BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	December 4, 2024
MEMBERS PRESENT:	Robin Shulman, Chair; Gary Berkowitz; Jodi Borash; Teri Cox; Andrea Goldfarb; Jo Ann Greenberg; Jeffrey Lasker;
MEMBERS ABSENT WITH NOTICE:	Enid Hoffman, Vice Chair; Rochelle Adler; Howard Attermann; Mark Dorfman; Ira Krinick; Lori Mandel; Myra Slepoy
MEMBERS ABSENT WITHOUT NOTICE:	Lorraine Levy,
PARTICIPANTS:	Joan Attermann, Vice Chair of Racquet Sports Committee Misty Stewart, Director of Lifestyle & Wellness Stephen Gerber, Assistant Director of Lifestyle & Wellness
ISSUE DATE:	December 19, 2024

Meeting was called to order at 3:03 pm

October Committee Minutes were approved unanimously.

A. Robin Shulman, Lifestyle Committee Chair Report:

a. R. Shulman introduced Joan Attermann, Racquets Sports Vice Chair, who came to the meeting to rally support for the Racquet Sports Committee's Play for Pink event
   - Event will take place on 12/14 and 12/15
   - Vendors will be attending
   - Ribbons will be sold, so everyone can participate, even if they do not play tennis or pickle ball.

b. The Turkey Trot was a great success and introduced a new Recovery Area.
   - We had 4 committee members volunteer.
   - In the recovery area: Chair massages, Thera guns, mats, compression boots

c. We are asking for volunteers for next month's Jingle Bell Jaunt.
   - So far, volunteers are Jo Ann Greenberg, Jodi Borash, Andrea Goldfarb and Jeff Lasker
   - Please contact R. Shulman to volunteer

B. Education Segment

a. Misty gave an overview of sound baths and sound therapy and gave a short demonstration.
   - Sound Bath sessions are scheduled in the Spa Garden monthly and book up quickly.
   - We also have a Winter Solstice Sound Bath on the Event Lawn at Aquatics on December 21st.

C. Misty Stewart, Lifestyle & Wellness Director's Report:

a. Misty introduced Stephen Gerber, Assistant Director of Lifestyle and Wellness, who has been at Boca West for over 25 years.
   - Stephen won the Promise Leader of the Year.
     - Promise Leader reward was reviewed and discussed.

b. Gift bags were given to the Committee Members
   - Misty explained the contents and their meaning.
     - Spa chocolates- these are now given after each treatment in the spa.
     - Skincare samples- for some of our new brands in the spa.
     - A Howlite crystal- for some of our specialty wellness events and can be used as a token to remind you to take a deep breath & relax.

c. Thanksgiving week was extremely busy
   - Per day there were ~800 pool sign ins, 400-500 fitness check ins and 80-90 spa treatments.

d. M. Stewart shared that we will have necessary work done on palm trees at Aquatics December 11-13th.
   - Some pools will be closed at different times for work to be completed. Aqua classes will remain.

e. Now that season has begun, we have over 100 complimentary group exercise classes per week and 38 semi-private classes per week.
   - M. Stewart shared that we are working to balance the high demand of the Pilates Studio.
     - Committee feedback was shared that things are going well in the Pilates Studio
     - Balancing semi-private training and private training sessions.

f. New classes have been added at various times throughout the day and week, including:
   - 30 min Spin and TRX classes at 6:30am
   - Cardio Drumming on Tuesday evenings
   - New TRX classes including a Recovery component in Core Studio
   - Outdoor Yoga and Tai Chi classes on the Event lawn (Aquatics)
     - Will move into the Pool house if the weather is bad
   - Aqua Punch & Crunch starts back up at the pool

g. An overview of upcoming events was shared, and M. Stewart asked if everyone could spread the word about all our activities.
   - Sound Bath in the Spa Garden with Chrissy & Ivonne- December 10th
   - Full Moon Yoga- December 15th with Heather
   - Lunch & Learn on Dr. Dennis Gross Skincare "Peels & LEDs"- December 18th
   - Candle making workshop with Soy Delicious- December 20th
   - Ballroom Dance with Melissa (Fox Trot & Mambo)- December 20th
   - Maralande Night (immersive drumming experience)- December 23rd
   - Intuitive Dance & Meditation with Heather- December 27th
   - Youth Sports Camp with Golf- December 23rd and 27th
   - Jingle Bell Jaunt Fun Run/Walk- December 28th
   - Dive in Movie (Ghostbusters) at Oasis Pool- December 28th
   - Vision Boarding with Tatiana- December 30th
   - NYE on Oasis Pool deck with DJ (family ball drop at 9pm, 2md ball drop at 12am)
   - Watch for additional meditation sessions in the Spa Garden & teen fitness classes over the holidays!

h. The outdoor fitness studio is still in process, but it is currently projected to open at the end of January.

i. The Committee voted to open a T-shirt design contest for the Fun Run after the Jingle Bell Jaunt.

   - BWCC membership will submit designs, and the Committee will vote on the winning design.

Meeting was adjourned at 4:09pm.

The next meeting is January 8, 2025 at 3pm in the Board Room.