



May 2011...



The merry, merry month of May...

“All things seem possible in May”
-Edwin Way Teale

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.MarqueApartments.com

Email:

marque.leasing@communityrealty.com

Management Team

Roberta Corgnati
Community Manager

Pat Mayer
Community Assistant Manager
Suzanne Butturff
Leasing Agent

Jeanette Corgnati
Marketing/Leasing Agent

From the Manager’s Desk...

May is upon us...time to get out and enjoy the sunshine and beautiful weather! It is the last full month of spring and with the rebirth of trees and flowers, we all share a renewed energy this month!

We hope you will take advantage of spending time outdoors here at The Marque. Our putting green is open and we are adding a few other fun games to our courtyard. Gather friends and family together to partake in bocce, croquet or badminton...or maybe a little Volleyball. We are setting up a net behind the pool, so get ready for some good competitions...all friendly of course!

Our Farmer’s Market will kick off this Thursday, May 5th. We hope you will take some time to walk through the booths and enjoy the wonderful offerings. We have several farmers selling produce & vegetables. You will also find fresh baked goods, cakes & cupcakes, hand knitted items, fresh canned jams & jellies, gourmet coffee, local honey, hand made fudge and more...my mouth is watering just thinking about it! Take advantage of this great opportunity to support local farmers and craftsmen right outside your front door!

Our community garden will be tilled and ready for planting the second week in May. We hope you will enjoy growing some fresh vegetables and flowers of your own!

Please join us in celebrating Memorial Day around the pool! Come enjoy traditional backyard bbq fare along with great conversation on the afternoon of May 28th from 11 AM to 3 PM. We have lots of new faces here at The Marque and this a great way to get to know your neighbors!

Hope to see you out and about enjoying this time of year...Happy May!

Roberta Corgnati
Community Manager

Happy Birthday to You!

Stop by the Café to celebrate our **MAY** birthdays. We will share cake & birthday cheer May 11, 2011.



<i>Richard Timpf</i>	<i>Thomas McQuillan</i>
<i>Patricia Schuster</i>	<i>Khalid Ahmed</i>
<i>Beatriz Lassiter</i>	<i>Bonnie Woolston</i>
<i>Andrea Robinson Smith</i>	<i>Geraldine Delodovico</i>
<i>Jaime Gordon</i>	<i>Charles Lanzalone</i>
<i>Katherine Morford</i>	<i>Quan Duong</i>
<i>Robert Patton</i>	<i>Lynn James</i>
<i>Cheryl Mays</i>	

Please forgive us if we have forgotten your name. Please stop in so we can update our records.

Welcome New Residents



Time to unpack and settle in!
We are so happy to have you .

<i>Krystal Vaught</i>	<i>Candace & Johnny Cooke</i>
<i>Quandrell Stephens</i>	<i>Douglas & Martie Kinner</i>
<i>Ashley Boatsman</i>	<i>& Matthew Duncan</i>

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IN THE KNOW...

KEYS AND FOBS

Replacement costs for KEY FOBS are \$35. House keys cost \$7 and Parking Remotes \$50. Please see us in the office if you have lost keys or FOBS during office hours.

HOUSE CLEANING

Our preferred vendor for housecleaning is *Nelly's Cleaning Services*. Rates range from \$45 for a 1 bedroom to \$75 for a 3 bedroom. Call Nelly at **703-656-1336** for more information.

HAIR SALON

Looking for a new spring style. Come see *Gisela* in our hair salon. Cuts start at \$35. By appointment **703-895-1977**.

DRY CLEANING

Our preferred dry cleaning vendor is *Catharpin Cleaners*. Pick up and delivery is on Tuesdays and Thursdays in the lobby coat closet. Stop by the leasing office for more details.

SCHWAN'S

Every other Friday, Paul from Schwan's visits The Marque. You can order delicious prepared foods that make cooking a snap! May dates are the 6th and 20th. Catalogs are in the office.

SOMMERVILLE SKIN CARE STUDIOS

A board certified aesthetician, Lynn Zimmerman can help give your skin a refreshing renewal with her facials. Call 866-597-1928 for a revitalizing appointment.

REJUVENATIONS

THERAPEUTIC BODYWORK

Tracy Sampogna, NCTMB, CST, ATRIC, WABA is a certified massage therapist offering Swedish Massage, Esalen, Thai, Reflexology, Shamanic & Reiki Treatments and more. Prices start at \$50 per half hour and go to \$160 for 2 hours. For an appointment call Tracy at (703)405-8150.

