

OCTOBER 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

### Double Bogey 5K

October 30 at 8AM  
starts at the Golf Clubhouse.

Our Charities are Low Country Orphan Relief and One 80 Place Shelter. Sponsorship for the Double Bogey 5K is available and you can get advertised on our race shirts.

**Sponsorship Levels:**

- Hole-in-One, \$1000
- Double Eagle, \$750
- Eagle, \$500
- Birdie, \$250

**Volunteers Needed!**

All great neighborhood races have fantastic volunteers. Please contact Jenn Devaney, [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).

**Sign Up**

Sign up at <https://raceroster.com/events/2021/51152/2021-double-bogie-5k>



## around the club

### Thursday Dinner

Dinner served, 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

**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.*

# Food Truck Fridays

October is our last month for Food Truck Fridays for 2021 season. Please come out and support them at the front of the Athletic Club.

## October's Schedule:

### October 1:

Wally's Gyro

### October 8:

Dunes West Social Committee supported Octoberfest with food trucks.

Berlin Food Truck & Beer Truck

### October 15:

Tobo Sushi

### October 22:

Immortal Lobster & Cookie Dough Truck

### October 29:

Johnny Poppers

## APPETIZER

### ● Southern Skins

Baked potato skins stuffed with crispy pulled pork & smoked Gouda, drizzled with bourbon BBQ sauce & topped with scallion sour cream, \$9



## ENTRÉES

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

● **Bratwurst** with boiled potatoes, sauerkraut with apples & onions and a side of grain mustard, \$16

### ● Fish & Chips

Breaded and fried cod with hand-cut fries, coleslaw & tartar sauce, \$18

### ● Madeira Chicken

Chicken sautéed in a mushroom Madeira wine sauce, served over mashed potatoes with fresh steamed asparagus, \$17

### ● Steak Au Poivre

Chef's choice topped with a classic peppercorn cream & fried onion straws on a bed of mashed potatoes, served with fresh steamed asparagus, \$23

## SALADS & SANDWICHES

### ● Burger\*

Have it with or without bacon. Choose from 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 from American, cheddar, Swiss or smoked Gouda 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



## Save the Date! 30th Anniversary!

Monday November 8

Join us for food, drinks and fireworks!

## Fall Fitness Class Session

October 4 – February 1

**Unlimited Spring Session:** \$150

*Please note the small price bump.*

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

Aqua Aerobics classes are \$25 for the one month of October until the pool closes October 31.

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

### Wednesdays:

Pilates, 9AM

Aqua Aerobics, 10:30AM at TLH

Restorative Yoga, 6:30PM

### Thursdays:

Cardio Sculpt, 8:30AM

Zumba Gold, 10:30AM (fitness room)

Aqua Aerobics, 10:30AM at TLH

Restorative Yoga, 6:30PM

### Friday:

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

Water Aerobics, 10:30AM at TLH

### Saturday:

Chisel, 8AM



*Congrats Winners!*



Dunes West Rivertowne Challenge



Curt Wegner



Laura Davis

## New Fitness Class Alert! Zumba Gold

**Zumba Gold** was designed for the active older adults, the true beginner, and/or people who are not used to exercising, or limited physically. It's done at a much lower intensity. Same great Latin and international styles of music and dance are used in classes strives to improve our balance, strength, flexibility and most importantly, the hear. Zumba has easy-to-follow choreography, range of motion and coordination.

## Fitness Facility Updates

- The Club is pleased to share that the well-used vinyl on the fitness machines have been repaired. Our old lat pull down machine has been replaced with a new and improved machine.
- 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.

## *golf news*

### 2021 Men's Club Championship

#### Championship Flight

- 1st Place:** Curt Wegner, 81-76—157
- 2nd Place:** Arthur Kwon, 79-81—160
- 3rd Place:** Jerad Shaffer, 78-82—160
- 4th Place:** Anthony Head, 80-82—162

#### Senior Club Champion

- 1st Place:** Edward Castiller, 75-76—151
- 2nd Place:** Robert Malaussena, 78-79—157
- 3rd Place:** Kevin Cooper, 76-84—160
- 4th Place:** Kevin Doyle, 80-82—162
- 5th Place:** Bill Godwin, 87-77—164



## Hole-in-One!

**Barbara Miller**

Hole #6 ● 102 yards

8-Iron ● 9/16/21

Witnesses: Karen Snyder,  
Sheila Moses, Laura Davis

### Net Gold Flight

- 1st Place:** Tyler Stahl, 73-74—147
- 2nd Place:** Jimmy Broach, 79-69—148
- 3rd Place:** Jett Eppes, 74-75—149
- 4th Place:** Joe Landing, 77-73—150

## 2021 Ladies Club Championship

### Championship-Gross

- 1st Place:** Laura Davis, 174
- 2nd Place:** Evie Wasson, 175

### Championship-Net

- 1st Place:** Karen Snyder, 146
- 2nd Place:** Patty Tykal, 149

## Pool Season Closing this October 31

All three pools are open and will be open 6-10AM for Adult lap swimmers. Please no children in the pool until 10AM.

