

March 2021

Dunes West

GOLF & RIVER CLUB

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



AROUND THE CLUB

Thursday Dinner

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

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
- **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

■ Sausage & Squid

Fried calamari & grilled sweet Italian sausage, tossed with fresh lemon juice, pepper rings & garlic-parsley butter, served with marinara & a roasted red pepper cream sauce, \$9

ENTRÉES

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

■ Eggplant Napoleon

Breaded and lightly fried eggplants

layered with Italian herbs, ground beef & cheese, finished with homemade marinara, served with a side of penne, \$16

■ Grilled Tuscan Steak

Chef's cut, marinated in olive oil, lemon zest, garlic, rosemary, oregano, crushed red pepper & black pepper, with a char-grilled tomato & hand-cut Parmesan fries, Market Price

■ Lemon Shrimp

Sautéed in garlic parsley butter, served on a bed of lemon & petite pea risotto, \$21

■ **Chicken Parmesan** topped with marinara sauce & fresh mozzarella, served on a bed of penne Alfredo, \$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

Save the Date!

Breakfast

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

Full Breakfast

Saturday-Sunday, 8-12 a.m.

Sunday Brunches

Sunday, 8 a.m.-12 noon

Lunch

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

Dinner

Thursdays, 5-8 p.m.

March 5

First Friday Taco Night

March 20 & 21

MGA Member Member



■ 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

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Finally!
Spring Time!



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KIDS

Choose one side.

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

**May contain ingredients that are raw or under cooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*

First Friday Tacos

Dinner served from 5-8:30 p.m.
The Grille Room

FRIDAY SPECIALS

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

Specialty Drink

Margarita, \$9

Ask your server for specials

SIDES

Add to any entrée.

■ House Salad

Mixed greens with tomatoes, onions, cucumbers & choice of dressing, \$5

■ Rice & Beans, \$4

APPETIZER

Queso Dip

Tortilla chips & homemade queso dip, \$8

TACOS

All tacos served in a soft flour tortilla.
Substitute a lettuce wrap at
no additional charge.

■ Carne Asada

Marinated flank steak thinly sliced with caramelized sweet onions and drizzled with our house queso, topped with house salsa and creamy avocado, \$5.75

■ Hawaiian

Seared, seasoned pork belly, grilled pineapple, salsa & Siracha-lime carrot slaw, \$4.75

■ Buffalo Shrimp

Fried Shrimp tossed in wing sauce, with bleu cheese crumbles, shredded lettuce & diced tomatoes, drizzled with bleu cheese dressing, \$5.75

■ Chicken

Braised, pulled chicken breast, roasted corn, house salsa & queso fresco, topped with fried onion straws, \$4.75

■ Taco Bowl

Rice & beans, shredded cheddar cheese, caramelized onions, roasted corn & house salsa, \$9

Add for \$5:

- Shrimp: Grilled, fried or blackened
 - Pulled Chicken
- Marinated Flank Steak
- Seared Pork Belly

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

■ Taco Salad

Mixed greens, shredded cheddar, caramelized onions, roasted corn, house salsa, fried tortilla strips & Southwestern ranch, \$9

Add for \$5

- Shrimp: grilled, fried or blackened
 - Pulled Chicken
 - Marinated Flank Steak
 - Seared Pork Belly

KIDS

Served with tortilla chips & queso.

- Chicken Taco, \$6
 - Steak Taco, \$6
- Cheese Quesadilla, \$6
- Chicken Quesadilla, \$6
- Steak Quesadilla, \$6

DESSERT

Churros

Dusted with cinnamon sugar and served with a raspberry dipping sauce, \$6



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*Pools Open
April 1!*

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Winter Fitness Class Session

January 4-April 3

Unlimited Winter Session: \$145
Drop-in Class Fee: \$10/class

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.

Friday:

Yoga for You, 9 a.m.

Saturday:

Chisel, 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 6 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.

2021 Pool Season

All three pools are scheduled to open April 1 and will be open from 6 a.m.-8 p.m. Pools are included in Athletic and Premier memberships. Members must have access cards to enter the pools. To replace lost access cards, please contact the office at 843-856-9000.

The main pool slide will remain closed until Lifeguards are present. Lifeguards and Pool

Attendants will resume weekend-only duty beginning April 10. Beginning on Memorial Day, May 31, Lifeguards and Pool Attendants will resume daily duty.

Lifeguards and Pool Attendants are being hired and managed by American Pool Management Company/Atkinson Pools. Please contact them with questions, comments or suggestions at 843-568-5371.

2021 Car Decals Available

Decals are available in the Pro Shop daily from 7 a.m.-5 p.m. or in the office located upstairs in the Golf Club Monday-Friday from 9 a.m.-3 p.m.

