BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle and Wellness Committee
DATE:	April 13, 2026
MEMBERS PRESENT:	Alan Lustrin, Chair; Jeffrey Lasker, Vice Chair; Rita Goldblatt; Susan Kaplan; Sylvia Kearney; Jerilyn Pragu;, Tracy Simon; Ben Zeltner; David Okun; Alan Schwartz; Richard Kamzan; Jayne Pek; Anthony Clerico;
MEMBERS ABSENT WITH NOTICE:	Scott Lipkin; Hilda Morris Jackson;
PARTICIPANTS:	Misty Stewart, Director of Lifestyle and Wellness
ISSUE DATE:	April 17, 2026

The meeting was called to order at 3:00 P.M.

1. **Alan Lustrin, Chairman of Lifestyle and Wellness, Opening remarks**

   A. The Chair welcomed Members to the first meeting of the Committee term, thanked them for volunteering, and congratulated them on their selection to serve on the Committee.
   B. The Chair briefly reviewed the Boca West Country Club, Inc. Code of Ethics with committee members focusing primarily on confidentiality
      a. Members signed the form.
   C. The Committee meeting schedule for the term was redistributed to the Committee Members.

2. **Introductions:**

   A. Alan Lustrin, Chair; Jeffrey Lasker, Vice Chair, Misty Stewart, Director of Lifestyle and Wellness and introduced themselves to the Committee.
   B. Committee Members introduced themselves and discussed:
      a. How long each of them have been at Boca West
      b. Why they wanted to be on the committee
      c. Other committees that they served on/HOA/masters association
      d. What parts of the Lifestyle & Wellness facilities/programs they use/participate in, and what each hopes to contribute to the Committee.

3. **Discussion of Committee Goals**

   The Chair discussed the following overarching goals for the Committee term:

   A. Understand the Role of the Committee and Its Members:
      a. Clarify the Committee's role, as a Committee of the Board of Governors, in establishing policy and direction ("what"), while Management is responsible for execution and operations ("how").

   B. Serve as Informed Ambassadors:
      a. Ensure a strong understanding of Club policies, programs, and facilities and the importance of Ambassadorship in order to effectively represent and promote the member experience.

   C. Strengthen Collaboration & Communication:
      a. Foster an atmosphere of open and transparent communication, interactive dialogue, camaraderie, collegiality, and collaboration amongst Committee Members and Department Leadership.
      b. Work closely with Leadership to share feedback and improve Member awareness of offerings.

   D. Enhance Member Engagement & Participation:
      a. Lead by example in driving community involvement and developing initiatives that encourage broad and meaningful member participation.

   E. Deliver Thoughtful Ideas & Actionable Recommendations:
      a. Generate clear, creative, and impactful ideas, while advancing initiatives that can be executed during the term (or in the future) and sustained beyond it.

F. Create a Meaningful & Impactful Committee Experience:

a. Promote accountability, collaboration, and pride in contributions, ensuring each member's involvement is rewarding and leaves a lasting impact on the Club.

4. **Group "Intentions Exercise"**

A. Misty led the group in a brief meditation session
   a. Then asked the Committee Members to create personal intentions for themselves and, separately, intentions for the Committee.
   b. The Committee intentions, which were submitted anonymously, will be amalgamated to create group intentions for the Committee term and supplement the overarching Committee goals.

5. **Misty Stewart, Director of Lifestyles and Wellness reviewed and discussed**

A. Summer booking requests for fitness, spa and salon can be submitted starting this week.
B. International staff departing starting mid-May.
   a. Summer interns will arrive end of May, and J1s mid-June.
C. Demo elliptical is in the fitness center- Matrix Onyx Ascent Trainer.
D. Wellness Week will be held again this year from June 8th through June 13th.
E. Exciting summer programming in the works.
F. The department is working on tools for members to connect and organize groups with other members for collaborative fitness and on exciting new initiatives/events.
G. The importance of the Boca West "Live Well Pillars" as the focal point of integrated lifestyle and wellness:
   a. Nourish
   b. Connect
   c. Move
   d. Focus
   e. Recover.

6. **Committee Open Discussion and Collaboration:**

A. The Committee Members asked questions and provided input in a number of areas including how best to introduce/communicate Lifestyle & Wellness programs to new members
B. Misty asked the Committee members to think more about this for the next Committee meeting.

7. **Closing remarks by Alan Lustrin:**

A. The chair thanked Misty and her team for their tireless efforts and dedication in delivering expansive and unique fitness, aquatics, and Spa experiences.
B. The next Lifestyle and Wellness meeting is scheduled for Monday, May 4th at 3 PM in the Board Room.

The meeting was adjourned at 4:30 P.M.