



December 2020

# Dunes West

## GOLF & RIVER CLUB

843-856-9000 Pro Shop ■ 843-856-9378 Grille  
843-881-8735 Fitness Center ■ [www.duneswestgolfclub.com](http://www.duneswestgolfclub.com)

### AROUND THE CLUB

## Fall Fitness Class Session

October 5-January 1

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

To register and pay for classes, please email Hannah at [hannah.iliff@duneswestgolfclub.com](mailto:hannah.iliff@duneswestgolfclub.com).

### Class Schedule

**Mondays:**  
Pilates 9 a.m.

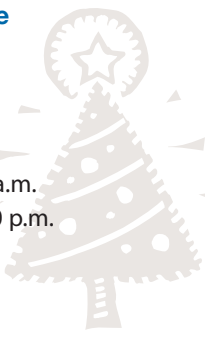
**Tuesdays:**  
Cardio Sculpt 8:30 a.m.  
Restorative Yoga 6:30 p.m.

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

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

**Fridays:**  
Yoga for You, 9 a.m. (No class December 25)

**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 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.

## Thursday Night Dinner

Dinner served, 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

## 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.

### December 1

Holiday Drive Up Event

### December 11

Friday Dinner, 5-8 p.m.



- **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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Happy Holidays!

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## APPETIZER

### Arancini

Breaded & fried risotto balls stuffed with prosciutto, mozzarella & peas with a lemon aioli dipping sauce, \$9

## ENTRÉES

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

### Mimi's Lasagna

Sheets of pasta, layered with homemade Bolognese, béchamel & mozzarella cheese, \$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

Sauteed 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

### 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

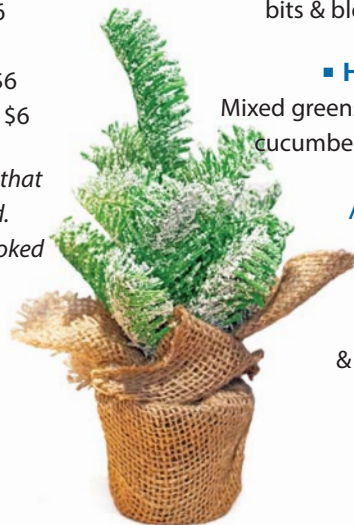
## KIDS

Choose one side.

- Grilled Cheese, \$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.



## 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

## Friday Night Dinner

Friday, December 11 ■ Dinner, 5-8 p.m.  
The Grille Room

## 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

### Queso Dip

Homemade queso cheese dip & tortilla chips, \$8

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## Hole-in-One!

**Lori Vogler**

Hole #12 ■ 136 yards

■ 6 Hybrid

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### ENTRÉES

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

#### ■ Prime Rib

8 oz. Queen-Cut, \$18

12 oz. King-Cut, \$22

Served with au jus, mashed potatoes & fresh green beans

#### ■ 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

#### ■ Rocky Mountain Chicken

Char-grilled chicken breast brushed with bourbon BBQ sauce, topped with crispy bacon, shredded cheddar, diced tomatoes & scallions, with hand cut fries & fresh green beans, \$16

#### ■ Smothered Pork Chop

9 oz. chop, breaded & fried on a bed of mashed potatoes with buttermilk gravy & fresh green beans, \$15

### 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, \$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.



*Congrats Lori!*

## TENNIS NEWS

### Fall USTA/CALTA Adult Leagues

Thanks to all of the captains and players that competed in the Fall USTA/CALTA Adult Leagues. Special congratulations goes out to the Ladies 2.5 18 & Over Always Causing a Racquet captained by Kimberly Harris for winning their division in the Pfeiffer Cup Championship.

Also, congratulations goes out to the Ladies 3.5 39 & Over Hot Flashes captained by Maria McTighe and Kim Frankel and the Ladies 3.5 54 & Over Dunes West Darlings captained by Natalie Garrett teams who were both finalists in their division in the Pfeiffer Cup Championship.

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*Teamwork!*



## A Note from Linda in Accounting

1 If you plan on moving and canceling your membership, please call Linda at 843-856-9000 before your move. A 30-day written notice is required. Without proper notice, your bill will continue to accrue until we have a written statement of intent to cancel your membership.

2 Please inform us of any personal information changes such as address, phone number, billing information, or email address in order to maintain accurate records for your convenience. Thank you!

EZ-Pay Billing is available for both Athletic and Golf Membership dues. To make monthly payment more convenient, simply provide us with a debit or credit card to automatically bill between the 1st and 5th every month. In order to set up EZ-Pay Billing, please contact Linda Jamison, Office Manager, at 843-856-9000 to set up your EZ-Pay account!

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## Winter/Spring USTA Adult Tennis Sign-ups

It's that time of year to sign-up for the Winter/Spring USTA Adult Tennis season that begins in January. We have day as well as night teams available depending on level. For women, we have 2.5, 3.0, 3.5 and 4.0 teams. For the men, we have 3.0 and 3.5 levels available. We have teams that compete in 18, 39 and 54 and over age groups. We are also currently looking for Men's players at the 3.0/3.5 level for a 54 and over Saturday team. If you're interested in

*Congrats to all  
the Winners!*



playing on a team, please contact Jack Miller at 843-345-2995.

