

SEPTEMBER 2022



Pro Shop,  
843-856-9000

Grille,  
843-856-9378

Fitness Center,  
843-881-8735

duneswestgolfclub.com

Join us!

**Breakfast**

Monday-Friday,  
8-11AM

Saturday & Sunday,  
8AM-Noon

**Lunch**

Daily,  
11AM-3PM

**Dinner**

Thursdays,  
5-8:30PM

# Dunes West

GOLF & RIVER CLUB

this month!

## Annual Food Truck Festival

Saturday, September 3 ● 4-7PM  
Athletic Club

**Food Trucks:**

- El Jefe
- Dashi
- Wicked Waffles

Dunes West Bev Cart ● Charleston's Jump Castle ● Face Painting

Live Music: The Esquires

## September's Farmer's Market & Social

Thursday September 8 ● 5-7:30PM  
Located in front of the Athletic Club

Come and check out our local vendors and music.

### Food Truck Fridays

**September 2:** Krystynes

**September 9:** Pita Stroller

**September 16:** Wally's Gyros

**September 23:** Shaka Shrimp

**September 30:** Tobo Sushi



## Women Who Wine Dinner

Tuesday, September 20  
Cocktails, 6PM ● Dinner, 7PM  
\$26 per person ● Cash Bar

**Theme:** Denim & Diamonds  
(Casual clothes with lots of bling.)

**Menu**

● **Mixed Green Salad**  
Grape tomatoes, carrot, cucumber, red onion, shredded cheddar cheese. Buttermilk ranch or mustard vinaigrette dressing.

● **Focaccia** with our signature garlic Parmesan dipping oil

● **Chicken Piccata**  
White wine, lemon, garlic, parsley butter & capers

● **Veal Marsala**  
Mushrooms & rosemary

● **Pasta Primavera**  
Penne tossed with char-grilled vegetables, EVOO, white wine, garlic & crushed red pepper

● **Tiramisu** with fresh whipped cream

For a reservation please email Sharon Cooper, sharonwithasmile@gmail.com or 843-475-3755 (text only).

Save the Date!

FALL YOGA BY THE POOL WITH MIMOSAS SERIES

October, Sundays  
9:30AM

FARMER'S MARKET & SOCIAL

Thursday, October 13  
5-7:30PM

DOUBLE BOGEY 5K

Saturday, October 29  
8AM (starts at the Golf Club House)

DW FLEA MARKET

Saturday, November 5

FARMER'S MARKET & SOCIAL

Thursday,  
November 10  
5-7:30PM

OUR ANNUAL CRAFT SHOW

Saturday,  
November 12  
9AM-4PM  
Athletic Club

CHRISTMAS COOKIE EXCHANGE

Saturday, December 3



## 2022 Double Bogey 5K

Saturday, October 29  
● 8 AM

If you would like to sponsor this event, email [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).



## Have You Paid for Your Fall Fitness Classes?

Our new fitness session started August 1. We have a new schedule. Please double check class times:

- Try a new class for free.
- Pop in as you'd like for \$10.
- Sign up for three months of unlimited classes for \$150.

Email Jenn Devaney at [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com).

### Monday

Total Body Conditioning, Tracy S. – 7AM  
Pilates, Tracy – 9AM

### Tuesday

Vinyasa, Megan – 7AM  
Cardio Sculpt, Pam – 8:30AM  
Restorative Yoga, Jim – 6:30PM

### Wednesday

Vinyasa, Megan, 7AM  
Pilates, Tracy, 9AM  
Restorative Yoga, Jim, 6:30PM

### Thursday

Vinyasa, Megan – 7AM  
Cardio Sculpt, Pam – 8:30AM  
Guts & Butts, Megan – 11:30  
Restorative, 6:30PM Yoga, Jim

### Friday

Total Body Conditioning, Tracy S – 7AM  
Yin for You, Tracy – 9:30AM

### Saturday

Vinyasa, Megan – 9:15AM

### Sunday

Chisel, Jim – 8AM

## DW Flea Market

Saturday, November 5  
Athletic Club

We will have *The Biscuit Shed Truck* and mimosas and Bloody Marys from the *Bev Cart*.

