

JANUARY 2022



Pro Shop,
843-856-9000

Grille,
843-856-9378

Fitness Center,
843-881-8735

duneswestgolfclub.com

Join us!

Breakfast

Breakfast

Sandwiches Only:
WED-FRI, 8-11AM

Full Breakfast:
SAT-SUN, 8am-12PM
Sunday Brunch
Sunday, 8am-12PM

Lunch

Daily, 11AM-3PM
Pre-made Salads
& Sandwiches:
Monday-Tuesday,

Dinner

Thursdays, 5-8:30PM

See page 2
for more events!



Dunes West

GOLF & RIVER CLUB

Dear Members,

2021 has been as interesting and challenging as 2020 with 2022 projected to be more of the same. We will continue to face these challenges head on and with your cooperation keep moving the club forward in a positive direction.

We greatly appreciate you supporting our employees during the holidays, the Veterans during *Folds of Honor* as well as all your support during 2021.

This year we have welcomed many new members to the club, more than in any other year and hope all our members have enjoyed their time at the club facilities. We would like to congratulate our Club Champions **Laura Davis** and **Curt Wegner**, our Member Guest Winners **Mary Fraggos** and **Carol Truslow** and **Brad Snyder** and **David Rossi**, as well as recognize our Hole-In-One recipients **Charlie Maglio**, **John Fava** and **Barbara Miller**. Congratulations to the **Dunes West Swordfish Swim Team** for taking first place in their division and to our 2.5 Ladies Tennis Team '**Always Causing a Racquet**' captained by **Kimberly Harris Richart** for winning the South Carolina State Championships.

We hope that everyone is enjoying the new greens, they are maturing nicely and are putting very well right now. The new bunkers are also performing very well and we look forward to the course continuing to mature in the coming years.

We are excited for what 2022 will bring. We have scheduled the final bunker renovations on the back nine fairway bunkers that will begin in January. There will be additional improvements to the facility in 2022 and we look forward to getting started early in the New Year.



Cheers to 2022!



In 2022 we will be raising dues by 1% to 2% with the increase 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!

around the club

Next Fitness Class Session Starts February 2

Unlimited Session: \$150

Drop-in Class Fee: \$10/class. *First try is free.*

To register and pay for classes, please email Jenn at jenn.devaney@duneswestgolfclub.com.

Class Schedule

Mondays:

Pilates, 9AM

Tuesdays:

Early Yoga, 7AM
Cardio Sculpt, 8:30AM
Restorative Yoga, 6:30PM

Wednesdays:

Early Yoga, 7AM
Pilates, 9AM
Restorative Yoga, 6:30PM

CONTINUED »

Join Us!

New Class Announcement!

Now on Saturdays! ● 9:15AM

Megan is teaching Vinyasa: This creatively sequenced series of postures transition into one another with the intention of strengthening, stretching, and creating mobility in the joints. Through this flow, you will witness movements and sensations that make you feel alive, connected, and free. This practice is designed to connect yoga practitioners with their inner strength, stability, & the transformative power of breath. Focus on alignment, intention, and the movement of energy through the conduit of our bodies. All levels.



CONTINUED »

Thursdays:

Early Yoga, 7AM
Cardio Sculpt, 8:30AM
Zumba Gold, 10:30AM (fitness room)
Restorative Yoga, 6:30PM

Friday:

Yoga for You, 9:30AM (note time change),

Saturday:

Chisel, 8AM
Yoga, 9:15AM

Fitness Facility 411

● 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.

● Please be courteous to others coming in to work out after you and put away equipment. We don't have staffing to clean up after each person.

● Please clean up after yourself after working out in the Fitness room. It is unfair for Fitness Class Participants to have to put step equipment and medicine balls away to start class.

Friday Night Prime

Friday, January 14 ● Dinner, 5-8:30PM
The Grille Room

WINE 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

● **Queso Dip**
Homemade queso cheese dip & tortilla chips, \$ 9

ENTRÉES

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

● **Prime Rib** with au jus, mashed potatoes & fresh green beans.

8 Oz. Queen-Cut, \$20
12 Oz. King-Cut \$24

● **Fish & Chips**
Beer battered white fish, hand-cut fries, coleslaw & tartar sauce, \$19

● Rocky Mountain Chicken

Two grilled chicken breasts brushed with bourbon bbq sauce, crispy bacon, shredded cheddar, scallions & tomatoes, with mashed potatoes & fresh green beans, \$17

SALADS & SANDWICHES

● Burger*

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

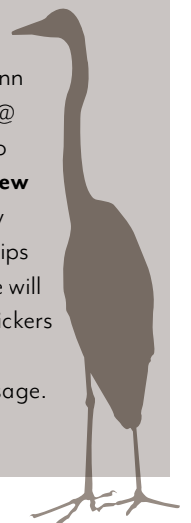
● Chicken Sandwich

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

Annual Boat Storage

It's that time again for our Annual Boat Storage fee billing. Please keep an eye on an email or mailing for your invoice. We have quite the long waiting list for a storage spot, so if you don't need your spot anymore, please let the office know. As soon as your invoice is paid, we will place a 2022 sticker on your trailer so you will not need to come to the office to pick it up.

