

DECEMBER 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

around the club

Thursday Dinner

Dinner, 5-8PM ● The Grille Room

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

APPETIZER

- **New England Clam Chowdah** with crackers. Cup, \$6 ● Bowl, \$9

ENTRÉES

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

- **Pasta Carbonara with Chicken**
Penne tossed with carbonara cream sauce with pancetta & cracked black pepper, topped with char-grilled chicken, \$18
- **Pulled Pork Dinner**
Slow-roasted Boston butt, drizzled with bourbon BBQ sauce, with Charleston red rice, coleslaw and baked beans with bacon, \$17

Happy Holidays!



- **Bourbon Glazed Salmon** with scallion rice & fresh green beans, \$20

- **Filet Mignon**
Eight ounce filet with smoked gouda mashed potatoes, fresh green beans and finished with a Rosemary demi-glace, \$26

SALADS & SANDWICHES

- **Burger***
Have it with or without bacon. Choose from American, cheddar, Swiss or smoked gouda cheese. Served with shredded lettuce, tomato, onion and 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 and 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, \$16

KIDS

Choose one side.

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



CONTINUED »

It's Our Treat!

Hot Chocolate with Santa

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

Meet Santa, Smiles Balloons with twisted creations, letters to Santa station, hot chocolate, cookies & cupcakes.

RSVP at the Grill Room
843-856-9378 or
jenn.devaney@duneswestgolfclub.com.



CONTINUED »

Winter Fitness Class Session

October 4 – February 1, 2021
Pro-rated priced are available.

Unlimited Fall Session: \$150

Drop-in Class Fee: \$10/class

To register and pay for classes, please 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

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
Yoga, 9:15AM



New Yoga Class!

Tuesday, Wednesdays & Thursdays ● 7AM
Now on Saturdays! ● 9:15AM

Start your work day with **Early Morning 7AM Yoga with Megan teaching**

Vinyasa: This creatively sequenced series of postures transition into one another with the intention of strengthening, stretching, and creating mobility in the joints.

Through this flow, you will witness movements and sensations that make you feel alive, connected, and free. This practice is designed to connect yoga practitioners with their inner strength, stability, & the transformative power of breath. Focus on alignment, intention, and the movement of energy through the conduit of our bodies. All levels.

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

● 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 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.

Pool Closure

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

Holiday Craft Show Recap

We couldn't have planned a better day for the Dunes West Holiday Craft Show. It was our 25th Anniversary. We had 60 vendors of hand-crafted items from all local artists. Thank you for coming out and helping us make it another great success. See you next year!

Double Bogey Recap

A special shout out to all of our runners, volunteers and sponsors for the Double Bogey 5K. Congratulations to our top runners! They won rounds of golf and medals.

Top Male:

1st Place: Andrew Smith, Age 37, 20:19
2nd Place: Chris Foushee, Age 36, 22:13
3rd Place: Kerry Remley, Age 56, 22:52

Top Female:

1st Place: Nicole Forrester, Age 39, 24:05
2nd Place: Brandi Willis, Age 37, 25:03
3rd Place: Krystal Brown, Age 43, 25:33

A Happy 30th Anniversary!



Thank You!

Golf News

SMGA Champs

1st Place

Bill Failor, 74-67-141

2nd Place

Eddie Smith, 69-76-145

3rd Place

Sam Haynes, 71-78-149

4th Place

Tom Rose, 71-78-149

5th Place

William White, 74-76-150

6th Place

Ted Fischer, 77-74-151



Bill Failor





Wednesday	Thursday	Friday	Saturday
1	2	3	4
SMGA, 9:30-10:33 LGA, 9:10:42-11:36 Yoga, 7AM Pilates, 9AM Restorative Yoga, 6:30PM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Thursday Dinner, 5-8PM RSVP Recommended 843-856-9378 Yoga, 7AM Cardio Sculpt, 8:30AM Zumba Gold, 10:30AM Restorat, 6:30PM	SMGA, 9:30-10:33 LGA, 8:45-9:21 Yoga for You, 9:30AM	MGA, 7:15-8:09 MGA Cup, 12:30 LGA, 9:12-9:21 GOB, 10:06-10:33 Chisel, 8AM Yoga with Megan, 9:15AM
7	8	9	10
SMGA, 9:30-10:33 LGA, 8:45-9:21 Pilates, 9AM	SMGA 9:30-10:33, 10:42-11:27 Yoga, 7AM Pilates, 9AM Restorative Yoga, 6:30PM	LGA Holiday Fun, 8PM SG SLIP, 9:48-10:06 GOB, 10:15-10:51 Thursday Dinner, 5-8PM RSVP Recommended 843-856-9378 Yoga, 7AM Cardio Sculpt, 8:30AM Zumba Gold, 10:30AM Restorat, 6:30PM	SMGA, 9:30-10:33 LGA, 8:45-9:21 Yoga for You, 9:30AM
11	12	13	14
MGA, 7:15-7:42 MGA, 10:24-11	MGA, 7:15-7:33; 10:33-10:51 LGA, 9:12-9:21 GOB, 10:06-10:24 Chisel, 8AM Yoga with Megan, 9:15AM	MGA, 7:15-7:42 MGA, 10:24-11	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Yoga, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30PM
15	16	17	18
SMGA, 9:30-10:33 LGA, 9:10:42-11:27 Yoga, 7AM Pilates, 9AM Restorative Yoga, 6:30PM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Thursday Dinner, 5-8PM RSVP Recommended 843-856-9378 Yoga, 7AM Cardio Sculpt, 8:30AM Zumba Gold, 10:30AM Restorat, 6:30PM	SMGA, 9:30-10:33 LGA, 8:45-9:21 Yoga for You, 9:30AM	MGA, 7:15-7:33; 10:33-10:51 LGA, 9:12-9:21 GOB, 10:06-10:24 Chisel, 8AM Yoga with Megan, 9:15AM
19	20	21	22
MGA, 9:03-9:21	SMGA, 9:30-10:33 LGA, 8:45-9:21 Hot Chocolate with Santa!, 2-4PM RSVP to jenn.devaney@duneswestgolfclub.com or 843-856-9378 Pilates, 9AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Yoga, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30PM	SMGA, 9:30-10:33 LGA, 9:10:42-11:27 Yoga, 7AM Pilates, 9AM Restorative Yoga, 6:30PM
23	24	25	
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26	27	28	29
MGA, 7:15-7:42 MGA, 10:24-11	SMGA, 9:30-10:33 LGA, 8:45-9:21 Pilates, 9AM	LGA, 8:18-9:03 SLIP, 9:39-9:57 GOB, 10:06-10:42 Yoga, 7AM Cardio Sculpt, 8:30AM Restorative Yoga, 6:30PM	SMGA, 9:30-10:33 LGA, 9:10:42-11:27 Yoga, 7AM Pilates, 9AM Restorative Yoga, 6:30PM
30	31		
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Last Day of Hanukkah

Christmas Eve

Christmas Day



Happy New Year!

It's Our Treat
Hot Chocolate with Santa

at Dunes West Golf Club

December 20th

2pm - 4pm



Meet Santa, Smiles Balloons with twisted creations, letters to Santa Station, hot chocolate, cookies and cupcakes.

R&VP at the Grill Room
843-856-9378 or jenn.devaney@duneswestgolfclub.com