

NOVEMBER 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

Celebrating
30 years!



30th Anniversary Celebration

Monday, November 8

Food, Drinks,
Fireworks

November Events
Celebrating 30 years!

All Month

10% Off Tennis Racquet Re-Stringing

Tuesday, November 2:

Member Cart Fee, \$12/\$6
\$5 Off Tennis Drop-In Class, 7-8PM

Wednesday, November 3:

Member Cart Fee, \$12/\$6

Thursday, November 4:

Complimentary Zumba Gold, 10:30AM

Saturday November 6:

½ Price Beer on the Beverage Cart

Monday, November 8:

30th Anniversary Celebration, 4-7PM
(Food, Drinks, Music, Fireworks) *RSVP by*
Tuesday, November 2 by calling 843-856-9378.

Thursday, November 11:

½ Price Beer on the Beverage Cart

Tuesday, November 16:

Complimentary Yoga, 7AM
\$5 Off Tennis Drop-In Class 7-8PM

Tuesday, November 16:

½ Price Guest Fees

Wednesday, November 17:

Complimentary Range Balls

Thursday, November 18:

½ Price Bottles of Wine
at Dinner

Monday, November 22:

½ Price Guest Fees

Monday, November 22 –
Wednesday, November 24:

30% off Merchandise (Soft Goods Only)
Holiday Shopping Sale

Sunday, November 28:

Juniors 17 & Under Play for Free

Tuesday, November 30:

All Members Play for Free

around the club

Fall Fitness Class Session

October 4-February 1

Unlimited Fall Session: \$150

Drop-in Class Fee: \$10/class

To register and pay for classes, email Jenn
at jenn.devaney@duneswestgolfclub.com.

Class Schedule

Mondays:

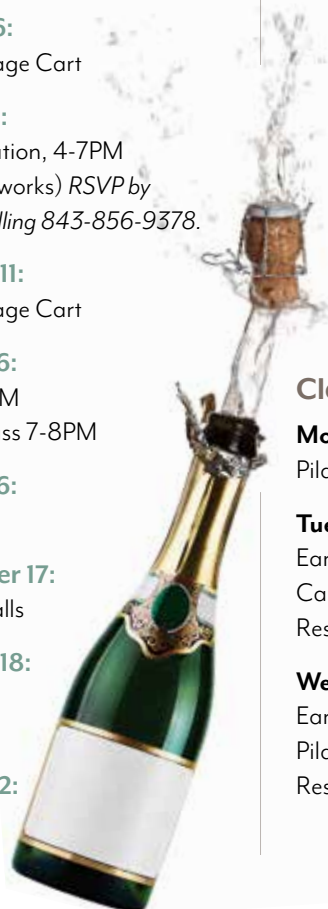
Pilates, 9AM

Tuesdays:

Early Yoga, 7AM
Cardio Sculpt, 8:30AM
Restorative Yoga, 6:30PM

Wednesdays:

Early Yoga, 7AM
Pilates, 9AM,
Restorative Yoga, 6:30PM



Upcoming Events

Stay Golden Mixer

November 5 ● 5-7PM
The Club pool at the Athletic Club
65+ Young

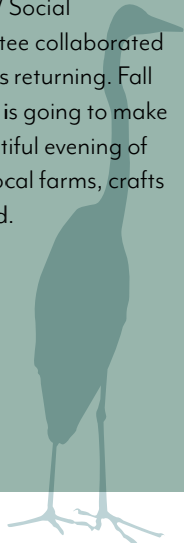
There will be a live band, small bites and classic cocktails. Make reservations with Jenn Devaney jenn.devaney@duneswestgolfclub.com or call 843-856-9000. Hope you can make it!



Dunes West Market

Thursday, November 11

Our DW Social Committee collaborated Market is returning. Fall weather is going to make for beautiful evening of music, local farms, crafts and food.



Thursdays:

Early Yoga, 7AM
Cardio Sculpt, 8:30AM,
Zumba Gold, 10:30AM (fitness room)
Restorative Yoga, 6:30PM

Friday:

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

Saturday: Chisel, 8AM

New Fitness Class Alert – Zumba Gold!

Thursdays ● 10:30AM

Zumba Gold was designed for the active older adults, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. It's done at a much lower intensity. Same great Latin and international styles of music and dance are used in Zumba Gold 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 has 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

Can't Wait to See You Next Year!

Our pool season ended October 31. We will re-open on April 1, 2022.



25th Annual Craft Show

November 13 ● 9AM-4PM ● Athletic Club

Sip mimosas while you shop. Everything is handcrafted by local artists

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.

New Class Announcement!

Start your work day with **Early Morning 7AM Yoga with Megan**. No charge for trying your first class.

A Special Shout Out!

A special shout out to all of our runners, volunteers and sponsors for the Double Bogey 5K.

