BOCA WEST
COUNTRY CLUB

MINUTES

MEETING:	Lifestyle and Wellness Committee
DATE:	June 8, 2026
MEMBERS PRESENT:	Alan Lustrin, Chair; Jeffrey Lasker; Vice Chair; Anthony Clerico; Rita Goldblatt; Hilda Morris Jackson; Richard Kamzan; Susan Kaplan; Sylvia Kearney; Scott Lipkin; David Okun; Jayne Pek; Alan Schwartz; Tracy Simon; Ben Zeltner;
MEMBERS ABSENT WITH NOTICE:	Jerilyn Prague
PARTICIPANTS:	Misty Stewart, Director of Lifestyle and Wellness; Arthur Schwartzman, Chairman of the Board
ISSUE DATE:	June 24, 2026

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

   A. The minutes of the May 4, 2026 meeting were unanimously approved.

2. **Alan Lustrin, Chair's Opening Remarks:**

   A. Alan Lustrin welcomed the members to the third meeting of the Committee term.
   B. Chair welcomed Arthur Schwartzman, Chairman of the Board, and thanked him for attending the meeting.
   C. Chair thanked Committee members for volunteering their time and contributions thus far
   D. Thanked Misty Stewart and her Staff for their commitment to Boca West such as the classes, programs, and offerings supporting the Five Pillars of Wellness.
   E. Discussed the Committee's role in promoting the Lifestyle and Wellness programs and its pillars.

3. **Misty Stewart, Director of Lifestyles and Wellness:**

   A. Reviewed and discussed the collaborations between Lifestyle and Wellness, Golf, and Racquet Sports
      a. Reviewed programming and equipment that we have available to help members maximize performance, recover well, and minimize injury.
      b. Discussed the rollout of the Live Well program and its pillars
         - With particular emphasis on the Recovery Pillar.

   B. Shared information on the Golf Performance and new Racquet Performance semi-private training sessions
      a. New Court Sport Recovery and Golf Recovery Massages.
      b. Highlighted the new group exercise classes on the Racquet Center event lawn.

   C. Discussed the full range of Lifestyle and Wellness offerings and noted the team's efforts to provide a more personalized approach to supporting member goals.

   D. Introduced Wellness Week for those that were not familiar with it
      a. Passed out journey cards, and asked committee members to participate and encourage other members to get involved.
      b. Shared information about Global Wellness Day
         - Saturday, June 13th in the Lifestyle Lobby from 8am-11am
         - Invited Committee Members to stop by and bring their completed Journey cards.

   E. Discussed the HMI summer intern
      a. Has been involved in Wellness Week
      b. Will be focusing on helping members with tools to better understand the programming that we have available
         - Specifically to our Live Well Pillars.

   F. Informed that we currently have 87 complimentary classes per week heading into the summer months.

G. Father's Day Spa Experience
    a. Informed that Spa package will be available to men to celebrate with some pampering in the spa from June 19-22nd.

H. Discussed that 4th of July weekend will include some great activities in the fitness center and aquatics center that includes:
    a. A Sunset Swim on Friday night
    b. Activities poolside on Saturday July 4th
    c. Patriotic-themed fitness classes.

4. **Committee Open Discussion:**

A. Committee Members asked questions and provided suggestions during Misty's presentation.

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

A. Noting that this is the last meeting until September, the Chair presented the two summer collaborations for the committee to consider and provide thoughts on:

    a. Chair discussed the Wellness Real Estate concept and sector which, generally, refers to environments intentionally designed and operated to support the overall well-being of their residents
        - Encourages healthy behaviors, fosters social connections, and supports recovery and resilience
        - Promotes sustainability and creates environments that are safe, accessible, and inspiring.
        - Noting how deeply Boca West represents Wellness Real Estate, the Chair asked the Committee to think outside the box and suggest ways that Boca West can build on its incredible facilities, amenities, and offerings to enhance what we already enjoy.

    b. Wherever Committee members are over the summer, the Chair asked each member to send thoughts on what they are seeing and experiencing in the Lifestyle and Wellness area.

The meeting was adjourned at 4:15 P.M.

The next Lifestyle and Wellness Committee meeting is scheduled for September 10, 2026 at 1:30 P.M. in the Board Room.