BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	February 5, 2025
MEMBERS PRESENT:	Robin Shulman, Chair Enid Hoffman, Vice Chair Howard Attermann; Gary Berkowitz; Jodi Borash; Teri Cox; Mark Dorfman; Jo Ann Greenberg; Ira Krinick; Lori Mandel;
MEMBERS ABSENT WITH NOTICE:	Rochelle Adler; Andrea Goldfarb; Jeffrey Lasker; Lorraine Levy; Myra Slepoy;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	February 21, 2025

The meeting was called to order at 3:05 pm.

January Minutes were approved.

1. Chair's Opening Remarks:

   A. Robin Shulman welcomed everyone to the last L&W committee meeting of the year.

2. Misty Stewart, Lifestyle and Wellness Director's report:

   A. The Live Well Festival was a great success
      a. 2 buses were needed for the blood drive
         - Additional member and employee blood drives may be added throughout the year
      b. Fitness assessments also were very popular
         - Throughout the year, L&W will feature pop-up providers to gauge members' interest in areas not covered by L&W
         - This includes acupuncture, dermatology treatments, body composition analysis, etc.
   B. L&W is looking into a different methodology for standing appointments going forward
   C. There is a t-shirt design contest for April's Bunny Hop
      a. Members will send in designs and this year's committee members will judge and pick a winner
   D. Feb 15 – Sweetheart Stroll
      a. 4 committee members volunteered to help
   E. Spa experience shower construction has started
      a. Will be completed in about 2 months
   F. The outdoor studio is on track for completion
      a. Estimated by end of March
   G. Programming for President's week has been set
      a. Dive-in movie is Wicked on 2/20 at the Oasis pool
   H. Couples Suite special for February
   I. Bulk pricing in Feb for spa treatments
   J. The lawn at the Aquatics center is also being used for classes
      a. Still at 110 complementary classes/week
      b. Class attendance is high and at its max
   K. Member Event updates
      a. Meditation Malas- 20 attendees
      b. Friday Meditations- 20 attendees
      c. Sound Baths in the Spa Garden- 15 attendees (max allowed)
         - Always sell out
      d. Ballroom Dancing- 18 attendees
      e. Full Moon Yoga- 14 attendees on 2/12
      f. Belly Dancing sessions- 12 attendees
      g. Looking into offering floating meditations
      h. Maralande Drumming is coming back

3. Chair's Report

   A. R. Shulman accumulated results from the committee members' sub-committee meetings
      a. Discussion followed
   B. Robin thanked everyone for their commitment to the committee and for spending their time at meetings
      a. Chair encouraged everyone to think about being on a committee next year
      b. Either this one, a different one and/or within their village or BWMA.

Meeting was adjourned at 4:15pm.