

MAY 2023



Pro Shop
843-856-9000

Grille
843-856-9378

Athletic Club
843-856-9000 ext. 4

duneswestgolfclub.com
@duneswestgolfandriverrclub

Join us!

Breakfast

Monday-Friday,
8-11AM

Saturday,
8AM-Noon

**Sunday
Buffet Brunch**

10AM-2PM RSVP
843-856-9378 ext. 7

Lunch

Daily,
11AM-3PM

Dinner

Thursdays,
5-8PM

Wednesday Buffet,
5-8PM

Dunes West

GOLF & RIVER CLUB

this month

Mother's Day Brunch

Sunday, May 14
Reservations: 10AM-1PM

Adults, \$34.99++
Children, Under 3-11, \$17.99++

Reservations by email only:
jenn.devaney@duneswestgolfclub.com

Buffet Brunch Menu

- **Fresh Fruit** with chocolate fondue
- **Assorted Muffins & Pastries**
- **Scrambled Eggs** with cheese
- **Bacon & Sausage**
- **Breakfast Potatoes**
- **French Toast Sticks**



- **Caesar Salad** with shaved Parmesan
- **Carving Station** with herb-encrusted sirloin & smoked pork loin
- **Jambalaya** with shrimp, chicken, sausage, tomato, bell pepper & onions
- **Assorted Mini Desserts**
- **Coffee & Juice** included

Second Friday Social

May 12 ● Athletic Club

Please note that our next event will be May 12 in front of the Athletic Club. It is a great way to meet your neighbors and members of the club.

Community Yard Sale

Saturday, May 20 ● 10AM-2PM
Athletic Club

around the club

Book your Porch Rentals for the Summer now!

The screened porch is \$50 an hour minimum two hours. Contact Jenn Devaney for availability, jenn.devaney@duneswestgolfclub.com or 843-856-9000 ext. 4.

*Food Truck
Fridays*

Fridays ● 5PM-7PM ● Athletic Club

May 5
Empandas Cuisine

May 12:
El Jefe & Shaka Shrimp (Second Friday with live music & beverages)

May 19:
Krystyna's

May 26:
Wally's Gyros

June 2:
Empanadas Cuisine & 2nd Truck TBD

**Plus tax & gratuity.

Pools are Open!

- All pools at the Dunes West Athletic Club open on April 1 (closes October 31).
- Adult lap swim in Main and TLH, 6-10AM
- Family Swim, 10AM-8PM
- Lifeguards weekends only (slide open weekends only)
- May 28: Lifeguards start working every day (slide open every day)
- Aqua Aerobics will begin in May 1 at 11:30AM on the weather and water temperature.
- Thank you for respecting that there are no children or families in the pool areas until 10AM. The ADULT Pool does not open until 10AM. Lap swimming is not allowed in the adult pool.



Thursday Dinner

Dinner, 5-8:30PM ● The Grille Room

Thursday Specials

See the special board for our:
\$25 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

- **Spinach & Artichoke Dip**
Oven-baked and served with tortilla chips, \$9

ENTRÉES

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

- **Sautéed Chicken Saltimbocca**
with prosciutto, garlic and sage in a white wine lemon butter sauce, mashed potatoes & char-grilled asparagus, \$18
- **Chipotle Fried Shrimp**
Drizzled with a smoky lime aioli, garnished with chopped scallions with hand-cut fries, \$19
- **BBQ & Grits**
Slow-cooked pulled pork, caramelized onions & Cheddar cheese, on a bed of creamy bacon grits drizzled with Alabama white BBQ sauce, \$18
- **8 oz. Filet** with port wine demi-glace, mashed potatoes & char-grilled asparagus, Market Price

SALADS & SANDWICHES

- **Burger***
Have it with or without bacon. Choose: American, cheddar, Swiss or smoked gouda cheese. Served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14

Wednesday Buffet Dinner

Dinner, 5-8PM ● The Grille

Reservations strongly recommended
843-856-9378.

Adults, \$22 ● Children, 11 & under, \$10

MENU

The menu will change each week and will always feature:

- Salad ● Bread
- Two or Three Entrée Selections
- Dessert

Look for an email on the Monday before, for the Chef's selections

WINE

See the special board for our:
\$25 Wine Bottle Specials

Children's Menu (12 & Under)

\$6 Includes a side of tater tots.