OFFICE SERVICES

If you need anything copied, faxed, or notarized, please come by the leasing office anytime during office hours. We would be happy to take care of you.

GUEST SUITES

Suite #148 and #149 are available for your guests for a fee of **\$100 a night**. *Suite #439*, a 2 bedroom furnished apartments is available for **\$150 a night**. Call the office to make reservations. ***As a reminder, please let your guests know that we do not allow pets or smoking during their stay in the Suites.*** This is for others who might be sensitive or allergic. Thank you.

STORAGE UNITS

If you are doing some Spring cleaning and discovered you need storage space, no worries, storage is available. ***Climate controlled floor bins are \$30 a month.*** *Garage Units* which are not climate controlled vary in size and cost from ***\$50-100 per month.*** Please contact the office if you are interested in renting storage.



VAN SERVICE

We now have a driver available to take you to medical appointments, the airport or on day trips in The Marque Van. There will be a small fee for this service based on time and distance to cover the cost of gas and our driver. Contact the office for more details. This service will be by appointment.

GARAGE & CARPORT PARKING

If you would like to keep your car in a covered or garage space, spots are still available. Garage parking runs \$175 a month & carports \$75.

MAINTENANCE ISSUES

LOCKED OUT

If you have a maintenance issue or get locked out of your apartment when the office is closed, please call the office answering service at (703)754-7711. They will contact our Community Manager and Technician On Call who will promptly respond.

QUIET HOURS

Just a little reminder that as a shared community we want to be conscious of our neighbors. Please reserve all activities that make a little extra noise for daytime hours. These include running the washer, dryer, and dishwasher. ***Quiet hours are from 10 PM to 7 AM.***

FARMER'S MARKET

We are getting ready for our 2011 Farmer's Market! ***Every Thursday from May 5th through October, from 2 PM-6PM*** vendors will be selling delicious local fruits, vegetables, baked items, fudge, salsas, honey, and more! We hope you will enjoy supporting farmers and craftsman in our area!

THE MONTH OF MAY

By Dr. Peggy Pettit



The Merry Month of May conjures many memories and holds expectations of summer fun and travel. It is a month that generally provides us with warm sunshine, some cool evenings and beckons us outdoors. For each of the thirty-one days in the month there is a designated holiday with some being a bit bizarre. A sampling of those are: National Good Car Care Month, Revise Your Work Schedule Month, Date Your Mate Month, National Hamburger Month, and Frog Jumping Jubilee Day.

The more notable holidays are Mother's Day on the second Sunday, Armed Forces Day on the 21st and Memorial Day on the last Monday of May. The birth stone for May is the emerald and flower for the month is Lily of the Valley. The entire month is designated as Mental Health Month.

Mother's Day is a holiday created in 1908 by Anna Jarvis of West Virginia as a day to honor one's mother. With the help of the wealthy Philadelphia merchant, John Wanamaker she was able to convince President Woodrow Wilson to make it an official national holiday in 1914. The holiday eventually became so highly commercialized that many, including its founder, Anna Jarvis, considered it a "Hallmark Holiday", i.e. one with an overwhelming commercial purpose. In the United States, Mother's Day is one of the biggest days for sales of flowers, greeting cards, and long-distance telephone calls.

Armed Forces Day was created 1949 to honor Americans serving in the five U.S. military branches – the Army, Navy, Marines, Air Force, and Coast Guard. In 1962, President Kennedy established Armed Forces Day as an official holiday. It is celebrated on the third Saturday of May.

Memorial Day was originally called Decoration Day and is a day of remembrance of those who have died serving our country. It was first celebrated on May 30, 1868 by placing flowers on the graves of Union and Confederate soldiers. In 1915, the red poppy became the flower for Memorial Day and was selected due to the popularity and significance of the poem, "In Flanders Fields." In recent decades, Memorial Day is seen as the beginning of summer and in addition to parades and outdoor band concerts, it has become a national tradition for the Indianapolis 500 Car Race, picnics, barbecues and a three day holiday the last weekend of May.

The entire month of May is Mental Health Month. It, too, began in 1949 and is the nation's largest and oldest community based network dedicated to helping all Americans achieve wellness by living mentally healthier lives. This year a major theme is: "Live Well! It's Essential for Your Potential." The wellness theme encompasses the notion of balance in one's life among the mental, physical and emotional elements of health. A person who has achieved this sense of wellness can be fully engaged in their family and community. In our Marque community, we have many opportunities for individuals to become engaged. This year's Thursday Afternoon Tea is one example of offering individuals an opportunity to engage with others. In last November's Marque Article on *Participation* quoted Doctor Becca R. Levy of Yale University and her 20 year study on aging, happiness and mental health, she identified that people interacting with others and with positive perceptions of aging lived seven and a half years longer.

