BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle & Wellness Committee
DATE:	April 10, 2025
MEMBERS PRESENT:	Barry Roberts, Chair; Teri Cox, Vice Chair; Alyssa Fein; Rita Goldblatt; Susan Kaplan; Silvia Kearney; Ira Krinick; Scott Lipkin; Jerilyn Prague; Carole Reis; Peter Ruben; Bob C. Schwartz; Tracy Simon; Ben Zeltner;
MEMBERS ABSENT WITH NOTICE:	NA
PARTICIPANTS:	Misty Stewart, Director of Lifestyle & Wellness
ISSUE DATE:	April 22, 2025

The meeting was called to order at 1:30 pm.

1. Chair's Opening Remarks:

   A. Call to Order and Introductions
   B. Chair, Barry Roberts and Vice Chair, Teri Cox welcomed the committee and introduced themselves.
      a. Followed by Director of Lifestyle & Wellness, Misty Stewart.
      b. Misty provided background on her role and responsibilities.
   C. Each committee member introduced themselves and shared:
      a. How long have they been a member of BWCC
      b. Why they joined the committee
      c. Their participation in L&W activities
      d. How they hope to contribute to the committee.
      e. Feedback was extremely positive regarding participating in a variety of programming at the Lifestyle Center.

2. Overview of Committee Guidelines

   A. B. Roberts reviewed the BWCC Code of Ethics and Committee Guidelines:
      a. Importance of confidentiality and respectful communication.
      b. Clarified the committee's advisory role: to offer ideas, suggestions, and feedback — not to manage the department.
      c. Emphasized the distinction between the Board setting policies and Management executing them and being responsible for the day-to-day operations of the club.
      d. Encouraged members to bring concerns or ideas to Barry or Teri (not directly to Misty).

   B. Discussed Lifestyle & Wellness Committee Goals for the year:

      a. **Strengthen Committee Knowledge** - Ensure all committee members are well-informed about Lifestyle & Wellness policies, programs, and facilities so they can confidently serve as knowledgeable ambassadors and resources within the Boca West community.
      b. **Work Closely with Department Leadership** - Collaborate with the Director of Lifestyle and Wellness to offer input and feedback on existing and proposed programs to help shape offerings that reflect member interests and enhance the overall wellness experience.
      c. **Increase Communication & Awareness** - Help develop a strategy and plan to promote Lifestyle & Wellness activities to the broader Boca West community by suggesting ways to improve communication channels and visibility of programs, activities, and events.
      d. **Build and Support Community Engagement -** Set an example through active participation in Lifestyle & Wellness activities, programs and special events, encouraging fellow members to attend and help build a sense of community.

e. **Foster a Meaningful Committee Experience** - Create an environment where committee members feel valued, involved, and appreciated for their contributions, ensuring that their time and effort is personally fulfilling and worthwhile.
f. All committee members agreed on these goals and expressed support for the task ahead.

C. Role and Expectations of Committee Members
   a. Attend and RSVP for all meetings.
   b. Be informed about L&W facilities and programming.
   c. Be active, respectful, and engaged participants.
   d. Serve as two-way ambassadors between members and the committee.
   e. Complete any assigned "homework" or follow-up.

D. Communication Strategy
   a. Reviewed the BWCC Board of Governors' focus on:
      - Transparent, open, and frequent communication with members.
      - Listening to member feedback and fostering two-way dialogue.

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

   a. How committee members can better understand and support the department.
   b. Live Well Pillars reviewed: Nourish, Connect, Move, Focus, Recover
   c. Intention Wall changed to Zen Wall – stop by and post something!
   d. Spa Shower upgrade – Completion is expected by the end of April
   e. Outdoor Fitness area – Waiting for fence installation and awning permit
   f. Chillers for the lap pool and children's pool – by the end of the month
   g. Blood Drive on May 17th
   h. May is National Walking Month with different walks scheduled every Friday
   i. Morning Meditation in the Spa Garden every Friday
   j. Key usage metrics: number of classes, attendance, and participation trends.
   k. Additional ongoing and upcoming programming.
   l. Community events, including:
      - Bill Bone Burger (now Chicken) Fondo (4/13)
      - Memorial Day Apple Pie 5K and Ice Cream Mile (5/26)
      - Bunny Hop T-Shirt design contest and solicited feedback.

F. Volunteer & Participation Sign-Up
   a. Committee members were encouraged to participate in or volunteer for upcoming Fun Run events.
   b. Members volunteered to distribute T-Shirts at the Bunny Hop event on April 19th.

G. Policy Discussion
   a. Initiated discussion on a proposed policy regarding cell phone use at the pool.

b. The committee recommends:
c. **Proposed Policy: Cell Phone Use at the Pool.** To ensure a peaceful and respectful environment for all members and guests, the use of cell phones at the pool is permitted with the following guidelines:
    1. Speakerphone use is not allowed.
        - All phone conversations must be conducted using the handset, earbuds, AirPods, or similar personal listening device.
    2. All audio must be private.
        - Music, videos, games, and FaceTime or video chats must be listened to using headphones or earbuds — not through phone speakers.
    3. Ringtones and alerts should be kept at a low volume or set to silent.
        - At no time should other pool guests be able to hear your device's audio or your phone conversation.
    4. We ask all members to be mindful of those around them and help preserve the relaxing environment enjoyed by everyone at the pool.

3. Homework and Follow-Up

A. Members were asked to complete the following by the next meeting.
    a. Try one new L&W class, service, or activity.
B. Consider the following questions and submit responses via email by April 25th
    a. What aspects of L&W would you like to see expanded?
    b. Is anything missing from the club's current offerings?
    c. Dream big: What would be amazing to introduce at Boca West?

4. Chair's Meeting Wrap-Up:
    A. Barry thanked everyone for their participation and explained that there was a lot to cover in this initial meeting.
        a. He noted that future meetings will move at a more relaxed pace, with more time built in for interaction and member discussion.

Meeting adjourned at 2:48pm

Next Meeting scheduled for Tuesday, May 20th at 3:00 PM.