

JUNE 2023



Pro Shop  
843-856-9000

Grille  
843-856-9378

Athletic Club  
843-856-9000 ext. 4

duneswestgolfclub.com  
@duneswestgolfandriverclub

Join us!

**Breakfast**

Monday-Friday,  
8-11AM

Saturday,  
8AM-Noon

**Sunday  
Brunch**

8AM-1PM RSVP  
843-856-9378 ext. 7

**Lunch**

Monday-Saturday,  
11AM-3PM

Sunday,  
12-3PM

**Dinner**

Thursdays,  
5-8:30PM

Wednesday Buffet,  
5-8PM

# Dunes West

GOLF & RIVER CLUB

this month

## Friday Social

June 9  
Front of the Athletic Club

Please note that our next 2nd Friday Social event is coming up. It is a great way to meet your neighbors and members of the club. Food Trucks are *The Biscuit Shed* and *Krystnas*. Music Talent: Upcoming new talent, *Natasha Cullen*.

around the club

## Thursday Dinner

Dinner ● 5-8PM  
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

● **Sausage & Squid**

Fried calamari & grilled sweet Italian sausage, tossed with fresh lemon juice, pepper rings & garlic-parsley butter, served with marinara & lemon-garlic aioli, \$10

### Entrées

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

● **Eggplant Napoleon**

Breaded and lightly fried eggplant layered with Italian herbs, ground beef & cheese, finished with homemade marinara, served with a side of penne marinara, \$19

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Food Truck  
Fridays



Friday ● 5-7PM  
Athletic Club

**June 2**  
Empanadas Cuisine

**June 9**  
The Biscuit Shed & Krystnas (Second Friday with live music & beverages)

**June 16**  
Pita Stroller & Riverdogs Truck

**June 23**  
Tatornator & Wally's Gyros

**July**  
El Jefe & Tatornator

\*\*Plus tax & gratuity.

*in the pool*

## Pool News

- **Adult Lap Swim**, Main & TLH Pools, 6-10AM
- **Family Swim**, 10AM-8PM
- There is no lap swimming in the Adult Pool

### 2023 Pool Calendar

- Lifeguards weekends only (slide open weekends only)
- **May 28:** Lifeguards start working every day (slide open every day)

## DW Swim Team

### DW Swim Team Practices

#### May 8 – June 6

Monday-Thursday (No Fridays)  
TLH ● 4:30-7PM

#### June 7 – July 7

Monday-Friday  
TLH ● 7-10AM

### Home Meets

June 14 & June 28

*Go Swordfish!*

## Aqua Aerobics

Monday, Tuesday & Wednesday  
11:30AM ● Lap Pool

You can just show up at the pool and join class.

## The Adult Pool Info

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.

- **Grilled Tuscan Ribeye**

Chef's cut, marinated in olive oil, lemon zest, garlic, rosemary, oregano, crushed red pepper & black pepper, with a char-grilled tomato & hand-cut Parmesan fries, Market Price

- **Shrimp Scampi**

Sauteed shrimp, tossed in lemon, garlic, parsley butter with penne pasta, \$22

- **Chicken Parmesan**

Topped with marinara sauce & fresh mozzarella, served on a bed of penne Alfredo, \$19

### 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, \$18

### KIDS

*Choose one side.*

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

## Wednesday Buffet Dinner

Dinner, 5-8PM  
The Grille

Adults, \$22  
Children (11 & under), \$10  
Reservations Strongly Recommended  
843-856-9378

### 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



## KE Camp Begins on June 12

We are excited to welcome all our campers.

# Sunday Brunch

8AM – 1PM

Full Breakfast menu available on Sunday, along with the additional selections below.

## Sunday Brunch Reservations:

Call 843-856-9000 ext. 7

## Breakfast Menu

Monday – Friday: 8-11AM

Saturday: 8AM – 12PM

Sunday: 8AM – 1PM

### ● **BYO Egg Sandwich\*\***

Swiss, American, Cheddar, Havarti or Provolone cheese, on English muffin, white toast, wheat toast or tortilla wrap, \$7

### ● **Big Dog Breakfast\*\***

“Let the big dog eat!” Two eggs, two bacon strips, two sausage patties, two pancakes, breakfast potatoes, \$12

### ● **Dunes West Frittata\*\***

Eggs baked with potatoes, bacon, sausage, caramelized onions, Cheddar cheese and English muffin, white or wheat, \$12

### ● **Golfer’s Special\*\***

Two eggs with choice of ham, bacon or sausage, breakfast potatoes & choice of English muffin, white or wheat toast, \$11

### ● **BYO Omelet\*\***

Three eggs filled with your choice of ham, bacon, sausage, tomatoes, onions, scallions, Swiss, American, Cheddar, Havarti or Provolone cheese, with breakfast potatoes and English muffin, white or wheat toast, \$12

● **Buttermilk Pancakes** with choice of bacon or sausage, \$10

● **French Toast** with choice of bacon or sausage, \$10

## Brunch Menu

### ● **Fried Chicken & Waffles**

Fried chicken breast, whipped butter & maple syrup on a crispy waffle, \$16



Branch Anyone!