*around the club*

## Aqua Aerobics

Mondays, Wednesdays, Fridays ● 10:30AM  
Thomas Lynch Hall  
Drop-in, \$10 ● 12 classes, \$55

Please reach out to Jenn Devaney, [jenn.devaney@duneswestgolfclub.com](mailto:jenn.devaney@duneswestgolfclub.com). For any questions about fitness classes.

## Gym Reminder

No one under 18 years of age can work out in the gym without an adult. This does not count if there is an 'adult' in the gym. Other adults are not responsible for children that are not their own. If your child would like to work out there with you supervising, they must be 13 or older. If they are told more than once that they are not allowed, I will start turning off the access cards.



# in the pool

## The Slide

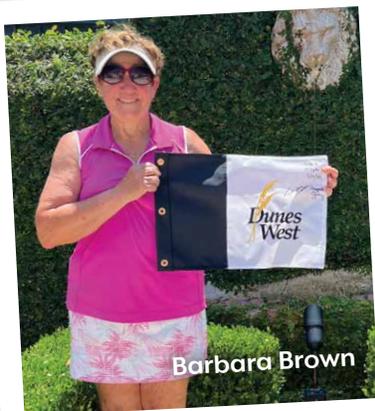
Slides are now closed on the weekdays due to guards being back in school. The slide will be open on Saturdays and Sundays until September 25. The slide will then be closed for the rest of the 2022 season. DHEC requires us to have guards on duty for the slide to be open.

## TLH & The Main Club Pool

Adult Swim Only, 6-10AM  
Family Swim, 10AM-8PM

## Hartford Village Pool

- There is no lap swimming in the Adult Only Hartford Village Pool.
- This pool opens at 10AM. Hartford Village closes at 8PM... Thank you for being respectful of the residents near this pool and leave at closing time.
- Pools are included in our Athletic and Premier Memberships. Members must have swipe cards for access. Lost or non-functioning cards need to be reported to the office 843-856-9000 or email jenn.devaney@duneswestgolfclub.com.
- Our Pool Attendants are hired and managed by Athkinson Pools, 843-568-5371.



Barbara Brown

## Hole-in-One!

Barbara Brown ● Monday, July 18  
Hole #6 ● 6-Hybrid ● 107 Yards  
Witnesses: Jenny Maglio, Cherly Fava

● Please be respectful of our Pool Staff. They are following the rules required by DHEC and by The Athletic Club. If there is a problem, please reach out to Jenn Devaney, jenn.devaney@duneswestgolfclub.com.

● Oceanside will be practicing in TLH starting Monday, August 8 on weekdays 8-10AM. Season ends Friday, October 7.

## The Grille

### September Dinner Menu

Dinner served, 5-8:30PM

### THURSDAY SPECIALS

\$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

**Spinach & Artichoke Dip:** Baked with three cheeses and served with tortilla chips, \$9

### ENTRÉES

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

- **Grilled Meatloaf:** Char-grilled & drizzled with a homemade whiskey BBQ sauce, on a bed of mashed potatoes & Southern-style green beans, \$16
- **Low Country Boil:** Shrimp, smoked sausage, potatoes & corn on the cob in a homemade seafood broth, \$20

● **Chicken Au Poivre**  
Two char-grilled breasts topped with Havarti cheese & our creamy mustard, black pepper au poivre sauce, on a bed of mashed potatoes & Southern-style green beans, \$15



Presidents Cup Flight 5 & shoot-off Overall Champion, Ben Little

### Sausage & Broccoli Rabe:

Tossed with orecchiette pasta, garlic, crushed red pepper & white wine, with Parmesan cheese, \$16