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.

September 25 was the last day of the season that the pools have guards. The slide is closed for the rest of the season due to DHEC safety rules.

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.

Oceanside is swimming in the Thomas Lynch Hall Pool from 7:45-10AM for practice until mid October.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					SMGA, 8:18-9:21 LGA, 7:33-8:09 Yoga for You, 9:30AM	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM
3	4	5	6	7		9
MGA, 7:15-7:42	SMGA, 8:18-9:21 LGA, 7:33-8:09 Pilates, 9AM Aqua Aerobics, 10:30AM	LGA Member/Member, 8:09 Cardio Sculpt, 8AM Restorative Yoga, 6:30PM	SMGA, 8:18-9:21 LGA 9 & Lunch, 9:39-10:24 Pilates, 9AM Restorative Yoga, 6:30PM Aqua Aerobics, 10:30AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Cardio Sculpt, 8AM Zumba Gold, 10:30AM Restorative Yoga, 6:30PM Thursday Dinner, 5-8:30PM RSVPs Recommended 843-856-9378	SMGA, 8:18-9:21 LGA, 7:33-8:09 Yoga for You, 9AM Aqua Aerobics, 10:30AM	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM
10	11	12	13	14	15	16
MGA, 7:15-7:42	SMGA, 9:03-10:06 LGA, 8:18-8:54 MGA, 7:15-8:09 Pilates, 9AM Aqua Aerobics, 10:30AM <i>Columbus Day</i>	<b>Closed Overseeding</b> Cardio Sculpt, 8AM Restorative Yoga, 6:30PM	<b>Closed Overseeding</b> Pilates, 9AM Restorative Yoga, 6:30PM Aqua Aerobics, 10:30AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Cardio Sculpt, 8AM Zumba Gold, 10:30AM Restorative Yoga, 6:30PM Thursday Dinner, 5-8:30PM RSVPs Recommended 843-856-9378	SMGA, 8:18-9:21 LGA, 7:33-8:09 Yoga for You, 9AM Aqua Aerobics, 10:30AM <i>Boss's Day</i>	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM
17	18	19	20	21	22	23
MGA, 7:15-7:42 Couples Golf, 1PM Couples Golf Dinner	SMGA, 9:30-10:33 LGA, 8:45-9:21 Pilates, 9AM Aqua Aerobics, 10:30AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Cardio Sculpt, 8AM Restorative Yoga, 6:30PM	SMGA, 9:30-10:33AM LGA 9 & Lunch, 10:42-11:27AM Pilates, 9AM Restorative Yoga, 6:30PM Aqua Aerobics, 10:30AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Cardio Sculpt, 8AM Zumba Gold, 10:30AM Restorative Yoga, 6:30PM Thursday Dinner, 5-8:30PM RSVPs Recommended 843-856-9378	SMGA, 9:30-10:33 LGA, 8:45-9:21 Yoga for You, 9AM Aqua Aerobics, 10:30AM	MGA, 8:27-10:15 LGA, 10:33-10:42 GOB, 11:18-11:45 Chisel, 8AM
24	25	26	27	28	29	30
MGA, 8:27-10:15	SMGA Championship, 9:30-10:51 LGA, 8:45-9:21 Pilates, 9AM Aqua Aerobics, 10:30AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Cardio Sculpt, 8AM Restorative Yoga, 6:30PM	SMGA Championship, 9:30-10:51 LGA 9 & Lunch, 11-11:54 Pilates, 9AM Restorative Yoga, 6:30PM Aqua Aerobics, 10:30AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Cardio Sculpt, 8AM Restorative Yoga, 6:30PM Zumba Gold, 10:30AM Thursday Dinner, 5-8:30PM RSVPs Recommended 843-856-9378	SMGA Championship, 9:30-10:51 LGA 8:45-9:21 Yoga for You, 9AM Aqua Aerobics, 10:30AM	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM
31						
MGA, 7:15-7:42 <i>Halloween</i>						