OCTOBER 2024

Pro Shop 843-856-9000

Grille

843-856-9000 ext. 7

Athletic Club, Jenn Devaney 843-856-9000 ext. 4

duneswestgolfclub.com @duneswestgolfandriverclub



Breakfast

Monday-Friday, 8-11AM

> Saturday, 8AM-Noon

Sunday Brunch

8AM-3PM RSVP 843-856-9378 ext. 7

Lunch

Monday-Saturday, 11AM-3PM

Dinner

Thursdays, 5-8:30PM



**Plus tax & gratuity.

Dunes West

GOLF & RIVER CLUB

this month

Fall Yoga Event

Poolside Yoga & Sound Bath

October 12 9AM

Cucumber/Lavender Water & Pumpkin Spice Mimosas, \$15

Reserve your spot with Jenn, jenn.devaney@duneswestgolfclub.com.

Trunk or Treat

Sunday, October 27 • 11AM-1PM Athletic Club Parking Lot

- Face Painting
- Best Trunk Contest

If you would like to participate and decorate your trunk and pass out candy email duneswestsocialcommittee@gmail.com to sign up.

Dunes West Athletic Club Presents 28th Annual Holiday Craft Show

Saturday, November 9 • 9AM-4PM 3293 Harpers Ferry Way

- So many great new artists this year!
- Everything is handcrafted by local artists.
- Jams, pickles, felt flowers, many assortments of jewelry, ceramics, art, candles & much more
 - Local Food Truck & Beverage Cart Mimosas

Save the Dates

November 9

Annual Craft Show
The Athletic Club 9AM-4PM

December 2

Member Party

December 15

Hot Chocolate with Santa

around the club

The Grille Room October BBQ Buffet

Dinner served, 5-8PM
Adults, \$29** Kids, 11 & Under, \$12**
Reservations Strongly Recommended
Call Grille Room for reservations,
843-856-9000 ext. 7.

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MENU

3 Meats

2 of the 3 rotated weekly

- Pulled Pork (offered every week)
- Beer Sausage
- Braised Brisket
- St. Louis Pork Ribs

2 Hot Sides

1 of the 3 rotated weekly

- Mac & Cheese (Offered every week)
- Squash Casserole
- BBQ Baked Beans

1 Cold Side

1 of the 2 rotated weekly

- Broccoli Crunch Salad
- Loaded Baked Potato Salad

1 Dessert

1 of the 3 rotated weekly

- Assorted Pie's
- Homemade Banana Pudding
- Homemade Fruit Cobbler with Fresh Whipped Cream



Aqua Aerobics

Mondays, Wednesdays, Fridays 11AM-12PM TLH Pool

Pool Hours

All pools close October 31 & re-open April 1, 2025.

Poolside Yoga & Sound Bath

October 12 9AM



Did you know we offer fitness classes at the Athletic Club?

Give a class a try for free for your first class. Classes are \$10 drop-ins or \$150 for four months unlimited.

You can just show up to the classroom on the far right of the clubhouse at the time of class. If you want to keep taking classes, contact Jenn Devaney jenn.devaney@ duneswestgolfclub.com to sign up.

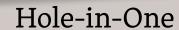
Monday

7:30AM Total Body Conditioning, Traci S

8:45AM Pilates, Tracy **11AM** Aqua Aerobics, Susan **6PM** Yin, Megan

Tuesday

7AM Vinyasa, Megan **8:30AM** Pump It Up, Pam **6:30PM** Restorative Yoga, Jim



Roy Flanagan

September 16 Hole #8 179 Yards
5-Iron

Ray Bradshaw

Mike Block

Wednesday September 25 Hole #6 148 yards 9-Wood Witnesses: Tim Hamm, Dan LaVista,

golf news DW Rivertowne Challenge

Rivertowne victorious 33 to 26

Wednesday

7AM Vinyasa, Megan8:45AM Pilates, Tracy11AM Aqua Aerobics, Susan6:30PM Restorative Yoga, Jim

Thursday

7AM Vinyasa, Megan **8:30AM** Pump It Up, Pam **6:30PM** Restorative Yoga, Jim

Friday

7:30AM Total Body Conditioning, Tracy S.

