline for newsletter contributions for clubs is the 20th of each month!! Thanks!



# June Calendar of Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Arts & Crafts 2:00 pm ~Yoga 5:30pm ~Bingo 7:00pm	2 ~Grocery 10:00am ~Exercise 10:15am ~Bingo 7:00pm	3 ~Tile Rummy 1:30pm ~Western Movie Club 1:30pm ~Farmers Market 2-6pm ~Yoga 5:30pm ~Bridge 7:00pm	4 ~Exercise 10:15am ~Schwan's 10:30am ~Cooking Class 1:30pm ~Domino's 7:00pm	5 ~Movie 7:00 pm
6 Movie 1:30pm ~Book Club 2:00pm	7 ~Exercise 10:15am ~Chair Aerobics 10:45am ~Canasta 1:00pm ~Scattergories 7:00pm	8 ~Arts & Crafts 2:00 pm ~Yoga 5:30pm ~Bingo 7:00pm	9 ~Grocery 10:00am ~Exercise 10:15am ~Birthdays 7:00pm ~Bingo 7:30pm	10 ~Tile Rummy 1:30pm ~Western Movie Club 1:30pm ~Farmers Market 2-6pm ~Yoga 5:30pm ~Bridge 7:00pm	11 ~Exercise 10:15am ~Domino's 7:00pm	12 ~Movie 7:00pm
13 ~Movie 1:30pm	14 ~Exercise 10:15am ~Chair Aerobics 10:45am ~Canasta 1:00pm ~Scattergories 7:00pm	15 ~Arts & Crafts 2:00 pm ~Yoga 5:30pm ~Bingo 7:00pm	16 ~Grocery 10:00am ~Exercise 10:15am ~Movie 1:30pm ~Bingo 7:30pm	17 ~Tile Rummy 1:30 pm ~Western Movie Club 1:30pm ~Farmers Market 2-6pm ~Yoga 5:30 pm ~Bridge 7:00pm	18 ~Breakfast Club 9:30am ~Exercise 10:15am ~Schwan's 10:30am ~Domino's 7:00pm	19 ~Movie 7:00 pm
20 ~Movie 1:30 pm	21 ~Canasta 1:00pm ~Exercise 5:15pm ~Chair Aerobics 5:45pm ~Scattergories 7:00pm	22 ~Arts & Crafts 2:00pm ~Yoga 5:30pm ~Bingo 7:00pm	23 ~Grocery 10:00am ~Movie 1:30pm ~Exercise 5:15pm ~Chair Aerobics 5:45pm ~Bingo 7:00pm	24 ~Tile Rummy 1:30pm ~Western Movie Club 1:30pm ~Farmers Market 2-6pm ~Yoga 5:30 pm ~Bridge 7:00pm	25 ~Domino's 7:00pm	26 ~Movie 7:00pm
27 ~Movie 1:30 pm	28 ~Canasta 1:00pm ~Exercise 5:15pm ~Chair Aerobics 5:45pm ~Scattergories 7:00pm	29 ~Arts & Crafts 2:00pm ~Yoga 5:30pm ~Bingo 7:00pm	30 ~Grocery 10:00am ~Movie 1:30pm ~Exercise 5:15pm ~Chair Aerobics 5:45pm ~Bingo 7:00pm		<b>Don't Forget to check the bulletin boards often— things change, get added, get canceled, etc!!!</b>	