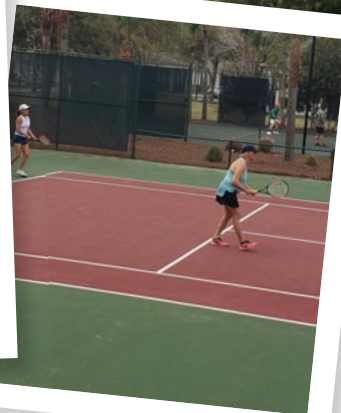
Dunes West members residing outside of the guard gates are required to have a Dunes West Club 2021 car decal in their windshield when entering the guard gate. These decals solely permit access to the Athletic or Golf Club locations within the neighborhood.

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Dry Storage Payments are Due March 1

If you have questions regarding your statement, please contact Linda Jamison or Hannah Schroeder-Iliff at 843-856-9000 or email linda.jamison@duneswestgolfclub.com or hannah.iliff@duneswestgolfclub.com.

Serve, Volley, Lob



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St. Patrick's Day Social

Unfortunately, due to Covid-19 the St. Patrick's Day tennis social has been cancelled for this year. Hopefully, we will get back to normal next year! Until then here are some pics from 2020 before the shutdown. Stay safe!



PHOTOS COURTESY OF JACK MILLER

in your tennis bag. Hope to see you at the courts soon.



Save the Date for Summer Camps

KE Camps 2021

Who: Kids ages 4-10; Staff is all-adult and are First-Aid and CPR certified.

What: Group activities including swimming and tennis, themed days, arts and crafts, team building, educational and service activities and good, old fashioned, friendship building fun!

When: Weekly sessions (Monday-Friday) beginning June 21 through July 30. Camp hours are 9 a.m.-4 p.m. with before and after care available

Where: West Athletic Club

For registration and more information, 877-671-CAMP(2267)

Unfortunately, we may have to start charging a fee for those that don't delete courts that they are not going to use. Lastly if you have booked a court and it has rained or for some reason is unplayable please do not go to the next open court unless you log in and book it. It creates an uncomfortable situation if someone shows up that has the court booked and then they have to ask you to move. If you're not sure how to reserve a court, please contact Jack at dwtennis@att.net or 843-345-2995.

Bag Check Tip

This is a great time of year to go through your tennis bag and get rid of items that you don't need or to restock items you do need. First on the list should be mask and hand sanitizer.

Second, make sure you have sunscreen. Even on cloudy days you should apply sunscreen. Next check your rackets. Do they need new grips?

When's the last time they were restrung? Other items to have in your bag may be a hat or visor. Do you have an extra towel or sweatbands? You should also have band aids or sports tape for those scrapes or blisters. We would also recommend keeping some Ibuprofen in your bag for those unexpected headaches or injuries. And last but not least always keep a new can of tennis balls

Congratulations

Congratulations to Jack Miller, Director of Tennis, for 26 years of service to the club. He was hired February 1, 1995.

TENNIS

Courts Reservations

Just a reminder that a court reservation is required in order to use the tennis courts. If you have booked a court and do not plan on using the court please delete the reservation. We are extremely busy and would like your fellow members to have the opportunity to book a court.

GOLF NEWS

MGA Member

March 20 and 21. Sign up in the Pro Shop.



March



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Spring is Here!

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MGA, 7:15-7:42

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

LGA, 8:09-8:27
SLIP, 8:54-9:03
GOB, 9:12-9:21
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

SMGA, 9:30-10:33
LGA 9 & Lunch, 11-11:45
Pilates, 9 a.m.

GOLF TOURNAMENT COURSE CLOSED
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.
NO Thursday Dinner Tonight

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

MGA, 7:15-8:18
LGA, 9:03-9:12
GOB, 10:06-10:33
Chisel, 8 a.m.



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Daylight Savings Begins

MGA, 7:15-7:42
Couples Golf, 1 p.m.
Couples Golf Dinner – After Golf

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.

St. Patrick's Day

SMGA Member-Member, 8-9:21 & 1:06-2:09
LGA 9 & Lunch, 11-11:45
Pilates, 9 a.m.

LGA, 8:18-9:39
SLIP, 9:48-10:06
GOB, 10:15-10:51
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.
Thursday Dinner – 5-8 p.m. RSVPs Recommended 843-856-9378



SMGA Member-Member, 8-9:21
LGA, 7:15-7:51
Yoga for You, 9 a.m.

MGA Member-Member, 8 a.m.
LGA, 10:15-10:24
GOB, 11-11:27
Chisel, 8 a.m.

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MGA Member-Member, 8 a.m.

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

LGA, 8:18-9:03
SLIP, 8:39-8:57
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, 11-11:45
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.
Thursday Dinner, 5-8 p.m. RSVPs Recommended 843-856-9378

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

MGA, 7:15-8:09
LGA, 9:03-9:12
GOB, 10:06-10:33
Chisel, 8 a.m.

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Palm Sunday
Passover

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

LGA, 8:18-9:03
SLIP, 9:39-9:48
GOB, 10:06-10:42
Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

SMGA, 9:30-10:33
LGA 9 Tournament, 8:27-9:21
Pilates, 9 a.m.

