

AUGUST 2021



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

## upcoming events

### Save the Date: Dunes West Craft Show

Saturday, November 13

Details to come!

## around the club

### Thursday Dinner

Dinner, 5-8:30PM • The Grille Room

RSVP at 843-856-9378

#### Thursday Specials

See the special board:

\$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



*Make plans to be  
at our annual craft show!*

- **House Salad:** Mixed greens with tomatoes, onions, cucumbers & choice of dressing

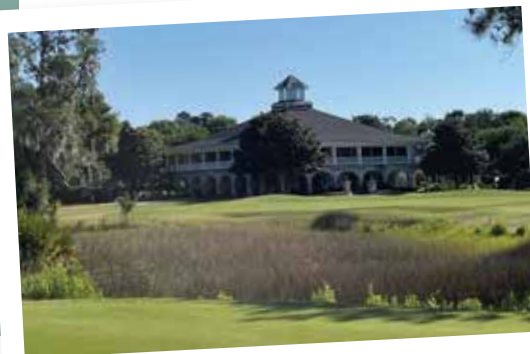
#### APPETIZER

- **Smoked Salmon Dip** with capers, red onion & lemon, served with crustads, \$9

#### ENTRÉES

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

- **Chicken Milanese**  
Thin pounded chicken cutlet breaded and lightly fried, served on a bed of mixed greens tossed in EVOO and fresh squeezed lemon, drizzled with balsamic reduction, \$16
- **Black & Blue Steak**  
Chef Selection crusted with blackened seasoning, topped with a bleu cheese cream sauce, topped with fried onion strings on a bed of mashed potatoes with fresh steamed asparagus, Market Price



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# Food Truck Fridays

Please come and show them love and order. Even if it's a 'not so good' pool day, have the food truck of the day do dinner for your family.

## July's Schedule:

### August 6:

Dog & Duck

### August 13:

Tobo Sushi

### August 14:

Trippy Dogs

### August 20:

#### Food Truck Festival

We will have:

- Immortal Lobster
  - Stuffed
  - Kry's Polish
  - Gelato
- DW Beverage Cart

### August 21:

Trippy Dogs

### August 27:

Madrigals

### August 28:

Mama Dots  
Little Girl

- **Lemon Shrimp**

Over quinoa salad with baby peas, spinach, roasted red peppers and a lemon herb vinaigrette, \$18

- **Baby Back Ribs**

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

## SALADS & SANDWICHES

- **Burger\***

Have it with or without bacon. Choose from American, cheddar, Swiss or smoked Gouda served with shredded lettuce, tomato, onion and 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 and 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

## Friday Night Prime

August 6 & 27 ● Dinner, 5-8:30PM  
The Grille Room

## Wine Specials

See the special board:  
\$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.

- **Prime Rib** with au jus, mashed potatoes & fresh green beans.  
8 oz. Queen-Cut, \$19 ● 12 oz. King-Cut, \$23
- **Shrimp & Grits** with Tasso gravy, scallions & diced tomatoes, \$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

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

## 2021 Pool Season

● All three pools are open and will be open 6-10AM for adult lap swimmers and 10-8PM for family swim. 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.

● **Sunday, August 8 will be the last day we have lifeguards seven days a week as our guards and kids will be going back to school. September 25 will be the last day of the season that the pools have lifeguards. Slide will be closed after this point for the rest of the season.**

● 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.



- There has been quite a good amount of items left behind pool side. If you're missing something, please check the Lost & Found bin.
- **Keep in mind that the Lifeguards are there for slide safety. Parent supervision is still required at all times.**
- **\*Oceanside will start swimming in the Thomas Lynch Hall Pool from 7:30-10AM for practice this month.**

## Summer Fitness Class Session

July 4 – October 5

**Free Trial Week:** July 4-10

**Unlimited Spring Session:** \$150. *Please note the small price bump.*

**Drop-in Class Fee:** \$10/class

**Aqua Aerobics Classes:** \$50/Summer Session

To register and pay for classes, please email Jenn at [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).

### Class Schedule

#### **Mondays:**

Pilates, 9AM  
Aqua Aerobics, 10:30AM (at TLH)

#### **Tuesdays:**

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



Mark Your Calendar!

## September:

Alice in Wonderland  
Mother/Daughter Tea

## October:

Double Bogie 5K,  
If you would like to sponsor our 5K and get advertised on our race shirts. Please contact  
Jenn Devaney  
[jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).



See You at the Club!



Presidents Cup  
Winner!



Anthony Head

## Presidents Cup

### Overall Champion:

Anthony Head  
7' 11" in Shoot Off ● 125 yards.

