

SBCA Health and Fitness Committee

Date & Time: 04-03-25 9:30AM-11:00AM SBCA Conference Room

Attendees: John Sweet, Carolyn O'Keeffe, Dean Rosenthal, Jeannette Hanson, Barb Sweet, Diane Olson, Mark Torres, Kare Sargent, Steve Dobbs, Adina Rivers

Absent: none

Agenda:

1. **Call Meeting to Order**-*Vote for John Sweet for Chair, Carolyn O'Keeffe as Board Liaison
 - a. Motion was made by Dean to elect John Sweet for Chair, Carolyn O'Keeffe as Board Liaison. Seconded by Barb Sweet (for one year term) and **approved**.
2. **Determine Quorum**
 - b. Quorum was **Determined**.
3. **Approval of Agenda**
 - c. The agenda was **approved**.
4. **Approval of Minutes**
 - d. Minutes were **approved**.
- 2.
5. **Captain's Reports**
 - a. Aerobic Room: Dean Rosenthal
 - i. Question on timing of electrical work for new machine. Confirmed by Mark. Electrician **has been scheduled**.
 - b. Weight Room: Dean Rosenthal
 - i. No issues
 - c. Pool: Jeannette Hanson
 - i. No issues- electrical work for new spa timer confirmed.
 - d. Floor Exercise: Barb Sweet
 - i. No issues
 - e. Fitness Classes: Diane Olson
 - i. Tubing class suspended - - Conversation with TJ on adjusting one of her present classes to accommodate the needs of Diane's previous class.
 - f. Locker Rooms: Men's- Dean Rosenthal
 - i. Need men's hairdryer.
 - g. Women's-Jeannette Hanson
 - i. No issues
 - h. Communications/Communique: John Sweet

- i. Compliments to John on his great work and contributions now and in the past. Conversation with all as to whether we can check on webpage “hits” to help determine which Communique articles were read and what might be beneficial to repeat.

6. **Old Business**

- a. Update on possible Parkinson’s exercise sessions at SBCA
 - ii. Adina Rivers shared with us the many issues that she and others afflicted with Parkinson’s endure. She spoke very highly of the Jefferson Healthcare PWR of Movement Exercise classes and how well they are attended by residents of Port Ludlow. She feels that she and others have benefited greatly from them. Requested that we work to have them offered – in person – at the SBCA. Mark said he and the board are working on a business plan with Jefferson Healthcare to not only offer classes but to build revenue for the SBCA.
- b. Update on dumbbell and exercise mat acquisition
 - iii. Carolyn said that she and the Board decided that there would be no additional fitness equipment added due to money and space. Dean proposed the mats and dumbbells he had found on Amazon that would support the request by Kare Sargent for herself and others. Carolyn reiterated Boards stance. Suggestion made that members share, exercise at different times, or bring their own equipment.
- c. Mitigation of mirrors for auditorium/classroom. Help with moving or purchasing another set?
 - iv. Much discussion. Steve Dobbs suggests we purchase another smaller set for classroom/card room classes such as Tai Chi. Mark and Carolyn suggested that staff should be helping move mirrors – no room to store, no money for new ones.
- d. Decide on a new Step Mill for cardio or first do a survey for need?
- e. Do we need a replacement for the Cybex Arc Trainer now?
- f. Do we need an Upper Body Ergo Machine for Cardio, now?
 - v. (d,e,f.) Dean suggested that we do not replace the old Stairmaster with the same. Need to review/access the need for Step Mill, Cybex Arc Trainer, or Upper Body Ergo Machine. He volunteered to do research on what that machine will be. Item to be budgeted for 2026.
- g. Reschedule and plan a Fitness Expo.
 - vi. Diane volunteered to help plan. Jeannette and Steve Dobbs to assist.
- h. Do we fulfill a request by a member for adding 2 exercise mats and 3 sets of dumbbells?
 - vii. See above –Old Business- point B.
- i. -Recommendation for 2 additional outlets in Cardio Room
 - viii. Dean requested additional outlets in the cardio room since the electrician was scheduled for one. Discussion followed. Plan to add another outlet while scheduled work is done.
 - ix. Follow through on Fitness orientations and possible member personnel to volunteer; 11:00 am. 1st Thursday of the month.
 - 1. Dean and Diane to support this activity.
- j. Additional Mirrors for fitness classes?

- x. See above –Old Business - point C.
- k. Men's locker room hair dryer
- xi. See Captain's report.

7. ***New Business***

- a. New Chair
 - a. See 1st Topic on Agenda. Motion made, seconded and approved.
- b. Workshop with Carissa C.
 - Vagus Nerve presentation by Carissa Conrad, DPT is scheduled for April 21st.
- c. -Daily fitness calendar
 - xii. Communications Committee wants to have a calendar available where members can “just” select certain activities (like “just” fitness classes, etc.) on the SBCA website. Mark said he will add a link from the current calendar, as well as an eblast with instructions on how to use this feature.
- d. -eblast-
 - “A Beginner's Guide” -Dean will send link to John to add to Communique each month.
 - Also:
 - 5/?/25 Instructor Series; “How to lift properly and train for it”. Dr. Pat Duong of Active Life Physical Therapy to facilitate the class. Date TBD

8. ***Manager's Remarks***

- a. Mark commented on the electrical work to be done for cardio machines and spa timer. Lengthy discussion on building business relationship with Jefferson Healthcare.

9. ***Comments***

- a. Meeting adjourned by 11:05

10. ***Next Meeting:*** 05-01-25