- Chicken Fingers ● Cheeseburger
- Cheese Quesadilla ● Grilled Cheese



DW Swim Team *Go Swordfish!*

April 29: DW Team try outs, Saturday 8-10AM

May 8-June 6: DW swim team practice in TLH Monday-Thursday (No Fridays), 4:30-7PM

June 7-July 7: DW Swim team practices in TLH, Monday-Friday, 7-10AM

The Hicksy Champs



● **Chicken Sandwich**

Have it grilled or fried, with or without bacon. Choose American, Cheddar, Swiss or smoked gouda cheese. 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, \$18

KIDS

Choose one side.

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

Sunday Brunch Buffet

10AM-2PM ● The Grille Room

Adults, \$17*

Kids, 12 & Under, \$9*

*Beverages not included.

Mimosa Carafe's, \$11

Call for reservations,
843-856-9000 ext. 7.

Buffet Menu

The following items will be available every week:

- Assorted muffins & pastries
- Fresh fruit & yogurt bar
- Scrambled eggs with cheese
- Biscuits & gravy
- Applewood smoked bacon
- Breakfast sausage patties & links
- Fried potatoes, peppers & onions
- Mixed green salad
- Shrimp & grits

Chef Selected Action Stations

The Chef will **rotate** one or two of the following additional items each week:

- Premium Sliced Meats (including sirloin, ham, turkey, pork loin)
- Pancakes
- Cooked to order, with assorted toppings
- Fried chicken & waffles
- Just to name a few!

Bloody Mary Bar

Sunday ● 10AM-2PM

Price varies based on vodka selected. Order your liquor of choice, and build-your-own Bloody Mary with a variety of fix' ins.

fitness



Fitness Classes

New Class:

Mondays ● 6PM

Yin is back with Megan on Monday evenings. Please note, first Monday of the month, it may move locations.

Sunset Yoga:

Tuesday, May 2 ● 7:30PM
30 minutes before sunset

We are excited to announce that we are going to start Sunset Yoga on the first Tuesday of each month. Meet us 30 minutes before sunset. The event will take place at the Golf Clubhouse **outdoors** in front Wagner creek. Bring your mats.

Sound Bath:

Sunday, May 28 ● 6PM

golf news

The Hicksy Results

1st Place:

Kevin Doyle, Robert Viall — 51

2nd Place:

Daniel Lundstedt, Peter Bengtsson — 54

3rd Place:

Adrian Wewers, Drew Wewers — 56

4th Place:

Bill Godwin, Jett Eppes — 57

5th Place:

Douglas Weber, Mark Estebo — 58

Saturday

1st Place:

Adrian Wewers, Drew Wewers — 62

2nd Place:

Bill Godwin, Jett Eppes — 62

3rd Place:

Douglas Weber, Mark Estebo — 63

Congratulations to all the players!

Gym & Fitness Classes

Gym Reminder: MUST be 18 or older to workout in our gym without a parent. No kids under 13 can be in there without a parent.

Please be respectful of others by wiping down mats, equipment, and cardio machines after use. Replace weights to their designated spots and remove your weights from equipment after use. Thank you for not hogging a piece of equipment and scroll on phones between set when it's busy. Always assume someone might want to use it too.