Who would have thought that playing bingo, board games, cards, shooting pool, drinking tea while conversing with others could provide such secondary benefits? Those of us who play games many afternoons and/or evenings not only have fun, but while we are playing we are improving our mental health and creating the potential of living longer healthier lives. So, my fellow "Marquians" why not try some of the games, drink tea, meet your neighbors and welcome the new kids on the block. Not sure if you know how to play Canasta or Mexican Train Dominoes or any other of our games? There are many of us who would be delighted to teach you. You have my number and e-mail on the Resident Phone List, so, give me a call and we can get YOU started. Don't forget The Marque's Memorial Day Celebration on Saturday, May 28th.

MAY HOROSCOPE



TAURUS: **APRIL 20 - MAY 20**

The sign of the Bull is traditionally patient, reliable, warmhearted and persistent.

The bull is the symbol, ruling planet is Venus and the element is earth. People belonging to this sign are physically and mentally strong. They have great strength and stamina. Though stubborn by nature, they are loving and sympathetic. They have excellent teaching skills. They get along well with Libra, Scorpio and Capricorn.

GEMINI: **MAY 21—JUNE 22**

The sign of the Twins is traditionally adaptable, communicative, witty, intellectual and eloquent.

The Twins is the symbol, ruling planet is Mercury and the element is air. Gemini is a dual sign, traditionally representing all forms of duality—such as light and dark, positive and negative, quiet and talkative. Gemini are versatile and communicative, but prone to rapid changes in mood and energy levels. Those close to Gemini often feel they are living with two different people. They get along well with Libra, Aries, Aquarius and Leo.

CLUBS, CLUBS, CLUBS.....

THURSDAY TEA

Join residents for tea every Thursday at 4 PM in the cafe. Enjoy great conversation and wonderful sweets. A spot of tea warms the heart and soul...especially when shared with friends! Sign up sheets are on the Café bulletin board. For the months of June, July & August tea will be held on the first Thursday only. Iced Tea, Lemonade and sweets will be served on the patio. A perfect way to cool off on a warm summer day!



ARTS & CRAFTS

Create wreaths, cross-stitch, floral arrangements, paintings...share your talent with others. Every Tuesday at 2 PM members meet in the Craft Room to work on various projects. So come get creative!



BOOK CLUB

Once a month members meet in the Library to discuss new books which are selected for reading the prior month. A great way to find out about good reads and to look a little deeper into what you are reading!

RED HAT GROUP

Every 3rd Tuesday of the month, the Red Hat Group meets to share in great conversation and good food at a local restaurant. All you need is a red hat and a few hours to share!

COCKTAIL CLUB

Try out a Mojito, or maybe a chocolate martini! New cocktails are featured each month. Look in the Café for a sign up sheet and join the fun!

BRIDGE CLUB

Members meet once a month in the Game Room for a great game of bridge...keeps the mind strong!

BINGO GROUP

Join us every Tuesday & Wednesday night in the Game Room for some exciting Bingo.

POOL SHARKS

Test your pool skills by playing with some great pool sharks. Looking for new members. Group meets 7PM Saturday evenings in the Game Room.



POKER CLUB

Are you ready to hold 'em or fold 'em? Our Poker Club is looking for new members to get in the game. So come be a part of the fun...put on your Poker face and let's get a Full House in the Game Room.

WORSHIP GROUP

This group meets on Wednesdays at 4pm in the theater. Non-denominational service run by Pastor Bob Grant.



GAMERS CLUB

Join game lovers for a variety of games throughout the week. Check out the calendar to see when they are playing these games:

<i>Mexican Train Dominoes</i>	
<i>Pinochle</i>	<i>Phase 10</i>
<i>Tile Rummy</i>	<i>Canasta</i>

YOGA

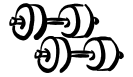
Work mind and body in Yoga class, 5:30 PM Tuesday and Thursday in the Aerobics Room.

CHAIR AEROBICS

Join us for some aerobic exercise that uses a chair to help aid with balance and stretching. Every Thursday morning in the Aerobics Room at 10:30 AM.

EXERCISE CLASS

Every Monday and Friday at 10:30 AM, join us in the Aerobics Room for an hour of aerobic exercise. A great way to start and end your week!



DISCUSSION GROUP

Led by Katherine Willis, members delve into conversations about Communication skills, the Aging Process, Transitions, Stresses today, Moving and other important topics. Meets the 3rd Tuesday of every month. This month's topic is "How to deal with your fear."