SUMMER FITNESS CONTINUED »

#### Wednesdays:

Pilates, 9AM,  
Aqua Aerobics, 10:30AM (at TLH)  
Restorative Yoga, 6:30PM

#### Thursdays:

Cardio Sculpt, 8:30AM  
Aqua Aerobics, 10:30AM  
Restorative Yoga, 6:30PM

#### Friday:

Yoga for You, 9:30AM  
(note time change)  
Water Aerobics, 10:30AM  
(at TLH)

#### Saturday:

Chisel, 8AM



## Fitness Facility Updates

● Please wipe and clean equipment after use.

● **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.

● **There will be random swipe card checks –**

Some non-members using a code (that has been changed) have been using the gym and we want to discourage this.

● Please note that there will be repairs on the vinyl cushioning on several pieces of equipment in the gym starting in August. We will try our best to not disrupt too many pieces at once so work outs don't get disrupted.

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

## golf news

## 2021 Ladies Club Championship

August 27 & 28  
Friday, 7:15AM Start  
Saturday, 9:03AM Estimated Start

### Prizes

- Overall Gross & Net Winners & Flight Winners (Flights based on field size \*handicaps)
- Overall Club Champion Wins: Trophy, Parking Space, Gift Certificate, Round Cards

Closest-to-the-Pins Each Day

Lunch & Awards Saturday

\$65 + Cart fees

Open to all Dunes West Members.

Deadline: Tuesday, August 24 ● 12PM

Sign up in the Pro Shop.

\*Handicaps as of August 24 for Net Play.

## 2021 Men's Club Championship

August 28 & 29

### 4 Flights

- Champ – Black Tees (Gross)
- Senior (50 & Older) – Gold Tees (Gross)
- Net Gold – Gold Tees (100% hdcp)
- Net Blue – Blue Tees (100% hdcp)

Closest-to-the-Pins / Day Skins

Sunday Awards Lunch

\$110 + Cart Fees

\$10 Day Skins Net Saturday / Gross Sunday

Deadline: Wednesday August 25

Sign up in the Pro Shop.

\*Handicaps as of August 25 for Net Play



## Hole-in-One!

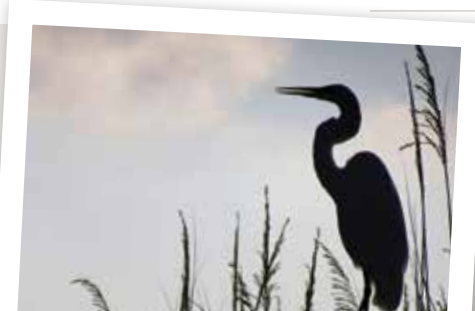
### John Fava

July 12, 2021

Hole #17

169 Yards

4-Hybrid

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 MGA, 7:15-7:42	2 SMGA, 8:18-9:21 LGA, 7:33-8:09 Pilates, 9AM Aqua Aerobics, 10:30AM	3 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30PM Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM	4 SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-10:24 Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30PM	5 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378	6 SMGA, 8:18-9:21 LGA, 7:33-8:09 Yoga for You, 9:30 Aqua Aerobics, 10:30AM Friday Night Prime (Featuring Prime Rib) 5-8:30PM RSVPs Recommended 843-856-9378	7 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8AM	
8 MGA, 7:15-7:42	9 Pilates, 9AM Aqua Aerobics, 10:30AM	10 Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM	11 SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-10:24 Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30PM	12 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378	13 SMGA, 8:18-9:21 LGA, 7:33-8:09 Yoga for You, 9:30 Aqua Aerobics, 10:30AM	14 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8AM	
<b>Course Closed for Aeration</b>							
15 MGA, 7:15-7:42	16 SMGA, 8:18-9:21 LGA, 7:33-8:09 Pilates, 9AM Aqua Aerobics, 10:30AM	17 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30PM Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM	18 SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-10:24 Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30PM	19 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378	20 SMGA Chapman, 8:18-9:39 LGA, 7:33-8:09 Yoga for You, 9:30 Aqua Aerobics, 10:30AM	21 MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Chisel, 8AM	
22 MGA, 7:15-7:42	23 SMGA, 8:18-9:21 LGA, 7:33-8:09 Pilates, 9AM Aqua Aerobics, 10:30AM	24 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30PM Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM	25 SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-10:24 Pilates, 9AM Aqua Aerobics, 10:30AM Restorative Yoga, 6:30PM	26 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378	27 SMGA, 8:18-9:21 Ladies Club Championship, 7:15-8:09 Yoga for You, 9:30 Aqua Aerobics, 10:30AM Friday Night Prime (Featuring Prime Rib) 5-8:30PM RSVPs Recommended 843-856-9378	28 Mens Club Championship, 7:15-8:36 Ladies Club Championship, 8:45-9:30 Chisel, 8AM LGA, 10:24-10:33 GOB 10:42-11:09	
29 Mens Club Championship, 7:15-8:54	30 SMGA, 8:18-9:21 LGA, 7:33-8:09 Pilates, 9AM Aqua Aerobics, 10:30AM	31 LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30PM Cardio Sculpt, 8:30 Restorative Yoga, 6:30PM					

Back to School!



Course Closed for Aeration