### ● **Breakfast Burrito\*\***

Scrambled eggs, shredded cheddar, chopped bacon, sausage, sauteed peppers & onions wrapped in a flour tortilla, topped with homemade queso & sliced jalapeños, served with breakfast potatoes, \$15

### ● **Chicken & The Egg Sandwich\*\***

Fried chicken breast, Cheddar, two slices of bacon & a sunny-side egg, with Bibb lettuce, tomato, onion, Brioche bun, breakfast potatoes, \$15

### ● **Sunrise Burger\***

Half pound char-grilled Angus beef, with Swiss, American, Cheddar, Havarti or provolone cheese, two slices of bacon & a sunny-side egg, with bibb lettuce, tomato, onion, pickle, brioche bun, breakfast potatoes, \$16

## 'BENES'

### ● **Eggs Benedict\*\***

Grilled ham, two poached eggs on an English muffin with hollandaise, breakfast potatoes, \$14

### ● **Irish Benedict\*\***

Corned Beef, Swiss, two poached eggs on an English muffin with hollandaise, breakfast potatoes, \$16

### ● **Philly Benedict\*\***

Shaved sirloin, white American cheese, sauteed peppers & onions, two poached eggs on an English muffin with hollandaise, breakfast potatoes, \$16

## Bloody Mary Bar

Sunday ● 10AM – 1PM

Order your liquor of choice, build-your-own-Bloody Mary with a variety of fix' ins

Mimosa Carafe's, \$11

## Breakfast Sides

- Bacon ● Sausage
- White or Wheat English Muffin
- Hand-Cut Potatoes
- Grits (Saturday & Sunday Only)

## KIDS MENU

\$6 (12 years of age & under only)

## BREAKFAST

Egg\*\* & Cheese on English Muffin

One Pancake with Bacon or Sausage

One Egg\*\* & Toast

## LUNCH

\$6 Served with fries.

- Chicken Fingers ● Cheeseburger
- Cheese Quesadilla ● Grilled Cheese

gym & fitness

## Gym Reminders

- 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.

## New Class

Yin is back with Megan

Mondays ● 6PM

Please note, first Monday of the month, it may move locations.



# Aerification Announcement

- The Golf Course will be **CLOSED** June 12-16 for our Bi-Annual Aerification of the golf course.
- The Driving Range and Putting Green will also be **CLOSED**.
- The Golf Course and Practice Facility will open back up on Saturday, June 17.



*golf news*

## Men's Member Invitational Results

Congratulations to the Overall Champs and Flight Winners.

