

January 2021

Dunes West

GOLF & RIVER CLUB

843-856-9000 Pro Shop ■ 843-856-9378 Grille
843-881-8735 Fitness Center ■ www.duneswestgolfclub.com



AROUND THE CLUB

Dear Members

2020 has been an interesting year to say the least. We greatly appreciate you sticking with us and supporting the club through all the crazy Covid-19 adjustments we had to make and continue to deal with. We were happy we could remain open and serve you safely.

We have welcomed many new members to the club this year and hope all our members are staying safe. We hope you have been able to make some great new memories despite the challenges we find ourselves dealing with on a daily basis. Some of those memories include Hole In One's by Howard Whittaker, Larry Bach, John Hermans, Ted Fischer, Dave Connell, Brian Dante, Chuck Lee, Michael Zavada, Anna Johnson, Michael Wilson, Justin Sweat, Rande Block, Jack Boyle, Chris Jones and Lori Vogler. Congratulations also to our Club Champions Barbara Miller and Michael Glennon.

We are so excited to hear how happy everyone is with the new greens and they have certainly exceeded our expectations in such a short period of time. We owe it to Rob Mackie and his amazing staff for the hard work they have done getting them in such great condition. And we are happy to say

that conditions will only continue to improve as they mature.

We are grateful to all our members who donated to Toys for Tots and the outpouring of generosity you showed our Employees this holiday season was overwhelming. On behalf of our entire staff we thank you all very much!

We are excited for what 2021 will bring. Times are changing and we will continue to change with them. There will be additional improvements to the facility in 2021 and we look forward to getting started early in the new year.

In 2021 we will be raising dues by 1% to 2%, this increase will be going directly into capital improvements to the club, further details to come.

Thank you for your continued support and we wish everyone a Safe and Happy Holiday Season and a Happy New Year!

Thursday Dinner

The Grille Room
Dinner served from 5-8 p.m.

THURSDAY SPECIALS

See the special board for our:
\$20 Wine Bottle Specials

SIDE SALADS

Add to any entrée for \$5.

- **Caesar Salad** with homemade croutons & Parmesan cheese

Save the Date!

Breakfast

Breakfast Sandwiches Only
Monday – Friday, 8-11 a.m.
Full Breakfast
Saturday-Sunday, 8-11 a.m.

Sunday Brunch

Sunday, 8 a.m.-12 noon

Lunch

Daily, 11 a.m.-3 p.m.

Dinner

Thursdays, 5-8 p.m.
Fridays, 5-9 p.m.
(No dinner January 1.)



- **Romaine Wedge** with crumbled bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

- **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

APPETIZER

- **White Chicken Chili**, \$5, cup ■ \$8, bowl

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Chili Season!



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ENTRÉES

All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.

- **Roasted Pork Loin** with dark cherry & pear compote, with house stuffing & roasted root vegetables, \$17
- **Chef's Choice Steak** with truffled mashed potatoes & roasted root vegetables, Market Price
- **Coq au Vin**
Chicken braised in red wine with bacon and vegetables served over white truffled mashed potatoes, \$20
- **Shrimp Primavera** with spaghetti squash noodles, \$17

SALADS & SANDWICHES

- **Burger***
Have it with or without bacon. Choose: American, cheddar, Swiss or smoked gouda
Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14
- **Chicken Sandwich**
Have it grilled or fried, with or without bacon
Choose: American, cheddar, Swiss or smoked gouda
Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14
- **DW Salad**
Mixed greens, crumbled bleu cheese, dried cranberries, Mandarin oranges, candied walnuts, red onion & raspberry vinaigrette, \$9
- Add to salad for \$5:**
 - Chicken breast or shrimp: Grilled, fried or blackened

KIDS

Choose one side.

- Grilled Cheese
- Burger
- Chicken Tenders
- Cheese Quesadilla, \$6

Lunch

The Grille Room
Lunch served daily ▪ 11 a.m.-3 p.m.

BASKETS

Served with one side.

- **Bang Bang Shrimp**
Grilled or fried shrimp, tossed in a creamy sweet & spicy sauce served with bleu cheese dressing, \$14
- **Buffalo Chicken Strips**
Grilled strips or fried tenders tossed in wing sauce served with bleu cheese dressing, \$14
- **Fried Green Tomatoes**
served with ranch dressing, \$12

SALADS

- **DW Salad**
Mixed greens, crumbled Bleu cheese, dried cranberries, Mandarin oranges, candied walnuts, red onion & raspberry vinaigrette, \$9
- **Goat Cheese Salad**
Mixed greens, crumbled goat cheese, red onion, cucumbers, diced tomatoes & croutons, drizzled with creamy lemon dill dressing, \$9

Did You Know?!