Thursday Dinner

The Grille Room
Dinner served 5-8PM

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

APPETIZERS

● **Spinach & Artichoke Dip** with tortilla chips, \$9

ENTRÉES

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

● **Southern Style Fried Chicken** served over mashed potatoes with gravy and creamy cole slaw, \$17

● **Smoked Pork Loin** with a dried cranberry demi glace, mashed potatoes & baby green beans with shallots, \$19

● **Blackened Mahi**
Pan-fried, topped with garlic lime butter, with Old Bay dusted hand-cut fries, tartar sauce and creamy cole slaw, \$18

● **Prime Rib** with au jus, mashed potatoes & baby green beans with shallots,
8 oz. Queen-cut, \$20
12 oz. King-cut, \$24

SALADS & SANDWICHES

● **Burger***
Have it with or without bacon. Choose from American, cheddar, Swiss or smoked gouda cheese 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 cheese served with shredded lettuce, tomato, onion & a pickle on a buttered & grilled brioche



Save the Date!

Hot Chocolate with Santa

Monday, December 20 ● 2-4PM
Dunes West Golf Club

- Hot Chocolate
- Sweet Treats
- Letter to Santa Station

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

KIDS

Choose one side.

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

golf news

2021 LGA Member/Member Results

Overall Champion

Laura Davis, Ingelise Caroe – 68

Flight 1

1st Place:
Hilda Rose, Jennifer Browne – 69

2nd Place:
Barbara Miller, Evie Wasson – 69

3rd Place:

Anna Johnson, Patty Tykal – 72

Flight 2

1st Place:

Ana Carlson, Deborah Hamman – 72

2nd Place:

Stephanie Kelleher, Teresa Schepp – 75

3rd Place:

Janet Fish, Deborah Casey – 77

Flight 3

1st Place:

Sue Eggert, Cheryl Fava – 75

2nd Place:

Mercedes Papaharis, Irene Prymus – 78

3rd Place:

