

# LA CIRCULAIRE DU MARQUE

## January 2011...

### 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

### NEW RESIDENTS



Linda Kellerman and family,  
Suzanne Brown  
Joy and John Butts

**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.

### TAKE A LOOK!

Worship Group– Meeting on Wednesdays at 4pm in the theater. Non-denominational service. Pastor Bob Grant.

Discussion Group–Dealing with Winter Doldrums, Tuesday, 18 January 2011, 10:30 am.

The Marque Visiting Neighbors–The purpose of this group is to explore interests and needs of neighbors here in the building—whether purely social or to provide assistance. They recently sent out a survey to learn more about the needs and desires of their fellow residents. Keep your eye out for new activities that have been identified as well as other opportunities to meet each other. For more information contact: Kathryn Willis

### *HAPPY BIRTHDAY*

to our residents who were born in the month of **JANUARY**

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

12 January 2011



### Grand Prize

- 1st Place Audrey Pettingill  
Bonnie Clark  
Kathryn Willis & Dick Wormcke  
Scott Dam
- 2nd Place Paul & Barbara Rogers  
Roberta Mansfield  
Erlinda DeLaPena  
Dianne & Mark Powers
- 3rd Place John Greenhalgh  
Chet Oszust  
Donna Magruder  
Carol Bray

Grand Prize Gail & Jack Pennington

All the Staff at the Marque wishes everyone a very Happy New Year!



## MOVIES AT THE MARQUE

Sat, Jan 1 at 7:00 pm  
Sun, Jan 2 at 1:30 pm  
No Movie-Office Closed

Wed, Jan 5, 1:300 pm  
Kicking & Screaming - R

Sat., Jan 8 at 7:00 pm  
Sun., Jan 9 at 1:30 pm  
Sherlock Holmes - PG-13

Wed., Jan 12 at 1:30 pm  
Iron Man 2 - PG-13

Sat., Jan 15 at 7:00 pm  
Sun., Jan 16 at 1:30 pm  
Killers - PG-13

Wed., Jan 19 at 1:30 pm  
Date Night - PG-13

Sat., Jan 22 at 7.00 pm  
Sun., Jan 23 at 1:30 pm  
Letters to Juliet - PG-13

Wed., Jan 26 at 1:30 pm  
Sex and the City - R

Sat., Jan 29 at 7:00 pm  
Sun., Jan 30 at 1:30 pm  
Extraordinary Measures - PG



## 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 key, mail box key, access card or remote, the replacement costs are:

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

**TRASH**—It should 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. Break down cardboard boxes and place them in the dumpster on the EAST side of the building.

**PETS**— They must be walked only in the designated areas on the sides of the buildings. Properly dispose of waste in the green pet waste containers each and every time. Also, please be mindful of excessive barking. Pets are not allowed in the common areas of our building. Please be sure your pet is registered with our office.

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

### Storage Units:

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

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

### Garage and Carport Parking;

Carport Parking: \$75 per month

Garage Parking: \$175 per month

### Guest Suites :

Suites 148 and 149: \$100 per night

Suite 439: \$150 per night Call the office for reservations.

**Drycleaners**—pick up and delivery on Tuesday and Friday mornings in the lobby coat closet. Forms in the office



Sign up to be our Resident Spotlight of the month! We would love to get to know you better!

Resident Phone and E-Mail lists are also located in the front office!



By: Dr. Peggy Pettit

### NEW YEAR RESOLUTIONS

The Babylonians celebrated New Years Day over four thousand years ago, although their celebration was in March rather than in January, coinciding with the spring planting of crops. The New Year, no matter when people have celebrated it, has always been a time for looking back to the past, and more importantly, forward to the coming year. It's time to reflect on the changes we want, or often need, if we are to have the motivation to move forward. Resolutions are a reflection of the Babylonians' belief that what a person does on the first day of the New Year will have an effect throughout the entire year. Think about that at the New Year's party!

Determined that this year you'll keep those New Year's Resolutions? Is January and the new year the time to move onward? Is it the time to move on in one's behavior? Is it the time to say, "Off with the old, on with the new. Forget it. Think out of the box, get over it?" Here are a few goal setting tips to get you started!

There's a temptation, with the New Year, to run off a list of everything you have ever wanted to change. Don't fall for it! You'll have better luck fulfilling one or two goals than you will with a list of fifty. You can always add new resolutions to your list later. Take one thing at a time and please do not try everything at once!

Word it carefully. Let's say your resolution is to relax more in the coming year. Word this carefully. Try not to think of it as "This year I am going to relax." That's a stress-inducer waiting to happen. It forces you into thinking of the resolution as something you must do, not something you want to do. Try to make it sound a little gentler: "This year I'm going to explore different ways of relaxing." It also suggests more of a plan—you'll fulfill the resolution by experimenting with relaxation techniques. The first resolution sounds as if you're going to force yourself to relax by sheer willpower.

When planning your New Year's Resolution, Make a Plan. Once you know what your resolution is, try to break it down. Nobody accomplishes anything of significance by trying to do it all at once. This doesn't have to be a complicated plan; just brainstorm enough to give you a place to start.