## Court Reservations

Just a reminder that it is important that you reserve a court as the courts have been extremely busy. If you have booked a court and someone is on your court, please politely ask them to move to another court. If you are not sure how to book a court, please contact Jack Miller at 843-345-2995.

### GOLF NEWS

## SMGA Old Pals Champions

William Brown/Tom Montesi beat Albert Dainton/Ray McElhaney 2UP

## SMGA Champion

Kevin Cooper

## 2020 LGA Championship Results

### 18 Holes

#### 1st Place:

Anna Johnson, 69, 68 – 137

#### 2nd Place:

Kathy Fischer, 70, 70 – 140

#### 3rd Place:

Mary Fraggos, 73, 72 – 145

#### 4th Place:

Hilda Rose, 75, 75 – 150

#### 5th Place:

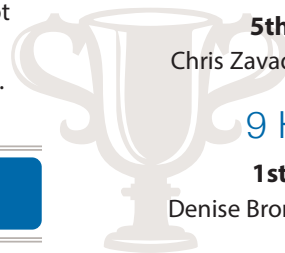
Chris Zavada, 77, 75 – 152

### 9 Holes

#### 1st Place:

Denise Bromer, 36, 37 – 73

Congratulations to  
all the winners!



# December



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

LGA, 8:18-9:03  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

*Holiday  
Drive Up  
Gift Swap*

2

SMGA, 9:30-10:24  
LGA 9 & Lunch,  
10:33-11:18  
Pilates, 9 a.m.  
Restorative Yoga,  
6:30 p.m.

3

LGA, 8:27-9:12  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Thursday Dinner,  
5-8 p.m. RSVPs  
Recommended  
843-856-9378  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

4

SMGA,  
9:30-10:24  
LGA, 8:45-9:21  
Yoga for You,  
9 a.m.

5

MGA 7:15-8  
MGA Cup, 12:30  
LGA, 9:12-9:21  
GOB, 10:06-10:24  
Mat Barre, 8 a.m.

MGA,  
7:15-7:42  
MGA,  
10:24-11

SMGA,  
9:30-10:24  
LGA, 8:45-9:21  
Pilates, 9 a.m.

LGA, 8:27-9:03  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Cardio Sculpt,  
8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

9  
SMGA,  
9:30-10:24  
LGA 9 & Lunch,  
10:33-11:18  
Pilates, 9 a.m.  
Restorative Yoga,  
6:30 p.m.

10  
LGA Holiday Fun, 8:30 SG  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Thursday Dinner,  
5-8 p.m.  
RSVPs Recommended  
843-856-9378  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

11  
SMGA Flighted Gross,  
9:30-10:51  
LGA, 8:45-9:21  
Friday Dinner  
Featuring Prime Rib!  
5-9 p.m. RSVPs  
Recommended  
843-856-9378  
Yoga for You, 9 a.m.

12  
MGA, 7:15-7:33,  
10:33-10:51  
LGA, 9:12-9:21  
GOB, 10:06-10:24  
Mat Barre, 8 a.m.

*Hanukkah Begins*

13

MGA,  
9:03-9:21

14

CALGA, 9:30  
Pilates, 9 a.m.

15

LGA, 8:18-9:03  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

16

SMGA,  
9:30-10:24  
LGA 9 & Lunch,  
10:33-11:18  
Pilates, 9 a.m.  
Restorative Yoga,  
6:30 p.m.

17

LGA, 8:27-9:12  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Thursday Dinner,  
5-8 p.m.  
RSVPs Recommended  
843-856-9378  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

18

SMGA,  
9:30-10:24  
LGA, 8:45-9:21  
Yoga for You,  
9 a.m.

19

MGA,  
7:15-7:33, 10:33-10:51  
LGA, 9:12-9:21  
GOB, 10:06-10:24  
Mat Barre, 8 a.m.

*Last Day of  
Hanukkah*

20

MGA,  
9:03-9:21

21

SMGA,  
9:30-10:24  
LGA, 8:45-9:21  
Pilates, 9 a.m.

22

LGA, 8:18-9:03  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

23

SMGA,  
9:30-10:24  
LGA 9 & Lunch,  
10:33-11:18  
Pilates, 9 a.m.  
Restorative Yoga,  
6:30 p.m.

24

LGA, 8:27-9:12  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
No Thursday Dinner –  
Christmas Eve  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

25

Christmas Course  
Closed

26

MGA,  
7:15-7:33, 10:33-10:51  
LGA, 9:12-9:21  
GOB, 10:06-10:24  
Mat Barre, 8 a.m.

*Merry  
Christmas!*

*Christmas  
Eve*

27

MGA,  
9:03-9:21

28

SMGA,  
9:30-10:24  
LGA, 8:45-9:21  
Pilates, 9 a.m.

29

LGA, 8:18-9:03  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
Cardio Sculpt,  
8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

30

SMGA, 9:30-10:24  
LGA 9 & Lunch,  
10:33-11:18  
Pilates, 9 a.m.  
Restorative Yoga,  
6:30 p.m.

31

LGA, 8:27-9:12  
SLIP, 9:39-9:57  
GOB, 10:06-10:33  
No Thursday Dinner –  
New Year's Eve  
Cardio Sculpt, 8:30 a.m.  
Restorative Yoga,  
6:30 p.m.

*Happy  
New Years!*