11AM Aqua Aerobics, Susan

Saturday

9AM Vinyasa, Megan

Sunday

8AM Chisel, Jim



Crunk or Creat

October 27th 11am - 1pm Face Painting Best Trunk contest

**If you would like to partcipate and decorate your trunk and pass out Candy please email duneswestsocialcommittee@gmail.com to sign up

Located in the Athletic Club Parking Lot



Dunes West

FALL YOGA EVENT

POOLSIDE YOGA AND SOUND BATH



OCT. 12, 9AM

CUCUMBER/LAVENDER WATER AND PUMPKIN SPICE MIMOSAS OFFERED \$15

RESERVE YOUR SPOT WITH JENN
JENN.DEVANEY@DUNESWESTGOLFCLUB.COM

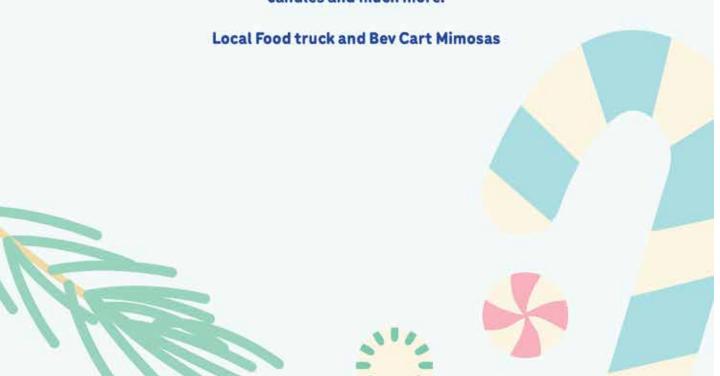
Dunes West Athletic Club Presents 28th Annual HOLIDAY CRAFT SHOW NOV. 9 9am - 4pm

3293 Harpers Ferry Way

So many great new artists this year!

Everything is handcrafted by local artists.

Jams, pickles, felt flowers, many assortments of jewelry, ceramics, art, candles and much more.





October 2024

duneswestgolfclub.com

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		Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:30	SMGA, 8-9:21 LGA, 9:30-10:15	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:51 Thursday Dinner BBQ Buffet 5-8PM RSVPs Recommended 843-856-9378	LGA, 7:33-7:51 SMGA, 8-9:21	MGA, 7:15-8:36 LGA, 9:12-9:21 GOB, 10:06-10:33
6		90	9	10	11	12
				LGA, 8:18-9:03 SLIP, 9:39-9:57		
MGA, 7:15-7:51	CI. I	Cl. I	SMGA, 8-9:21	GOB, 10:06-10:51	LGA, 7:33-7:51	MGA, 7:15-8:36
Sunday Brunch RSVPs Recommended 843-856-9378	Closed Overseeding	Closed Overseeding	SMGA, 0-9:21 LGA, 9:30-10:15	Thursday Dinner BBQ Buffet 5-8PM RSVPs Recommended 843-856-9378	SMGA, 8-9:21	LGA, 9:12-9:21 GOB, 10:06-10:33
13	14	15	16	17	18	19
MGA, 7:15-7:51 Couples Golf, 1PM Sunday Brunch RSVPs Recommended 843-856-9378	MGA, 7:15-8:36 LGA, 8:45-9:12 SMGA, 9:21-10:51	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:24	SMGA, 8-9:21 LGA, 9:30-10:15	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:51 Thursday Dinner BBQ Buffet 5-8PM RSVPs Recommended 843-856-9378	LGA, 7:33-7:51 SMGA, 8-9:21 Octoberfest 5-7:30 @ AC	MGA, 7:15-8:36 LGA, 9:12-9:21 GOB, 10:06-10:33
20	21	22	23	24	25	26
MGA, 7:15-7:51 Sunday Brunch RSVPs Recommended 843-856-9378	LGA, 8:45-9:03 SMGA Championship, 09:30-10:51	LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:33	SMGA Championship, 9:30-10:51 LGA, 11-11:45	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:51 Thursday Dinner BBQ Buffet 5-8PM RSVPs Recommended 843-856-9378	LGA, 8:45-9:03 SMGA Championship, 9:30-10:51	MGA Invitational
27	28	29	30	31	ATTUO D	A STATE OF THE STA
MGA Invitational Trunk or Treat, 11AM-1PM @AC Sunday Brunch RSVPs Recommended 843-856-9378	LGA, 8:45-9:03 SMGA, 9:12-10:33	LGA Member/Member, 8:18 SLIP, 8-8:09 GOB, 10:42-11:27	SMGA, 9:12-10:33 LGA, 10:42-11:27	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:51 Pools Close for the Season No Thursday Dinner Due to Halloween		