RESIDENT SPOTLIGHT

We are looking for anyone interested in sharing a little bit about themselves for a feature in our newsletter. If you are interested, please call or email the office & let us know.



ARTICLES

If you wish to write an article for the newsletter, we would love it. Please contact the office and let us know what you would like to write about.

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

Happenings In & Around Gainesville...

MOVIES AT THE MARQUE



Wed., May 4th at 1:30 PM

THE SOCIAL NETWORK - PG-13

Sat., May 7th at 7:00 PM

Sun., May 8th at 1:30 PM

EXTRAORDINARY MEASURES -PG

Wed. May 11th at 1:30 PM

GROWN UPS - PG-13

Sat., May 14th at 7:00 PM

Sun., May 15th at 1:30 PM

LOVE ACTUALLY - R

Wed., May 18th at 1:30 PM

DATE NIGHT -PG-12

Sat., May 21st at 7:00 PM

Sun., May 22nd at 1:30 PM

PM

TOY STORY 3 -G

Wed., May 25th at 1:30 PM

IRON MAN 2 - PG-13

Sat., May 28th at 7:00 PM

Sun., May 28th at 1:30 PM

WALL ST. MONEY NEVER SLEEPS - PG-13

ALZHEIMER'S MEMORY WALK

Date: 5/21/2011

Time: 9:00 am to 12:00 pm

Location: Harris Pavilion, 9116 Center Street, Manassas, VA

An estimated 5.3 million Americans live with Alzheimer's today. The Alzheimer's Association's Memory Walk, is the nation's largest event to raise awareness and funds for Alzheimer care, support and research programs. Held annually in hundreds of communities, this event calls on volunteers of all ages to become Champions and raise funds to support the fight against Alzheimer's. Champions include those living with the disease, families, caregivers, corporate and community leaders. To start a team or make a donation, contact the Alzheimer's Association National Capital Area Chapter at www.alz.org/nca or 800-272-3900.

For more information contact: Lisa Ferrari lisa.ferrari@alz.org

THE FAIRFAX SYMPHONY ORCHESTRA

Date & Time: Sunday, May 15, 2011 (3:00 PM-5:00 PM)

Location: Hylton Performing Arts Ctr., 10960 George Mason Cir. Manassas, VA 20110

The Fairfax Symphony Orchestra presents Mahler's Symphony No. 2, "Resurrection." A step beyond Beethoven's 9th, this is a musical journey which speaks of the human condition in all its complexities, touches on the nature of existence, religion and the afterlife. This concert-on-a-grand-scale features soprano Jeanine Thames, mezzo-soprano Janine Hawley along with the Fairfax Choral Society and Reston Chorale. Maestro Christopher Zimmerman

Tickets from \$25; \$5 for students grades 1 through 12.

Telephone: Tickets: (888) 945-2468, Box Office: (703) 993-7759

Email: info@fairfaxsymphony.org

Website: www.fairfaxsymphony.org

BEN LOMOND ROSE GARDEN TOURS

Location: Ben Lomond Historic Site, 10311 Sudley Manor Drive Manassas VA 20109

Date/Hours: Saturday, May 14, 2011 (11:00 AM-4:00 PM)

Enjoy the beauty and aroma of the blooming roses of this Antique Rose Garden. See a wide variety of antique roses that date from the 15th through 19th centuries. Meet with rose experts and learn about these unique plants found right here in Manassas. Visit the Master Gardener plant clinic table. Also includes a tour of the main house.

Admission Fee: \$7.00—Children Welcome

Telephone: Site Office: (703) 367-7872

Website: www.pwcgov.org/historicsites

2011 HISTORY LECTURE SERIES:

United States Marines at First Manassas

Date/Hours: Thursday, May 26, 2011 (7:00 PM-9:00 PM)

Location: Old Manassas Courthouse ,9248 Lee Avenue Manassas, VA 20110

On describing the soldiers of both armies in 1861, President Abraham Lincoln said "you are green yes but so are they. You are all green together." This is a very good description of the U.S. Marines from Washington Barracks who marched into battle as infantry on July 21, 1861. Many men were to experience combat for the first time on the plains of Manassas. Many soldiers were only weeks into basic training when the battle of 1st Bull Run was fought. Join Gunnery Sergeant Thomas E. Williams of the Marine Corps Historical Company for a review of their performance and a discussion about what happened when the two "green" armies met.

