



September Newsletter

Greetings GQ Members,

As the Summer comes to an end and we begin to hear "Are you ready for some football?", the GQ staff and managers are excited about the upcoming Fall season.

This Summer provided us with great events, from the 4th of July BBQ to the free welcome back BBQ, from daily special deals to weekly brunch or Tex Mex, and from family trivia night to family karaoke.

In September, we are excited to offer a special "Pop-Up" dinner event held at the Gazebo if the weather allows. All details will be available on our website and we hope you join us. Please note, due to the popularity of this event we will take reservations only so please rsvp in advance.

Also, in September, we will be celebrating **Labor Day** with 20% off all items on our regular menu. We will be hosting **Oktoberfest** with a big selection of German food and beer, **Sip & Dip** with PTNA artists, and Family Pasta and Pizza Night, among other fun activities. So, please check out all [events](#) on the GQ website www.gqlagos.com and keep a lookout for emails to be sure you get signed up for all festivities.

We look forward to seeing all of you at the GQ. Our doors are always open and if you have any comments or recommendations of what we can do to improve your experience, please let us know.

"By all these lovely tokens, September days are here, with summer's best of weather and autumn's best of cheer." -H.H. Jackson



Labor Day Sale 20% Off:
Monday, September 2| 6:00 am – 10:00 pm

Join us as we celebrate Labor Day with 20% discount on everything in our regular menu.



Oktoberfest Party:
September 21| 4:00 pm – 7:00 pm

The season is finally here. It's the official time to celebrate with lots of beer. Please join us for Oktoberfest party with German food, music, lots and lots of beer.



Family Pasta & Pizza Night:
Sept 12| 6:30 pm – 9:00 pm

This is a moment to re-connect with your family after a busy week & enjoy the cozy atmosphere & a wide selection of pasta & pizza



Sip & Dip: September 24| 7:00 pm – 9:00 pm

Two hours of total fun. Have something to eat and drink while creating a painting worth hanging on your wall. It is a great way to meet new people and bring out your inner artist.



Bi-Weekly Sunday BBQ
12 noon - 4pm



Bi-Weekly TexMex
Thursday: 6 pm - 9:30 pm
Tex Mex \$13.90 adults/ \$8 Kids



Bi-Weekly Sunday Brunch
10:30 am - 3:30 pm



Weekend Market & Family BBQ
Last Saturday of The Month
11:00 am - 4:00 pm



TGIF
Every Friday
1:00 pm - 9:00 pm



Chi's Yoga
Wed & Sat



Every Wednesday
5:30pm Fee N2000



Pool Hours 10am-7pm



Basket ball at GQ Court



Hours 6am - 10pm

SEPTEMBER EVENTS CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
| 1 | 2 Labor day | 3 | 4 | 5 TEX-MEX 6 PM - 9 PM | 6 TGIF @ The GQ BAR Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm | 7 Weight management & Staying fit 7:30-8:30am Yoga Class at 9am Basic & Dance Aerobics 9am - 10am |
| 8 BBQ by the pool NOON -4PM | 9 Fumigation & Deep Cleaning | 10 Body Building & Weight Lifting 5-6pm | 11 Water aerobics at 5:30pm Yoga class at 7.30 pm | 12 NO TEX- MEX Family Pasta & Pizza day | 13 TGIF @ The GQ BAR Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm | 14 Weight management & Staying fit 7:30-8:30am Yoga class: 9 am Basic & Dance Aerobics 9am - 10am |
| 15 Sunday Brunch 10:30—3:30pm | 16 | 17 Body Building & Weight Lifting 5-6pm | 18 Water aerobics at 5:30pm Yoga class at 7.30 pm | 19 TEX-MEX 6PM TO 9PM | 20 TGIF @ The GQ BAR Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm | 21 Weight management & Staying fit 7:30-8:30am Yoga class: 9 am Basic & Dance Aerobics 9am - 10am Oktoberfest Party 4pm-7pm |
| 22 BBQ by the pool NOON -4PM | 23 | 24 Body Building & Weight Lifting 5-6pm Sip & Dip 7 - 9PM | 25 Water aerobics at 5:30pm Yoga class at 7.30 pm | 26 NO TEX- MEX | 27 TGIF @ The GQ BAR Pop Up Dinner Pilates 4-5pm or 5-6pm Basic & Dance Aerobics 7-8pm | 28 Weight management & Staying fit 7:30-8:30am Yoga class: 9 am Basic & Dance Aerobics 9am - 10am |
| 29 Sunday Brunch 10:30—3:30pm | 30 | | | | | |