We offer EZ Pay Billing for both your Athletic & Golf dues! You simply need to provide us with a debit or credit card to draft from, and afterwards you can sit back, relax and never worry about another bill again!

Simply call Linda Jamison, Office Manager, and provide her with your debit or credit card number and updated email address. We will pull the funds for your monthly dues between the 1st and 5th of each month and send you an email showing how much was deducted.

How easy is that?! Give us a call today to set up your EZ Pay account!
843-856-9000

- **Caesar Salad**

Romaine lettuce, croutons & Parmesan cheese, \$9

- Add to salad for \$5**

- Chicken Breast:**

Grilled, fried, or blackened

- Shrimp:**

Grilled, fried or blackened

- **Fried Green Tomatoes**

SOUP

- **Beer Can Chili**

Slow-cooked with ground beef, ground sausage & bacon, topped with shredded cheddar, sour cream & diced red onions, \$5, cup ▪ \$9, bowl

BURGERS / SANDWICHES

Served with one side.

- **Burger**

Have it with or without bacon
Choose: American, cheddar or smoked gouda

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Goodbye 2020!



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Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun, \$14
Add Chili or Fried Green Tomatoes, \$2

▪ **Chicken Sandwich**

Have it grilled or fried, with or without bacon
Choose: American, cheddar, Swiss or smoked gouda

Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun, \$14
Add Chili or Fried Green Tomatoes, \$2

▪ **Southern BLT**

Bacon, lettuce & fried green tomatoes, with mayo on toasted white or wheat, \$14

▪ **Turkey Melt**

Premium sliced turkey, bacon, gouda & cheddar on buttered & grilled white or wheat, \$14

▪ **Turkey Club**

Premium sliced turkey, cheddar, bacon, lettuce, tomato & mayo on toasted white or wheat bread, \$14

KIDS

Served with one side.

- Grilled Cheese ▪ Burger
- Chicken Tenders ▪ Cheese Quesadilla, \$6

SIDES

- Hand-Cut Fries ▪ Tater Tots
- Onion Rings ▪ Kettle Chips
- Sweet Potato Fries

Breakfast

The Grille Room

Monday-Friday

Breakfast Sandwiches Only

Saturday & Sunday

Full Breakfast Menu Served
8 a.m.-12 noon

SANDWICHES

▪ **BYO Egg Sandwich**

Choice of bacon or sausage, American, cheddar, Swiss or smoked gouda on choice of English muffin, white, wheat or tortilla wrap, \$7

▪ **Southern Breakfast Sandwich**

Fried chicken breast, over easy egg, bacon & American cheese on buttered & grilled white or wheat bread, \$9

GRILLE ROOM FAVORITES

▪ **Golfer's Special**

Two eggs with choice of bacon or sausage, potatoes or grits & English muffin, white or wheat toast, \$11

▪ **BYO Omelet**

Three eggs filled with your choice of bacon, sausage, tomatoes, onions, American, smoked Gouda, cheddar or bleu cheese served with potatoes or grits & English muffin, white or wheat toast, \$12

▪ **Dunes West Frittata**

Eggs baked with potatoes, bacon, sausage, onions, peppers & cheddar cheese served with choice of English muffin, white or wheat toast, \$12

Big Dog Breakfast

"Let the Big Dog Eat!" Two eggs, two bacon strips, two sausage patties, two pancakes, with choice of potatoes or grits & English muffin, white or wheat toast, \$12

▪ **Eggs Benedict**

Grilled ham & two poached eggs on an English muffin with hollandaise, \$14

▪ **Pancakes**

Three buttermilk pancakes with bacon or sausage, \$10

- **French Toast** with choice of bacon or sausage, \$10

BREAKFAST SIDES

- Bacon ▪ Sausage ▪ Grits ▪ Potatoes
- Tater Tots ▪ One Egg ▪ White Toast
- Wheat Toast ▪ English Muffin

KIDS BREAKFAST

- **Pancakes** with bacon or sausage, \$6

- **French Toast** with bacon or sausage, \$6

- **Two Eggs** with bacon or sausage & English muffin, white or wheat toast, \$6

Friday Night Dinner

*Friday Nights in January!

