

THE Q NEWS for March 4th, 2024



The Quintet is an Igloo. Under a chilled dome, Quintetians live like cave dwellers: without a gym, without yoga and tai chi, not lifting weights, not walking in the soggy cemetery or the slushy sidewalks. We huddle on couches, sipping Scotch and hot chocolate loaded with whipped cream, watching Netflix, wearing pants with elastic waistbands, and fattening up like hibernating bears.

But wait! Help is on the way! On Wednesday, exercise equipment will appear in our lobbies, transported from the exercise room!

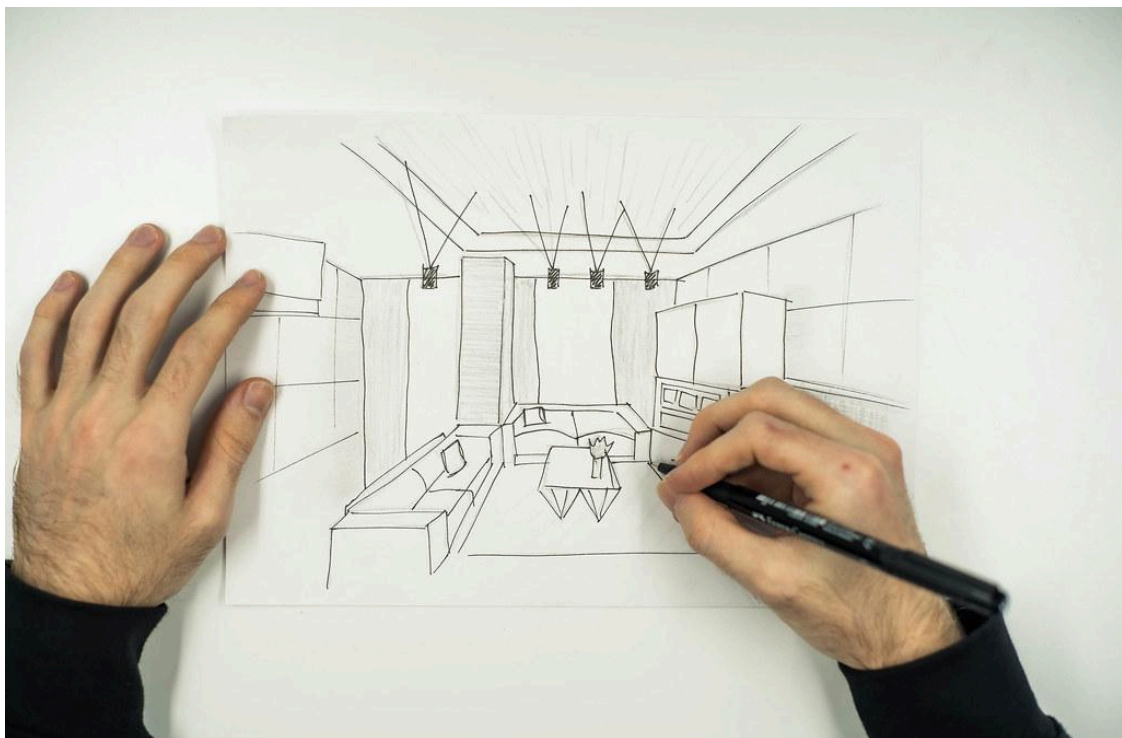
They will be distributed thusly:

- Building 1 One treadmill*
- Building 2 One elliptical, one treadmill*
- Building 3 One exercise bike, one rowing machine*
- Building 4 One treadmill, one exercise bike*
- Building 5 One exercise bike*



To make it all even more athletic, we are encouraged to jog from one lobby to another to do the whole circuit. AND...if you don't have a fob that opens the front doors of all buildings, Maria can arrange that for you. Fat will roll off, muscles will bulge and sculpt, happy endorphins will buzz about our brains, and our lethargy will sluff off. Quintet life will be perfect once again!

Now, how about that Clubhouse? It needs new carpet, other flooring, paint, molding, and sheetrock to replace the parts that got soaked. Naturally, residents are encouraged to have a say, preferably knowledgeable, in the forthcoming decor decisions. Are you the kind of person who mentally redecorates every room you walk into? Any professional or amateur interior designers out there? Contact Susan Morningstar to join the restoration committee (smstar6@gmail.com).



The bids are coming in and the sooner we make measurements and decisions, the sooner the Clubhouse will be open again.

See you soon in the lobby!