### SANDWICHES & SALADS

- **Burger\*:** Have it with or without bacon. Choose from American, cheddar, Swiss or smoked gouda and served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche bun with fries, \$14
- **Beyond Burger:** Plant-based burger, vegan cheddar, lettuce, pickles, tomato, on a brioche roll, \$15
- **Chicken Sandwich:** Have it grilled or fried, with or without bacon. Choose from American, cheddar, Swiss or smoked gouda and 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

Ages 11 and under only.  
Choose one side.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30AM Guts & Butts, 11:30AM Thursday Dinner 5-8:30PM RSVPs 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Body Conditioning, 7AM Yin, 9:30AM Krystynes Food Truck	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 No Classes
4		6	7	8	9	10
MGA, 7:15-7:42 Chisel, 8AM	MGA, 7:15-8:09 LGA, 8:18-8:36 SMGA, 9:03-10:06 Body Conditioning, 7AM Pilates, 9AM <i>Labor Day</i>	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Hackers, 3:30 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative, 6:30PM	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Restorative, 6:30PM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30AM Guts & Butts, 11:30AM Restorative, 6:30PM Thursday Dinner 5-8:30PM RSVP 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Body Conditioning, 7AM Yin, 9:30AM Pita Stroller Food Truck	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Whispering Marsh, 1:30PM Vinyasa, 9:15AM
11	12	13	14	15	16	17
MGA, 7:15-7:42 Chisel, 8AM	SMGA, 8:18-9:21 LGA, 7:42-8:09 Body Conditioning, 7AM Pilates, 9AM	LGA Champ, 8:09-9:30 SLIP, 9:39-9:57 GOB, 9:57-10:24 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative, 6:30PM	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Restorative, 6:30PM	LGA Champ, 8-9:12 SLIP, 9:21-9:39 GOB, 9:48-10:24 Vinyasa, 7AM Cardio Sculpt, 8:30AM Guts & Butts, 11:30AM Restorative, 6:30PM Thursday Dinner 5-8:30PM RSVP 843-856-9378	SMGA Team Challenge, 8:18-9:39 LGA, 7:51-8:09 Body Conditioning, 7AM Yin, 9:30AM Wally's Gyros Food Truck	MGA DW/RT, 7:15-9:12 LGA, 10:06-10:15 GOB, 10:24-10:51 Vinyasa, 9:15AM
18	19	20	21	22	23	24
MGA, 7:15-7:42 Chisel, 8AM	SMGA, 8:18-9:21 LGA, 7:51-8:09 Body Conditioning, 7AM Pilates, 9AM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:24 Hackers, 3:30 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative, 6:30PM Women Who Wine Dinner RSVP Sharon Cooper, sharonwithasmile@gmail.com 843-475-3755 (text only)	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Restorative, 6:30PM	LGA DW/RT, 7:33-8:36 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30AM Guts & Butts, 11:30AM Restorative, 6:30PM Thursday Dinner 5-8:30PM RSVPs 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Body Conditioning, 7AM Yin, 9:30AM Shaka Shrimp Food Truck	MGA, 7:15-8:09 LGA, 9:12-9:21 GOB, 9:30-9:57 Vinyasa, 9:15AM
25	26	27	28	29		
MGA 7:15-7:42 Couples Golf, IPM SG Chisel, 8AM	SMGA, 8:18-9:21 LGA, 7:51-8:09 Body Conditioning, 7AM Pilates, 9AM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:24 Hackers, 3:30-4:42 Vinyasa, 7AM Cardio Sculpt, 8:30AM Restorative, 6:30PM	SMGA, 8:18-9:21 LGA, 9:30-10:15 Vinyasa, 7AM Pilates, 9AM Restorative, 6:30PM	LGA, 7:33-8:18 SLIP, 9:03-9:21 GOB, 9:30-10:06 Vinyasa, 7AM Cardio Sculpt, 8:30AM Guts & Butts, 11:30AM Restorative, 6:30PM Thursday Dinner 5-8:30PM RSVPs 843-856-9378	SMGA, 8:18-9:21 LGA, 7:51-8:09 Body Conditioning, 7AM Yin, 9:30AM Tobo Sushi Food Trucks	