(No dinner on January 1
- New Year's Day)

The Grille Room

Dinner served from 5-9 p.m.

SIDE SALADS

Add to any entrée for \$5.

- **Caesar Salad** with homemade croutons & Parmesan cheese

- **Romaine Wedge** with crumbled Bleu cheese, diced tomatoes, bacon bits & Bleu cheese dressing

▪ **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

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Hello 2020!

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APPETIZER

▪ Queso Dip

Homemade queso cheese dip & tortilla chips, \$8

ENTRÉES

All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.

▪ Prime Rib

Served with au jus, mashed potatoes & fresh green beans
8 oz. Queen-Cut, \$18
12 oz. King-Cut, \$22

▪ Buffalo Shrimp Tacos

Fried shrimp tossed in wing sauce, with bleu cheese crumbles & salsa, drizzled with bleu cheese dressing, served with a side of beans & rice, \$14

▪ Southern-Style Fried Chicken

On a bed of mashed potatoes with homemade gravy and fresh green beans, \$16

▪ Baby Back Ribs

Fall off the bone and brushed with a sweet & tangy BBQ sauce with hand-cut fries & cole slaw
Half Rack, \$17 ▪ Full Rack, \$21

SALADS & SANDWICHES

▪ Salmon Salad

Bourbon glazed salmon on a bed of mixed greens with sliced almonds, mandarin oranges, diced tomatoes, cucumbers, black sesame seeds, with our homemade mustard vinaigrette, \$16

▪ Burger

Have it with or without bacon
Choose: American, cheddar, Swiss or smoked gouda
Served with shredded lettuce, tomato,

onion & a pickle on a buttered & grilled brioche bun with fries, \$14

▪ Chicken Sandwich

Have it grilled or fried, with or without bacon
Choose: American, cheddar, Swiss or smoked gouda
Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14

KIDS

Choose one side.

- Grilled Cheese ▪ Burger
- Chicken Tenders
- Cheese Quesadilla, \$6



Friday:

Yoga for You, 9 a.m.

Saturday:

Mat Barre, 8 a.m.

Fitness Facility Updates

▪ When entering the gym, please count the number current exercise participants to ensure the recommended maximum participant number of **six people at a time** is not exceeded.

▪ Please continue to practice safety by not coming to the gym if you are feeling ill or have been experiencing symptoms of Covid-19, wiping and cleaning equipment before and after use, washing your hands, and wearing face masks when entering and exiting the gym. We thank you for your patience as we continue to navigate this new style of fitness.

▪ **Reminders on children in the fitness facility:** No children under 13 may be in the fitness facility at any time for any reason. Children ages 13-17 must be with an adult 18 years of age or older.

Winter Fitness Class Session

January 4 – April 3, 2021

Unlimited Winter Session: \$145

Drop-in Class Fee: \$10/class

Free Trial Class Week is January 4-9. To register and pay for classes, please email Hannah at hannah.iliff@duneswestgolfclub.com.

Class Schedule

Mondays:

Pilates, 9 a.m.

Tuesdays:

Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

Wednesdays:

Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

Thursdays:

Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

January

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



New Years Day!

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MGA, 7:15-8:09
MGA, 10:33-10:51
LGA, 9:12-9:21
GOB, 9:57-10:24
Mat Barre, 8 a.m.

SMGA, 9:30-10:33
LGA, 8:45-9:21
Yoga for You, 9 a.m.

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8

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MGA, 7:15-7:33
9:03-9:12

SMGA, 9:30-10:33
LGA, 8:45-9:21
Pilates, 9 a.m.

LGA, 8:18-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:42
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

SMGA, 9:30-10:33
LGA 9 & Lunch, 10:42-11:27 a.m.
Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

LGA, 8:18-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:42
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.
Thursday Dinner, 5-8 p.m.
RSVPs Recommended 843-856-9378

SMGA, 9:30-10:33
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SMGA 3 Clubs & Putter, 9:30-10:51
LGA, 8:45-9:21
Yoga for You, 9 a.m.
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MGA, 7:15-7:33
9:03-9:12

Martin Luther King Day!

SMGA, 9:30-10:33
LGA, 8:18-8:54
MGA, 7:15-8:09
Pilates, 9 a.m.

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