

# Transcription of Podcast 317: John MacDonnell

Thursday, January 20, 2022

## SPEAKERS

Julie Henley, Toni Caylor, John MacDonnell

**Note:** This transcription was computer-generated and may contain typographical errors.

### John MacDonnell 00:10

Okay, Sun City Shadow Hills, Big John here. It's great to be back in the attitude of happiness. I am feeling so much better than the last podcast because the last podcast, I felt was information that I didn't want to have to give out, but I did. And so, good news. The board met this morning, and as of midnight tonight, midnight tonight, which is what is it, Gus? What is today the 20th? 21st? Okay, so we will have no more on the 21st restrictions as far as class mandates. They can go indoors, or they can be outdoors. Now, I have two great special guests with us today. I have Julie from fitness. And I have Toni from health and fitness. So we're going to talk to them a little bit about a couple of things, as far as fitness is going.

### John MacDonnell 01:06

So, I wanted to add a little quick thing here about Creative Arts real quick. Creative Arts is having their arts club, show and sale. Come visit our gallery for quality fine arts and gifts. So don't forget about that, because that will be on Saturday, January 29th, of this year. And it'll be from 10am to 3pm. And on the flyer if you look, there's a big huge explosion thing on that it says "free admission." So, there's no charge to come down and take a look. Get outside, get a little walk in, and it gets some exercise. Leading into that, let's talk to Julie for a minute. Julie, what's going on?

### Julie Henley 01:55

Well, we are happy to be moving back inside. Although we loved the outdoor time we had we were so fortunate to make it work outside. And we have approximately 40 classes to offer per week. Yes.

### John MacDonnell 02:12

So now don't be sad. Don't be sad because remember what I told you the other day, you have full reign here. Okay? So, if your students, your class students, want to have outdoor, please take advantage of the area, take advantage of the weather, take advantage of everything you can to make it a wonderful place to exercise. If you choose to go outside that's great because, I know I spoke with some ladies today and they absolutely love it out in the corridor. I saw you in the pool today teaching a class and the ladies absolutely love the outdoor pool, they love everything that's going on, and I don't think we can ask for much better weather so.

### Julie Henley 02:56

We could not.

**John MacDonnell** 02:57

Yeah, you have the right to go ahead and teach the class indoors or outdoors. Now, I know we talked a little bit about the grass and I talked to the health and fitness director and Toni said she didn't think it was a good idea to have classes on the grass because you might possibly hurt your ankles, or maybe it wasn't a stable ground.

**Julie Henley** 03:21

I think Toni and I want to look at the terrain.

**Toni Caylor** 03:24

We want to look at it. It is possible that you can still do some exercises, some classes out there on the grass. Just depends on what it is that's all.

**John MacDonnell** 03:34

So, we won't have the tents set up out there. So you'll have to be cognizant of everybody, so the shade and the sun and everything's going on. We did remove the tents from the parking lots today since the classes are able to resume indoors. You have you said, Julie, you have a full schedule then huh?

**Julie Henley** 03:52

We do have a full schedule. We're limiting the capacity indoors to 16, so that we can socially distance. But I'm excited to start a Tai Chi class, which I believe we should have that outside.

**John MacDonnell** 04:08

Nice. Now I'm going to go as far as to say I think the fitness angels open the sky up and dropped you into our community because the people have told me so much about how much they enjoy having you as an instructor and the fitness director and enjoy all of the instructors and the classes and the program that you're running there as the director.

**Julie Henley** 04:32

What a compliment.

**John MacDonnell** 04:33

They love that, and I think you're I think your staff that works with you enjoys working with you. You guys share and do all the classes together. And it's great. So tell me now again, who are the instructors that you have working with you now?

**Julie Henley** 04:46

Well the fitness angels have blessed me richly. I have seven instructors and seven staff members and I couldn't work with a better group. I'm just so thrilled we have, you want me to list by name?

**John MacDonnell** 05:00

Sure, yeah, let's hear who they are.

**Julie Henley** 05:01

Okay. We have Justin and Angel, reformer instructors, Pilates reformers. Angel does other classes as well. We have Rosie, Zumba instructor. We have Leesann, Melinda. I took Melinda's class the other day, it was so refreshing. And, we have Tiffany, she's in the water. And I'd like y'all to come see Tiffany in class. Should I mentioned the Valentine's Day?

**John MacDonnell** 05:29

Sure.

**Julie Henley** 05:30

Okay. Valentine's, you may have a free class in the aqua at Montecito. We may have to do an overflow, but please come see us.

**John MacDonnell** 05:44

Now, let me ask you a question Julie, real quick. I know Toni wants to say something. Let me ask you, so the classes are going on both at Santa Rosa and Montecito? And are they also going on the indoor pool area as well?

**Julie Henley** 05:58

I think we may have someone that wants to go indoors. I'm not sure I have to still talk with Tiffany.

**John MacDonnell** 06:05

Okay

**Julie Henley** 06:05

And, angel. But I want to just mention Marlana.