Admission Fee: FREE , Handicap Accessible

Telephone: Historic Programs Coordinator: (703) 792-5618

Website: www.pwcgov.org/historicsites

HISTORIC PRESERVATION TALK & HARD HAT JAIL TOUR

Location: Brentsville Courthouse Historic Center, 12229 Bristow Road, Bristow VA 20136

A description of "Historic preservation"; what makes a building worth saving, examples of saved buildings and why historic preservation is important, especially for the environment. Visitors will also have the opportunity to go inside the jail as it is undergoing restabilization.

Date/Hours: Saturday, May 14, 2011 (1:00 PM-3:00 PM)

Admission Fee: \$15.00—Children Welcome

Telephone: Site Office: 703) 365-7895

Website: www.pwcgov.org/brentsville

JIFFY LUBE LIVE CONCERT SCHEDULE

Saturday, May 21st

Jason Aldean, 4:30 PM

Saturday, June 18th

Rascal Flatts, 7:00 PM

Saturday, July 9th

Def Leppard, 7:30 PM

Friday, July 29th

Unity Tour—311 & Sublime, 6:30 PM

Saturday, July 30th

Rockstar Energy Drink Mayhem, 2:15 PM

Tuesday, August 9th

Kings of Leon, TBD

Saturday, August 13th

Tim McGraw, 7:00 PM

Monday, August 22nd

Kid Rock & Cheryl Crow, 7:00 PM








Saturday, August 27th

Jimmy Buffet, 8:00 PM

Sunday, August 28th

Journey, Foreigner, Night Ranger, 7:00 PM

May Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Arts/Crafts 2:00 pm Yoga 5:30 pm Bingo 7:00 pm	4 Grocery 10:00 am Mexican Train Dominoes 1:00 pm Pinochle 1:00 pm Movie 1:30 pm Worship Group 4pm Bingo 7:00 pm	5 Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm Tea 4:00 pm Yoga 5:30 pm CINCO DE MAYO 	6 Exercise 10:30am Phase 10 1:00 pm Mexican Train Dominoes 7:00 pm	7 Movie 7:00 pm Billiards 7:00 pm Mexican Train Dominoes 7:00 pm
8 Movie 1:30 pm MOTHER'S DAY 	9 Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm	10 Arts/Crafts 2:00 pm Yoga 5:30 pm Bingo 7:00 pm	11 Grocery 10:00 am Mexican Train Dominoes 1:00 pm Pinochle 1:00 pm Movie 1:30 pm Worship Group 4pm Birthday Party 7:00 pm  Bingo 7:00 pm	12 Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm  Tea 4:00 pm Yoga 5:30 pm	13 Book Club 10:00 am Exercise 10:30am Schwan's 10:30am Phase 10 1:00 pm Mexican Train Dominoes 7:00 pm	14 Movie 7:00 pm Billiards 7:00 pm Mexican Train Dominoes 7:00 pm
15 Movie 1:30 pm	16 Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm	17 Arts/Crafts 2:00 pm Yoga 5:30 pm Bingo 7:00 pm Discussion Group 10:30 am	18 Grocery 10:00 am Mexican Train Dominoes 1:00 pm Pinochle 1:00 pm Movie 1:30 pm Worship Group 4pm Bingo 7:30 pm	19 Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm Tea 4:00 pm Yoga 5:30 pm	20 Exercise 10:30am Phase 10 1:00 pm Mexican Train Dominoes 7:00 pm	21 Movie 7:00 pm Billiards 7:00 pm Mexican Train Dominoes 7:00 pm ARMED FORCES DAY 
22 Movie 1:30 pm	23 Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm	24 Red Hatters 12pm Arts/Crafts 2:00 pm Yoga 5:30 pm Bingo 7:00 pm	25 Grocery 10:00 am Mexican Train Dominoes 1:00 pm Pinochle 1:00 pm Movie 1:30 pm Worship Group 4 pm Bingo 7:00 pm	26 Chair Aerobics 10:30 am Tile Rummy 1:00 pm Farmer's Market 2:00 -6:00 pm Tea 4:00 pm Yoga 5:30 pm	27 Exercise 10:30am Schwan's 10:30 am Phase 10 1:00 pm Mexican Train Dominoes 7:00 pm	28 Movie 7:00 pm Billiards 7:00 pm Mexican Train Dominoes 7:00 pm MEMORIAL DAY BBQ,  11am—3pm
29 Movie 1:30 pm	30 Exercise 10:30am Canasta 1:00 pm Billiards 7:00 pm MEMORIAL DAY 	31 Arts/Crafts 2:00 pm Yoga 5:30 pm Bingo 7:00 pm				