

SBCA Health & Fitness Committee Meeting
May 7, 2026
DRAFT Minutes

1. Call to Order at 9:30am
2. Quorum Determination: We did not have a quorum as only 50% of Committee members were present. Committee members present were Randy Edwards, Donna Colosky, Dean Rosenthal and Christine Spagle. Also present was GM Mark Torres. Committee members absent were Jeannette Hanson, Kare Sargent, Barb Sweet and John Sweet. There were no other SBCA members present. The meeting continued for a general discussion of agenda items.
3. Approve Agenda – there were no suggested changes to the agenda.
4. Approve Minutes of April 2, 2026: Since we did not have a quorum the minutes from April will be put to a vote for approval at the June 6 meeting.
5. Old Business:
 - a. Donation policy: Chris informed the committee that the donation policy had been approved by the Board at the April meeting, and that any new item, replacement of broken or worn out equipment must be brought to the attention of the General Manager before any action can be taken.
 - b. Schedule another Open House? If so, select date: The members present wanted to wait to see if members requested another session. Weekly sessions with Dean and/or Randy are scheduled for those who are interested in learning about the new weight room equipment as well as use of equipment in the cardio and stretching areas, John continues to remind members of those sessions in the Communique and Mark includes in the weekly “What’s Happening”.

SBCA will have a table at the August 28 Community Connect event. At the next meeting we can discuss having a committee representative at the table to provide information, or the committee can prepare a handout that would be available.
 - c. Lockers - status of delivery: We are waiting on delivery from the vendor, Mark anticipates a July delivery date.
 - d. Active Life potential topics: Michael Haberpointner of Active Life has indicated Maddie is now available to do some presentations for us. Michael has suggested the following topics:
 - Injury prevention for gardeners: postural and movement focus
 - Golfers guide to injury prevention
 - Golfers guide to getting more power (focus on rotation)
 - Racquet sports (e.g., pickleball, tennis): injury prevention
 - Return to hiking: navigating hills both ascending/descending
 - Pet owner series: how to handle your furry friends without throwing out your back
 - Pet owner series: Your pets and your balance: how to train your balance system

Focus initially on the following three topics:

 - (1) Injury prevention for gardeners: postural and movement focus;
 - (2) Return to Hiking: navigating hills both ascending/descending; and
 - (3) Pet owner series: Your pets and your balance: how to train your balance system.

6. New Business

a. Correspondence – Pétanque

Information only for the committee, no action required: Request from 2 members to create a pétanque court. Carolyn O’Keeffe and Chris met with Les and Barb Phillips to discuss and secure some information. Carolyn will bring it to the Activities Committee for comment, and then to Facilities.

b. Captain’s Reports

-Aerobic Room

No issues other than query as to when the additional fan will be installed – awaiting return of Ross for installation. Also awaiting mat for under the elliptical machine.

-Weight Room

Previously requested disinfectant holders have been installed.

-Stretch Area

New mats are now available for use and an additional disinfectant holder has been installed.

-Pool

Jeannette did not attend the meeting, but Mark indicated there are repairs in process for the heat pump and deck drains (they are not draining).

-Locker Rooms

No additional information other than as reported above.

7. Issues from Other Committees

There were no issues from other committees.

8. Comments

Dean asked if there were other projects to be developed such as creating workout stations outside.

9. Adjourn

The meeting adjourned at 10:19am

Next Health & Fitness Meeting: June 4, 2026