**Toni Caylor** 06:11

Oh, she's fantastic.

**John MacDonnell** 06:13

Yeah I know. She's burst of energy.

**Julie Henley** 06:14

Yeah, she was instrumental and calling me. What do you need? How can we get keep this going? And, and she wants to wants to float, and she wants to keep things going. Because she really cares about y'all. So like I said, I'm just so fortunate to be here.

**John MacDonnell** 06:34

I guess the Board kind of challenged you a little bit when we told you couldn't do classes indoor. And I know, I know, we talked about possibly canceling some of the classes for a week or so while everybody was recovering and making sure that nobody else got sick as much as we could. But, you guys stepped it up. I mean, you really stepped it up. I know the fitness director Tony Cayler kept saying that you guys

absolutely didn't want to cancel any classes that you want to move everything outside. And I know, I forget what those apparatuses are called that you drag outside?

**Julie Henley** 07:05

The reformers.

**John MacDonnell** 07:06

Thank you, the reformers. I saw those people this morning. And they were absolutely having a ball in the breezeway. Yeah, and is an angel that teaches that class?

**Julie Henley** 07:15

And Justin.

**John MacDonnell** 07:16

And Justin, both. So, that's awesome, because that those people were just thanking us so much, the Board, so much for having the outdoors available to them. And it looks like those apparatuses are pretty easy to get outside then? That's nice. So, Toni, I heard you and Julie talking a little bit before the podcast, about possibly maybe a walking club? Not really a club, but more of a walking program to the to the fitness? What's going on with that?

**Toni Caylor** 07:44

Yeah, we are wanting to start a morning walk, to kind of take off from where we did it every day with the Fall . . . Fall into Fitness. I can never remember that name. And so, yeah, we thought that that would be a great idea. And we could have Amber, she's fantastic, assistant to Julie. She's the new Fitness Coordinator. And so, she and I would get together and either she would . . . we still need to talk about it. But we definitely want to get it going by . . .

**Julie Henley** 07:49

Beginning February, Monday at 8am.

**Toni Caylor** 08:08

February, Monday at 8am, we want to do a walk. And we'll add more as we, you know, after we've talked and got this solidified. It's just that when we were all shut down and everything, we didn't think it'd be a good idea to have a group of us all together. But I think we can do that now. And we'll just call it like "Morning Walk" with Amber and the group, or Amber and Toni, or just whatever it is. And we'll see what we can do from there. We're hoping we can do a little bit longer walks than when we did with the Fall to Fitness. So, it'd be just a little bit longer. And then maybe, going out to a special place close by. Nothing really hard. But just close by and maybe taking a little hike through nature.

**Julie Henley** 09:22

Yes, "nothing really hard" says Toni, as she . . .

09:25

Yes. Well, yes. I will always say, "come on, let's go." But, because some people have physical ailments. Maybe they've had their back recently operated on, or knees, or whatever. So we want them to be able to continue movement, but not kill them.

**Julie Henley** 09:44

I have a question? May we take our pets, Tony?

**Toni Caylor** 09:49

You know, why not?

**John MacDonnell** 09:51

That's something you guys can discuss.

**Toni Caylor** 09:53

We can discuss that, but I don't see anything wrong with that as long as we're around here. At Fall into Fitness, we had are famous little pet that would walk with us every day. There's nothing wrong with that. But . . .

**Julie Henley** 10:08

They need to be fit too.

**Toni Caylor** 10:09

Yeah, they need to be fit too. And they need to help us stay fit so they can pull us and make us go. And so yeah, I think that's an excellent idea.

**John MacDonnell** 10:18

So how many people did you have with the Fall into Fitness, about? Do you think? Did you have 25-30?

**Toni Caylor** 10:25

We had more than 25. I'm going to say we had 40. It was probably just shorter 40, but it was about 40. 36, 37, something like that. And so if we could even get, you know, half of that, that would be great, because that would continue the camaraderie, you know? When we all need that, we're so locked inside in everything. We need camaraderie.

**John MacDonnell** 10:48

How double that?

**Toni Caylor** 10:50

Well, that would be even better. So that's what we're hoping for. The camaraderie, easy walks, you know. A couple of miles. Sounds far, but you know, when we did that Fall into Fitness, we did a couple of miles every day. And so we're looking to extend that just a little bit longer, and have a good time at it.

**John MacDonnell** 11:13

So would you do that at the Montecito and the Santa Rosa? Alternate? Or would you meet like a Montecito? It's kind of up in the air huh?

**Toni Caylor** 11:21

It up in the air. We could kind of do it like we did in in the Fall into Fitness where sometimes we'd meet at the Santa Rosa, and we'd walk. And sometimes we'd meet at the Montecito and then we'd walk. And we can continue that, because we could get different routes the. Which would be great.

**John MacDonnell** 11:38

Now, would that be something you'd want people to sign up for, or just show up for?

