

News letter

March 2019

WEEKLY EVENTS



BBQ Sunday: 12 noon– 4pm



Bi Weekly Thursday:
6pm-9.30pm; Taco Bar \$13.90
adults/\$ 8 kids



Bi-weekly Sunday: 10.30
am– 3.30 pm; Room guest
\$10.50; Adults \$15; Kids
\$7.50



Chi Yoga, Wednesday: 7.30pm.
Saturday: 10am. Fee N4000



Every Wednesday @ 5:30 pm;
Fee 2000

Message from the AERA Management Team

Dear members,

The month of March is finally here. In many places, it's the beginning of the Spring season- season of change, rebirth and growth. And we can see all of these things happening at the American Guest Quarters- how very exciting!

It is with our great pleasure that we announce the reopening of the gym after a few month being closed for renovation. The patience of our membership has enabled this renovation progress, so thanks to all on that score! In a couple of months, we will have new loads of high-spec equipment at the gym, so come and find your fit with us.

This month, we celebrate the International Women's Day and their contribution for the society as a whole. On March 12, come and join our female health coach for a session of nutritional advices, cooking, eating, and fun.

March is also the time of year we celebrate the patron saint of Ireland. On March 15, wear your Leprechaun hat to the GQ restaurant to enjoy live entertainment and special food with us as we celebrate Saint Patrick's Day in style.

There are many other fun events happening at the GQ in March. Be sure to check for the dates of events that interest you and sign up early. Remember that our GQ wouldn't be as special as it is without each of YOU!

Last but not least, our much-awaited annual members' meeting is tentatively scheduled for March 30. Please come to this meeting with constructive feedbacks and new ideas to make GQ a better and safer place for all members. We will communicate further and will let everyone know if there's any change in the date. As always, if you have questions or concerns, please feel free to reach out to us at info@gqlagos.com.

With sincere thanks,
The Management Team



UPCOMING EVENTS AT THE GQ

**Eat well
Feel Well**

**March 12th
11:00- 12:00pm**

- ◆ Nutritional advice
- ◆ Lifestyle enhancement
- ◆ Healthy diet
- ◆ Cooking
- ◆ Eating
- ◆ Socializing

Join GQ Chef Adeyemi & certified health coach Vashti as they guide you through how to make these delicious recipes and provide nutritional aspects of the ingredients for both recipes:

Roasted Beet Salad with Grilled Chicken & Goat Cheese
Pappardelle al Ragù

Price: \$30/person
including workshop fee and lunch combo
Register: info@gqlagos.com

GQ CLUB LAGOS
PRESENTS

**MARCH
15**

**Saint.
Patrick's
CELEBRATION**
@GQ LAGOS

LIVE ENTERTAINMENT | DRINKS | SPECIAL FOODS | HAT CONTEST

Enter your Leprechaun hat for a chance to win GQ prizes.

WWW.GQLAGOS.COM

Walk & Run
RUN FOR A CURE AFRICA
MARCH 16, 2019

RSVP
info@gqlagos.com
to join GQ team

LA PASTA ITALIA

Get fueled up before the Run for a Cure race at GQ pasta buffet

Members: \$11; Kids: \$5.50
Guests: \$12; Kids: \$6.00

MARCH 15, 5:00-9:00PM

*Not in New Orleans?
Orleans?
Here's how to
celebrate
Fat Tuesday*

SMARDI GRAS!

FAT TUESDAY PARTY
Friday
March 1st
1 to 9pm
Cajun Specials

CeLouisiana-Style Vegetarian Gumbo
With Okra and Zucchini - \$8
Shrimp Po'Boy Sandwich - \$8
Creole Shrimp Etouffee - \$15
Chicken and Andouille Jambalaya - \$13

New Orleans Bread Pudding With
Whiskey Sauce - \$3.50
The famous Hurricane
cocktail drink- \$4
Castle light draught Beer -\$1.50

Celebrate with Prudence Band from 7pm to 10pm

HIGHLIGHTED FEBRUARY EVENT



On February 13, the GQ was delighted to host a group of kids from the Netherland International School Lagos for a behind-the-scenes restaurant tour. The kids had a fun, unique opportunity to discover how a restaurant works from the inside out and watch an interactive pancake/cornbread demo from our chefs—for a glimpse into how our kitchen makes delicious culinary magic happen!

Contact info@gqlagos.com to book our kitchen tour

**FOR YOU
OUR
MEMBERS**

This newsletter is for you, our members. If you have something of interest to contribute please email it to: **aeramanager@gqlagos.com** and we'll try to include it in our next edition.

Communication Key

Members – our best contact with you is through email: **aeracustomer@care@gqlagos.com**

If you're not hearing from us it means we don't have your email address.

Please stop by the front desk and give us your current email address.