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>SMGA, 8:09-9:21 LGA, 7:42-8:00 Total Body, 7AM Pilates, 9AM</p>	<p>2</p> <p>LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Sculpt, 8:30AM Restore, 6:30PM Sunset Yoga, 7:45PM</p>	<p>3</p> <p>SMGA, 8:00-9:30 TOURNAMENT, 9:39AM Vinyasa, 7AM Pilates, 9AM Restore, 6:30PM No Wednesday Buffet due to a private event at the club.</p>	<p>4</p> <p>LGA, 8:18-9:03 SLIP, 9:12-9:30 GOB, 10:06-10:51 Vinyasa, 7AM Sculpt, 8:30AM Restore, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378</p>	<p>5</p> <p>SMGA, 8:09-9:21 LGA, 7:42-8:00 Total Body, 7AM</p>	<p>6</p> <p>MGA, 7:15-8:36 LGA, 10:24-10:35 GOB, 11:18-11:45 Vinyasa, 9AM</p>	
<p>7</p> <p>MGA, 7:15-7:42 Couples Golf, 1PM Chisel, 8AM Mother's Day Brunch RSVPs by email only: jenn.devaney@duneswestgolfclub.com</p>	<p>8</p> <p>SMGA, 8:09-9:21 LGA, 7:42-8:00 Total Body, 7AM Pilates, 9AM</p>	<p>9</p> <p>LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Sculpt, 8:30AM Restore, 6:30PM</p>	<p>10</p> <p>SMGA, 8:00-9:30 LGA, 9:39-10:24 Vinyasa, 7AM Pilates, 9AM Restore, 6:30PM Wednesday Buffet Dinner 5-8PM RSVPs Recommended 843-856-9378</p>	<p>11</p> <p>• LGA, 8:00-8:45 • SLIP, 8:54-9:12 • GOB, 9:21-10:06 • Mens Invitational Mini Tournament, 1PM • Vinyasa, 7AM • Sculpt, 8:30AM • Restore, 6:30PM • No Thursday Dinner Due to a Private Event at the Club</p>	<p>12</p> <p>Mens Invitational – Course Closed Total Body, 7AM</p>	<p>13</p> <p>Mens Invitational – Course Open, 4:24PM Vinyasa, 9AM</p>
<p>14</p> <p>MGA, 7:15-7:42 Chisel, 8AM Sunday Brunch Buffet 10AM-2PM RSVPs Recommended 843-856-9378</p>	<p>15</p> <p>SMGA, 8:09-9:21 LGA, 7:42-8:00 Total Body, 7AM Pilates, 9AM</p>	<p>16</p> <p>LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Sculpt, 8:30AM Restore, 6:30PM</p>	<p>17</p> <p>SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Restore, 6:30PM Wednesday Buffet Dinner 5-8PM RSVPs Recommended 843-856-9378</p>	<p>18</p> <p>LGA, 8:18-9:39 SLIP, 9:48-10:06 GOB, 10:15-11:00 Vinyasa, 7AM Sculpt, 8:30AM Restore, 6:30PM Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378</p>	<p>19</p> <p>SMGA Red/White/Blue, 8:18-9:39 LGA, 7:42-8:00 Total Body, 7AM</p>	<p>20</p> <p>MGA, 7:15-8:36 LGA, 9:12-9:21 GOB, 10:06-10:33 Vinyasa, 9AM</p>
<p>21</p> <p>MGA, 7:15-7:42 Chisel, 8AM Sunday Brunch Buffet 10AM-2PM RSVPs Recommended 843-856-9378</p>	 <p>SMGA, 8:09-9:21 LGA, 7:42-8:00 Total Body, 7AM Pilates, 9AM</p>	<p>23</p> <p>LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Sculpt, 8:30AM Restore, 6:30PM</p>	<p>24</p> <p>SMGA, 8:00-9:30 Tournament, 9:39AM Vinyasa, 7AM Pilates, 9AM Restore, 6:30PM Wednesday Buffet Dinner 5-8PM RSVPs Recommended 843-856-9378</p>	<p>25</p> <p>• LGA, 8:18-9:39 • SLIP, 9:12-9:30 • GOB, 10:06-10:51 • Vinyasa, 7AM • Sculpt, 8:30AM • Restore, 6:30PM • Thursday Dinner 5-8:30PM RSVPs Recommended 843-856-9378</p>	<p>26</p> <p>SMGA, 8:09-9:21 LGA, 7:42-8:00 Total Body, 7AM</p>	<p>27</p> <p>MGA, 7:15-8:36 LGA, 9:12-9:21 GOB, 10:06-10:35 Vinyasa, 9AM</p>
<p>28</p> <p>MGA, 7:15-7:42 Chisel, 8AM Soundbath, 6PM Sunday Brunch Buffet 10AM-2PM RSVPs Recommended 843-856-9378</p>	<p>29</p> <p>MGA, 7:15-8:36 LGA, 8:45-9:12 SMGA, 9:21-10:33 Total Body, 7AM Pilates, 9AM</p>	<p>30</p> <p>LGA, 8:09-8:54 SLIP, 9:39-9:57 GOB, 10:06-10:51 Vinyasa, 7AM Sculpt, 8:30AM Restore, 6:30PM</p>	<p>31</p> <p>SMGA, 8:00-9:30 LGA, 9:39-10:24 Vinyasa, 7AM Pilates, 9AM Restore, 6:30PM Wednesday Buffet Dinner 5-8PM RSVPs Recommended 843-856-9378</p>			

Memorial Day!