If you have a boat ramp key, please reach out to Jenn Devaney at jenn.devaney@duneswestgolfclub.com so that you can receive the **new** 2022 sticker. We will verify good standing memberships before issuing stickers. We will be actively checking for stickers so we can make sure it's Athletic Members Only usage.



- **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, \$18

KIDS

Choose one side.

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

Thursday Dinner

Dinner, 5-8PM ● 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

- **She Crab Soup** with crackers, cup \$6 bowl \$9

ENTRÉES

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

- **Smothered Pork Chop**
Battered and fried, with mashed potatoes, buttermilk gravy & fresh green beans, \$17
- **Sautéed Chicken Saltimbocca**
with prosciutto, garlic and sage in a white wine lemon butter sauce, served over penne pasta, \$18



- **Cajun Mahi Mahi**

Pan seared and topped with lime butter, mashed potatoes & fresh green beans, \$19

- **Coffee Crusted Strip Steak**

An 11oz. New York Strip with a ground coffee, brown sugar, garlic & crushed red pepper rub, served with a grilled tomato & hand-cut potatoes topped with bleu cheese crumbles & a side of gravy, \$24

SALADS & SANDWICHES

- **Burger***

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

- **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

KIDS

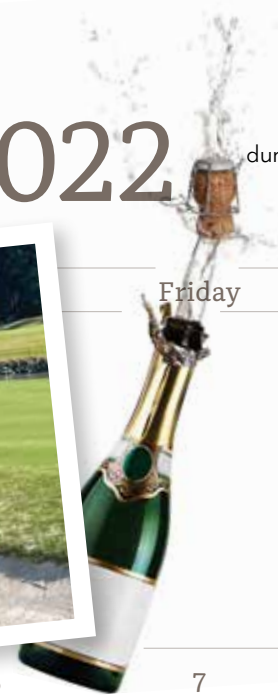
Choose one side.

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

Club Pools Will Re-Open on April 1

Did you know you can rent the rooms at the Athletic Club Building? It only costs \$100 an hour with a 3-hour minimum. For inquiries, reach out to Jenn Devaney jenn.devaney@duneswestgolfclub.com or 843-856-9000.





1
Happy New Years!

MGA, 7:15-8:09
LGA, 9:12-9:21
GOB, 10:06-10:33
No Classes Today

Sunday	Monday	Friday	Saturday
2	3	4	5
MGA, 7:15-7:42	SMGA, 9:30-10:33 LGA, 9:03-9:21 Pilates, 9AM	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	SMGA, 9:30-10:33 LGA, 10:42-11:27 Vinyasa, 7AM Pilates, 9AM Restorative Yoga, 6:30
		6	7
		LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Zumba Gold, 10:30 Restorative Yoga, 6:30 Thursday Dinner, 5-8PM RSVPs Recommended 843-856-9378	SMGA, 9:30-10:33 LGA, 9:03-9:21 Yoga for You, 9:30AM
			8
			MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM Vinyasa, 9:15AM
9	10	11	12
MGA, 7:15-7:42	SMGA, 9:30-10:33 LGA, 9:03-9:21 Pilates, 9AM	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	SMGA, 9:30-10:33 LGA, 10:42-11:27 Vinyasa, 7AM Pilates, 9AM Restorative Yoga, 6:30
			13
			LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Zumba Gold, 10:30 Restorative Yoga, 6:30 Thursday Dinner, 5-8PM RSVPs Recommended 843-856-9378
			14
			SMGA 3 Clubs & Putter, 9:30-11 LGA, 9:03-9:21 Yoga for You, 9:30AM Friday Night Prime Dinner, Featuring Prime Rib, 5-8PM RSVPs Recommended 843-856-9378
			15
			MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM Vinyasa, 9:15AM
16	17	18	19
MGA, 7:15-7:42	<i>Martin Luther King Day</i> SMGA, 9:30-10:33 LGA, 9:03-9:21 Pilates, 9AM	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	SMGA, 9:30-10:33 LGA, 10:42-11:27 Vinyasa, 7AM Pilates, 9AM Restorative Yoga, 6:30
			20
			LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Zumba Gold, 10:30 Restorative Yoga, 6:30 Thursday Dinner, 5-8PM RSVPs Recommended 843-856-9378
			21
			SMGA, 9:30-10:33 LGA, 9:03-9:21 Yoga for You, 9:30AM
			22
			MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM Vinyasa, 9:15AM
23	24	25	26
MGA, 7:15-7:42	SMGA, 9:30-10:33 LGA, 9:03-9:21 Pilates, 9AM	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30	SMGA, 9:30-10:33 LGA, 10:42-11:27 Vinyasa, 7AM Pilates, 9AM Restorative Yoga, 6:30
			27
			LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Zumba Gold, 10:30 Restorative Yoga, 6:30 Thursday Dinner, 5-8PM RSVPs Recommended 843-856-9378
			28
			SMGA, 9:30-10:33 LGA, 9:03-9:21 Yoga for You, 9:30AM
			29
			MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM Vinyasa, 9:15AM
30	31		
MGA, 7:15-7:42	SMGA, 9:30-10:33 LGA, 9:03-9:21 Pilates, 9AM		