For relaxing, you might devise a plan like this:

- 1) Surf the Internet to find different relaxation techniques.
- 2) Make a list of all the techniques that interest you.
- 3) Pick one of these techniques—meditation, progressive relaxation or self-hypnosis, for instance—and try one for a month.
- 4) Try a different technique every month until you find one you like.

Write it Down. Write down your resolution and your plan of action. Stick it up on the fridge, on the mirror, the car's dashboard, wherever you know you'll see it. That way you will have a constant reminder of the resolution. You may want to change the wording as time passes and your goal changes. Remember, we are not going to reinvent ourselves nor are we going to walk away from all the nonsense in our lives. In order to make changes, we are going to have to step out of some old habit or habits and step into a new one or new ones. We are talking about more than tangible items/physical because one can only buy so many baubles before realizing that the quest for baubles can be endless. The pursuit of stuff is infinite. There must be something more. Something more than stuff. Something more to fill your time.

Whether you have got stuff, enough stuff, the right stuff or too much stuff, there is going to come a time when you will have to deal with this stuff or leave some of it behind. It can be harsh leaving stuff behind so included here are some tips to get the New Year off to a good start by making it new. Make it less. Make it better. Make a difference. Make yourself over with less, Reduce the clutter.

Here are The Ten Commandments of Clutter:

1. Things are just things. No more no less.
2. You are not your things.
3. You can do with less.
4. Less is more.
5. More is more hassle.
6. Consider this-----you might only need one of everything.
7. You might not need any of something.
8. People are more important than things.
9. If you can't find it, you probably do not need it anyway.
10. Keep a perspective--people all over the world are living without things you think are necessary. It's amazing what you can do without.

In wishing each and every one of you a Happy New Year, remember, the richest person is not the one who has the most but the one who needs the least.

# January Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Movie 7:00 pm Billards 7:00pm Mexican Train Dominos 7:00pm  HAPPY NEW YEAR Office Closed
2 Movie 1:30pm  Office Closed	3 Exercise 10:30am Canasta 1:00pm Billiards 7:00pm	4 Arts/Crafts 2:00 pm Bingo 7:00pm Yoga 5:30pm	5 Grocery 10:00am Mexican Train Dominos 1:00pm Pinochle 1:00pm Movie 1:30 pm Worship Group 4pm Bingo 7:00 pm	6 Chair Aerobics 10:30am Tile Rummy 1:00 pm Western Movie Club 1:30pm Tea 4:00pm Yoga 5:30 pm	7 Exercise 10:30am Schwan's 10:30am Phase 10 1:00pm Mexican Train Domino's 7:00 pm	8 Movie 7:00 pm Billards 7:00pm Mexican Train Dominos 7:00pm
9 Movie 1:30pm	10 Exercise 10:30am Canasta 1:00pm Billiards 7:00pm	11 Arts/Crafts 2:00 pm Bingo 7:00pm Yoga 5:30pm	12 Grocery 10:00am Mexican Train Dominos 1:00pm Pinochle 1:00pm Movie 1:30 pm Worship Group 4pm Birthday party 7:00 pm Bingo 7:30	13 Chair Aerobics 10:30am Tile Rummy 1:00 pm Western Movie Club 1:30pm Tea 4:00pm Yoga 5:30 pm	14 ~Exercise 10:30am ~Schwan's 10:30am ~Phase 10 1:00pm ~Mexican Train Domino's 7:00 pm	15 Movie 7:00 pm Billards 7:00pm Mexican Train Dominos 7:00pm
16 Movie 1:30pm	17 Exercise 10:30am Canasta 1:00pm Billiards 7:00pm  MARTIN LUTHER KING, JR HOLIDAY	18 Discussion Group "Dealing with Winter Dolrums" 10:30 am Arts/Crafts 2:00 pm Bingo 7:00pm Yoga 5:30pm	19 Grocery 10:00am Mexican Train Dominos 1:00pm Pinochle 1:00pm Movie 1:30 pm Worship Group 4pm Bingo 7:00	20 Chair Aerobics 10:30am Tile Rummy 1:00 pm Western Movie Club 1:30pm Tea 4:00pm Yoga 5:30 pm	21 ~Exercise 10:30am ~Schwan's 10:30am ~Phase 10 1:00pm ~Mexican Train Domino's 7:00 pm	22 Movie 7:00 pm Billards 7:00pm Mexican Train Dominos 7:00pm
23/30 Movie 1:30pm	24/31 Exercise 10:30am Canasta 1:00pm Billiards 7:00pm	25 Arts/Crafts 2:00 pm Bingo 7:00pm Yoga 5:30pm	26 Grocery 10:00am Mexican Train Dominos 1:00pm Pinochle 1:00pm Movie 1:30 pm Worship Group 4pm Bingo 7:00	27 Chair Aerobics 10:30am Tile Rummy 1:00 pm Western Movie Club 1:30pm Tea 4:00pm Yoga 5:30 pm	28 Exercise 10:30am Schwan's 10:30am Phase 10 1:00pm Mexican Train Domino's 7:00 pm	29 Movie 7:00 pm Billards 7:00pm Mexican Train Dominos 7:00pm