### Overall Winners

Huffman & Allen

### Flight 1

**1st Place:**  
Castiller & Calabrese

**2nd Place:**  
Emory & Farrell

### Flight 2

**1st Place:**  
Huffman & Allen

**2nd Place:**  
McGowin & Matroni



[ABOVE]: Men's Member Invitational:  
James Huffman & Lyle Allen



*Men's  
Member  
Invitational*



### Flight 3

**1st Place**  
Shaffer & Smith

**2nd Place:**  
Godwin & Hamilton

### Flight 4

**1st Place:**  
Slezak & Martini

**2nd Place:**  
Dunn, T & Coccola

### Flight 5

**1st Place:**  
Eppes, J & Eppes, B

**2nd Place:**  
Smith, E & Smith E

### Flight 6

**1st Place:**  
Patterson, L & Patterson A

**2nd Place:**  
Wewers, A & Wewers, D

### Flight 7

**1st Place:**  
Montegary & Meng

**2nd Place:**  
Morse, R & Daughtridge

### Flight 8

**1st Place:**  
Schneider & Fertel

**2nd Place:**  
Lundstedt, D & Lundstedt, D

### Flight 9

**1st Place:**  
Broach & Thrift

**2nd Place:**  
Phillips & Beadin

« Ladies Member Guest Over  
All Champs: Diane Lovejoy &  
Donna Lee

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|---|---|---|---|--|
|  <p>4</p> <p>MGA, 7:15-7:42<br/>Chisel, 8AM<br/>New Sunday Brunch Menu 8AM-1PM<br/>RSVPs Recommended 843-856-9378</p>                         |  <p>5</p> <p>SMGA, 8:09-9:21<br/>LGA, 7:42-8:00<br/>Total Body, 7AM<br/>Pilates, 9AM<br/>Yin, 6PM</p> | <p>6</p> <p>LGA, 7:33-8:18<br/>SLIP, 9:03-9:21<br/>GOB, 9:30-10:15<br/>Vinyasa, 7AM<br/>Pump It Up, 8:30AM<br/>Restore, 6:30PM</p>  | <p>7</p> <p>SMGA, 8:00-9:21<br/>LGA, 9:30-10:15<br/>Vinyasa, 7AM<br/>Pilates, 9AM<br/>Wednesday Buffet Dinner, 5-8PM<br/>RSVPs Recommended 843-856-9378<br/>Restore, 6:30PM</p> | <p>8</p> <p>LGA, 7:33-8:18<br/>SLIP, 9:03-9:21<br/>GOB, 9:30-10:15<br/>Vinyasa, 7AM<br/>Pump It Up, 8:30AM<br/>Restore, 6:30PM<br/>Thursday Dinner 5-8:30PM<br/>RVSPs Recommended 843-856-9378</p>      | <p>9</p> <p>SMGA, 8:18-9:39<br/>LGA, 7:42-8:00<br/>Total Body, 7AM</p>  | <p>10</p> <p>MGA Champ, 7:15-9:21<br/>LGA, 9:39-9:48<br/>GOB, 10:33-11:00<br/>Vinyasa, 9AM</p> |
|  <p>13</p> <p style="background-color: #4a7c8c; color: white; padding: 5px; text-align: center;">Golf Course Closed Aeration/Maintenance</p> |  |   |   |   |   |  |
| <p>18</p> <p>MGA, 7:15-7:42<br/>Chisel, 8AM<br/>New Sunday Brunch Menu 8AM-1PM<br/>RSVPs Recommended 843-856-9378</p>  | <p>19</p> <p>SMGA 8:09-9:21<br/>LGA, 7:42-8:00<br/>Total Body, 7AM<br/>Pilates, 9AM<br/>Yin, 6PM</p>   | <p>20</p> <p>LGA 7:33-8:18<br/>SLIP 9:03-9:21<br/>GOB 9:30-10:15<br/>Vinyasa, 7AM<br/>Pump It Up, 8:30AM<br/>Restore, 6:30PM</p>    | <p>21</p> <p>SMGA 8:09-9:30<br/>LGA 9:39-10:24<br/>Vinyasa, 7AM<br/>Pilates, 9AM<br/>Restore, 6:30PM<br/>Wednesday Buffet Dinner, 5-8PM<br/>RSVPs Recommended 843-856-9378</p>  | <p>22</p> <p>LGA, 7:33-8:18<br/>SLIP, 9:03-9:21<br/>GOB, 9:30-10:15<br/>Vinyasa, 7AM<br/>Pump It Up, 8:30AM<br/>Restore, 6:30PM<br/>Thursday Dinner 5-8:30PM<br/>RSVPs Recommended 843-856-9378</p>     | <p>23</p> <p>SMGA, 8:09-9:21<br/>LGA, 7:42-8:00<br/>Total Body, 7AM</p> | <p>24</p> <p>MGA, 7:15-8:36<br/>LGA, 9:12-9:21<br/>GOB, 10:06-10:33<br/>Vinyasa, 9AM</p>       |
| <p>25</p> <p>MGA, 7:15-7:42<br/>Chisel, 8AM<br/>New Sunday Brunch Menu 8AM-1PM<br/>RSVPs Recommended 843-856-9378</p>  | <p>26</p> <p>SMGA, 8:09-9:21<br/>LGA, 7:42-8:00<br/>Total Body, 7AM<br/>Pilates, 9AM<br/>Yin, 6PM</p>  | <p>27</p> <p>LGA, 7:33-8:18<br/>SLIP, 9:03-9:21<br/>GOB, 9:30-10:15<br/>Vinyasa, 7AM<br/>Pump It Up, 8:30AM<br/>Restore, 6:30PM</p> | <p>28</p> <p>SMGA, 8:09-9:30<br/>LGA, 9:39-10:24<br/>Vinyasa, 7AM<br/>Pilates, 9AM<br/>Restore, 6:30PM<br/>Wednesday Buffet Dinner 5-8PM<br/>RSVPs Recommended 843-856-9378</p> | <p>29</p> <p>LGA, 8:09-10:15<br/>SLIP, 10:24-11:36<br/>GOB, 10:51-11:36<br/>Vinyasa, 7AM<br/>Pump It Up, 8:30AM<br/>Restore, 6:30PM<br/>Thursday Dinner 5-8:30PM<br/>RSVPs Recommended 843-856-9378</p> | <p>30</p> <p>SMGA, 8:09-9:21<br/>LGA, 7:42-8:00<br/>Total Body, 7AM</p> |           |

*Father's Day*

*Juneteenth*