Amber Mcelhaney, Patricia Edwards – 84



[L-R:] Laura Davis, Ingelise Caroe

LGA Member Member Champions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<p><i>See all Membership Appreciation Events in blue!</i></p>	<p>Interclub, 9AM</p> <p>Pilates, 9AM</p>	<p>LGA, 8:18-9:03</p> <p>SLIP, 9:39-9:57</p> <p>GOB, 10:06-10:42</p> <p>Yoga with Megan, 7AM</p> <p>Cardio Sculpt, 8:30AM</p> <p>Member Cart Fee, \$12/\$6</p> <p>\$5 Off Tennis Drop-In Class, 7-8PM</p>	<p>SMGA, 9:30-10:33</p> <p>LGA, 10:42-11:45</p> <p>Yoga with Megan, 7AM</p> <p>Pilates, 9AM</p> <p>Member Cart Fee \$12/\$6</p>	<p>Charleston Engineers, 9AM</p> <p>Course Open, 3PM</p> <p>Yoga with Megan, 7AM</p> <p>Cardio Sculpt, 8:30AM</p> <p>Zumba Gold, 10:30AM</p> <p>Thursday Dinner, 5-8PM</p> <p>RSVPs 843-856-9378</p> <p>Zumba Gold, 10:30AM</p>	<p>SMGA, 9:30-10:33</p> <p>LGA, 8:45-9:21</p> <p>Yoga for You 9AM</p>	<p>MGA Ryder Cup, 7:33-9:12, 11:54-1:33</p> <p>GOB, 10:15-10:42</p> <p>LGA, 9:30-9:39</p> <p>½ Price Beer on the Beverage Cart</p>
7	8	9	10	11	12	13
<p>MGA Ryder Cup, 8:18 SG</p> <p><i>Daylight Saving Time Change</i></p>	<p>SMGA, 9:30-10:33</p> <p>LGA, 8:45-9:21</p> <p>Pilates, 9AM</p> <p>30th Anniversary Party! 4-7PM (Food, Drinks, Music, Fireworks) RSVP by 11/2 843-856-9378.</p>	<p>LGA, 8:18-9:03</p> <p>SLIP, 9:39-9:57</p> <p>GOB, 10:06-10:42</p> <p>Yoga with Megan, 7AM</p> <p>Cardio Sculpt, 8:30AM</p> <p>Restorative Yoga, 6:30PM</p>	<p>Souther Lumber, 10AM</p> <p>Course Open, 3:30PM</p> <p>Yoga with Megan, 7AM</p> <p>Pilates, 9AM</p> <p>Restorative Yoga, 6:30PM</p>	<p>• LGA, 8:18-9:03</p> <p>• SLIP, 9:39-9:57</p> <p>• GOB, 10:06-10:42</p> <p>• Yoga with Megan, 7AM</p> <p>• Cardio Sculpt, 8:30AM</p> <p>• Zumba Gold, 10:30</p> <p>• Restorative Yoga, 6:30PM</p> <p>• Thursday Dinner, 5-8PM</p> <p>RSVPs 843-856-9378</p> <p>½ Price Beer on Cart</p> <p><i>Veterans Day</i></p>	<p>SMGA, 9:30-10:33</p> <p>LGA, 8:45-9:21</p> <p>Yoga for You, 9AM</p>	<p>MGA, 7:15-8:09</p> <p>LGA, 9:21-9:30</p> <p>GOB, 10:15-10:42</p> <p>Chisel, 8AM</p>
14	15	16	17	18	19	20
<p>MGA, 7:15-7:42</p> <p>Couples Golf Dinner</p> 	<p>SMGA, 9:30-10:33</p> <p>LGA, 8:45-9:21</p> <p>Couples, 12:30</p> <p>Pilates, 9AM</p>	<p>• LGA, 8:18-9:03</p> <p>• SLIP, 9:39-9:57</p> <p>• GOB, 10:06-10:42</p> <p>• Yoga with Megan, 7AM</p> <p>• Cardio Sculpt, 8:30AM</p> <p>• Restorative Yoga, 6:30PM</p> <p>• Complimentary Yoga, 7AM</p> <p>• \$5 Off Tennis Drop-In Class, 7-8PM</p> <p>• ½ Price Guest Fees</p>	<p>SMGA, 9:30-10:24</p> <p>LGA 9 & Lunch, 10:42-11:45</p> <p>Yoga with Megan, 7AM</p> <p>Pilates, 9AM</p> <p>Restorative Yoga, 6:30PM</p> <p>Complimentary Range Balls</p>	<p>• LGA Turkey Trot, 8</p> <p>• SLIP, 9:39-9:57</p> <p>• GOB, 10:06-10:42</p> <p>• Yoga with Megan, 7AM</p> <p>• Cardio Sculpt, 8:30AM</p> <p>• Zumba Gold, 10:30 AM</p> <p>• Restorative Yoga, 6:30PM</p> <p>• Thursday Dinner, 5-8PM</p> <p>RSVPs 843-856-9378</p> <p>• 1/2 Price Bottles of Wine for Thursday Dinner</p>	<p>SMGA</p> <p>Pirates Cup, 9:30</p> <p>LGA, 8:45-9:21</p> <p>Yoga for You, 9AM</p>	<p>MGA, 7:15-8</p> <p>LGA, 9:12-9:21</p> <p>GOB, 10:06-10:33</p> <p>Chisel, 8AM</p>
22	23	24	25	26	27	
<p>MGA, 7:15-7:42</p>	<p>SMGA, 9:30-10:33</p> <p>LGA, 8:45-9:21</p> <p>½ Price Guest Fees</p> <p>30% off Merchandise (Soft Goods Only) Holiday Shopping Sale</p>	<p>• LGA, 8:18-9:03</p> <p>• SLIP, 9:39-9:57</p> <p>• GOB, 10:06-10:42</p> <p>• Yoga with Megan, 7AM</p> <p>• Cardio Sculpt, 8:30AM</p> <p>• Restorative Yoga, 6:30PM</p> <p>• 30% off Merchandise (Soft Goods Only) Holiday Shopping Sale</p>	<p>SMGA, 9:30-10:24</p> <p>LGA 9, 10:42-11:45</p> <p>Yoga with Megan, 7AM</p> <p>Pilates, 9AM</p> <p>Complimentary Yoga, 6:30PM</p> <p>30% off Merchandise (Soft Goods Only) Holiday Shopping Sale</p>	<p>LGA, 8:27-9:03</p> <p>SLIP, 9:39-9:57</p> <p>GOB, 10:06-10:42</p> <p>Thanksgiving Tee Closed, 1PM</p> <p>No Thursday Dinner due to Holiday</p> <p><i>Thanksgiving Day</i></p>	<p>SMGA, 9:30-10:33</p> <p>LGA, 8:45-9:21</p>	<p>MGA, 7:15-8</p> <p>LGA, 9:12-9:21</p> <p>GOB, 10:06-10:33</p> <p>Chisel, 8AM</p>
28	29	30				
<p>MGA, 7:15-7:42</p> <p>Juniors 17 & Under Play for Free</p>	<p>SMGA, 9:30-10:24</p> <p>LGA, 8:45-9:21</p> <p>Pilates, 9AM</p> <p><i>First Day of Hanukkah</i></p>	<p>• LGA, 8:18-9:03</p> <p>• SLIP, 9:39-9:57</p> <p>• GOB, 10:06-10:42</p> <p>• Yoga with Megan, 7AM</p> <p>• Cardio Sculpt, 8:30AM</p> <p>• Restorative Yoga, 6:30PM</p> <p>• All Members Play for Free</p>				