Address

16 Oyinkan Abayomi Drive
(formerly Queens Drive)
Ikoyi, Lagos.

Telephone

08051912788
09086314082
0814 596 2231
From the Consulate ext. 3531

Website

www.gqlagos.com

Email

aeramanager@gqlagos.com
aeracustomer@care@gqlagos.com
info@gqlagos.com.

For Finance Questions Email

aerafinance@gqlagos.com
aerafinanceassistant@gqlagos.com

March 2019

SUNDAY	31 BBQ By The Pool Noon-4pm Sunday Brunch Buffet: 10.30 am –3.00 pm	3 BBQ By The Pool Noon-4pm Sunday Brunch Buffet: 10.30 am –3.00 pm	10 BBQ By The Pool Noon-4pm	17 BBQ By The Pool Noon-4pm St. Patrick's Day Sunday Brunch Buffet	24 BBQ By The Pool Noon-4pm
MONDAY		4 FUMIGATION & DEEP CLEANING	11	18	25
TUESDAY		5	12 Darwin Day Eat Well Feel Well Workshop: 11-12pm	19	26
WEDNESDAY		6 Yoga Class 7:30pm	13 Yoga class 7:30pm	20 Yoga class 7:30pm	27 Yoga class 7:30pm
THURSDAY		7 TEX- MEX Taco BAR- 6PM- 9PM	14 NO TEX- MEX	21 TEX- MEX Taco BAR- 6PM- 9PM	28 NO TEX- MEX
FRIDAY	1 Cajun Specials celebrate with Prudence Band from 7pm-10pm	8 TGIF @The GQ BAR International Women's Day	15 TGIF @ The GQ Bar Celebrate St. Patrick's Day at the AGQ Bar from 7pm-10pm	22 TGIF @The GQ BAR Natl. Margarita Day \$8 pitcher or \$2.50 glass	29 TGIF @ The GQ Bar
SATURDAY	2 Yoga Class 9am	9 Yoga Class 9am	16 Yoga Class 9am	23 Yoga Class 9am	30 Yoga Class 9am

Wellness

Giinini
a.k.a Sally's Spa



Don't forget about the Giinini beauty salon located above the gym. The team there does massages, facials, body scrub, steam shower, manicure / pedicure, hairdressing and haircuts (men & kids).

Opens
Mon - Sat: 10 am to 8 pm
Sanitation Saturdays: 12 noon to 8 pm
Sunday: on demand
 Please call Sally for bookings.
 0803-333-0671 & 0802-315-8138

Mr SURAJ ADEWOLE

Thursdays & Last Saturday of the Month
 Time: 2pm - 9pm
 - Batik, Paintings & African Arts

TENNIS /AEROBICS
 The GQ Tennis Coaches are:
Peter - 0806 087 5205
Ganiyu - 0809 400 4514
Benedict - 0802 343 2538

Godwin - 0802 390 8208
 (aerobics & gymnastic)

Kindly call 24 hrs in advance to book the tennis court



Chi's Yoga
 Your Hatha Yoga in Lagos
 Every Saturday at 9 am.
www.chisyoga.com



VOLLEYBALL GAMES:
 Tuesdays & Thursday@5.30pm



POOL HOURS: 10AM - 7PM

GYM HOURS: 6AM - 10PM



Yoga Class
 9am



BASKETBALL GAMES AT THE GQ COURT



THE GUEST QUARTER HOURS OF OPERATION

Guest Quarters Restaurant

Monday - Sunday: 06:15 am - 10.00 pm (last order 9:45 pm)
Thursday: Tex - Mex 06:00 pm - 09:30 pm (last fill up)
Friday: T.G.I.F. Happy Hour 12 noon - 10 pm
Last Saturday of the month: 2:30 pm - 06:00 pm(Family Day BBQ)
Every Sunday: Sunday Brunch: 09:30 am - 1:30 pm
N.B. Breakfast is served every day until 11 am

Guest Quarters Bar Hours

Monday - Thursday & Sunday: 12:00 pm - 10:00 pm
Friday & Saturday: 12:00 pm - midnight
Swimming Pool: Monday - Sunday 10:00 am - 07:00 pm
Tennis Court: Monday - Sunday 06:00 am - 09:00 pm (1 hour maximum w/booking)
Gym: Monday - Sunday 06:00 am - 11:00 pm
Aerobics Room: Monday - Sunday 06:00 am - 11:00 pm (1 hour maximum w/booking)

Commissary Hours Of Operation

Monday: **CLOSED**
Tue., Wed., Thur.: 3:00 pm - 08:00 pm
Friday: 12.00 noon - 8.00 pm
Saturday: 9:00 am - 5:00 pm
Sunday: 12 noon - 4:00 pm
Holidays: **12 noon - 4:00 pm**