11:42

We'd kind of like to have a sign up? Because otherwise we're not really sure. And so if we take off, we may miss people because we didn't wait for them, we didn't realize they were coming. So it would be better if we had a sign up and an idea of how many people, and who's going to show up

**John MacDonnell** 11:57

Nice. So, it looks to me like the fitness program is just outstanding right now. I know, in the beginning, there was a lot of questions as to how much it was going to be and how much people were going to pay. But, it looks like you guys are offering a lot of classes, a lot of things. The one gal this morning said. I think she said she takes seven classes a week. So she's really working herself out.

**Toni Caylor** 12:23

There are those that are that are really taking advantage of the amenities that we have here. I will say that I recently heard that the HOA had shut down classes. And they were very upset with that. And I have to say I take issue with that. Because Julie really pushed and I know I was right there behind her pushing her all the way to make sure that these classes stayed open. We did not shut down.

**Julie Henley** 12:51

We want everyone to be safe and feel comfortable.

**Toni Caylor** 12:57

Yes.

**Julie Henley** 12:57

And, we care about our mental health as well.

**Toni Caylor** 13:03

Right. And so we're continuing that.

**John MacDonnell** 13:05

Cool. I think the only thing we have to worry about when we're endorsed now is, the mask mandate is continuing until February 15. We're not sure what the status is after February 15. But the indoor classes

are definitely masks on. The outdoor classes, the instructors are, are they letting them choose? To wear masks or not

**Julie Henley** 13:30

We want every individual to feel comfortable. And I still recommend spacing, you know, socially distancing. But when we do cardio, we need to breathe. And so, sometimes wearing the mask can pose a risk.

**John MacDonnell** 13:45

Right.

**Julie Henley** 13:45

And so I like being outside for cardio.

**Toni Caylor** 13:47

For that reason, yeah.

**John MacDonnell** 13:49

Nice. Okay, well, that's wonderful. There's a there's one more thing I wanted to talk about. And this is a thing that just eats at my core because I hate when this stuff kind of happens. And, and it doesn't really have to do with fitness.

**John MacDonnell** 14:05

There are phone scammers that are going across this country, and probably around the world, that are preying on every individual. Whether you're an older person or a younger person, it's happening. And what's happening is they're telling you these stories about your computer, and your businesses, and your personal finances are being hacked. And yesterday, unfortunately it happened and it just killed me to hear the story. But somebody had basically lost about \$9,000 And it was because the scammers were running this person crazy. And it sounds so real, because it's a scary thing to think that your finances are going to be taken away from you, or that maybe you have somebody then your relatives that have been hurt or injured and you've got to send money. I gotta tell you, whenever this happens, you can call the police department and ask them, you can call neighbors and friends, call family members. Whatever you do call somebody, before you give anybody any money whatsoever.

**John MacDonnell** 15:21

Nobody should ever ask you to go out and get a gift card. Nobody should ever ask you to wire money, because somebody is injured. And you should never, never, never, do this. Because these scam artists make it sound so real. And they use actual companies. They'll use companies like American Express, they'll use companies like Google, they'll use companies like IBM or Microsoft. And what they do is they make it sound so real. And they're not just a single person, sometimes they're tag teams. And they'll act like one company is talking to another company while you're on the phone with them. And they'll run you around, and they'll have you do things that are just not right. And, please, please, this is going on everywhere. So whatever you do, if you get a phone call like that, always questioned the phone call. Don't just jump into action, and start sending money or doing these things. Make sure call a family

member and see if that person is okay. Or call your credit card company that's on the back of your credit cards. And ask them directly. Don't call a number that somebody gave you and says that it's American Express or that it's another company. Look at the back of your card, there's phone numbers on the back of your card for your own protection. And that way you can call that company direct and know whether that that's real or not. Don't let the IRS call you because the IRS doesn't call people. Okay? And send money to get out of a tax problem or student loans or anything like that. There is a lot of going on. And we don't need to have it going on in our community. Okay, I don't want anybody to lose anything, any money or anything like that. So very important to keep that in mind.

**John MacDonnell** 17:08

Now, the last thing I have is that there was a story on Nextdoor that was going viral about the fact that we had major break-ins and Phase 3. And, that people were getting things stolen and this and that. Well, I spoke with our security director today Tuey, and Tuey told me that there was three cars that were possibly left open, because the alarms never went off on the cars. So, if you lock your car with your remote, and somebody tries to get in your car, if they get in, the alarm will go off. Well no alarms went off. And Tuey said to me that one person claimed they lost about 10 bucks out of their car, and that was it.

**John MacDonnell** 17:52

So anyway. Just wanted to let you know, be careful, be safe, question everything if you have to. Don't just give it up. Okay.

**John MacDonnell** 18:03

Ladies, thank you very much for being here today. It's always great to have guests in here to tell us what's going on in the community.

**Julie Henley** 18:10

Thank you.

**John MacDonnell** 18:12

Again, Julie, they really appreciate everything your staff and you are doing for the community. Toni, everybody appreciates what you do. You volunteer on a couple of our committees, and so, they like that as well.

**John MacDonnell** 18:23

So thanks very much to everybody. I will see you out there in the community. Have a great day. Bye.