



OCTOBER 2024

OCTOBER 1, 8, 15, 22

TACO TUESDAY!

5:00 - 7:00 PM | CVAC Café

Enjoy delicious tacos with all the trappings while soaking up the sunshine on the Café deck. Join us for the last Taco Tuesday of the year on October 22.

SAT, OCTOBER 12

TOAST TO 20 YEARS ROUND ROBIN

3:00 - 5:00 PM | Tennis Courts
Complimentary

Kick off our Toast to 20 Years celebration with some friendly competition at the Toast to 20 Years Round Robin!

SAT, OCTOBER 12

TOAST TO 20 YEARS

5:00 - 7:00 PM | CVAC
Complimentary

We're excited to invite you to a special evening celebrating 20 wonderful years together under McKay ownership! This complimentary event is our way of saying thank you for being part of our community.

Raise a glass with us at the champagne reception from 5:00 to 5:30 PM, then enjoy live music, great company, and delicious food. A no-host bar will also be available for additional drinks.

Please register by October 5th. We can't wait to celebrate with you!

SUN, OCTOBER 20

HIKE WITH PUPS

8:30 AM | Garland Ranch
Complimentary

Join us for a leashed dog friendly 3-mile loop with well-maintained trails, featuring a beautiful walk along the creek and into the redwood tree groves with a 797 ft elevation gain.

For more information or to suggest other meetups or hike locations, please contact Kimi Hori at Kimi@CVACLife.com.

SUN, OCTOBER 20

CHRISTINA WELLS PICKLEBALL CLINIC SERIES BEGINS!

October - November | Pickleball Courts
\$45/Player

Join us for a series of progressive pickleball clinics and events—for both new and seasoned players—with visiting pickleball pro Christina Wells. Learn more by visiting CVACLife.com/cvac-events.

TUE, OCTOBER 22

FULL MOON SOUND BATH WITH WENDY MORO

7:00 - 8:15 PM | Mind & Body
\$35/Members | \$40/Non-Members

An important part of physical fitness is taking time to recover. Come experience mind and body rejuvenation with a deeply healing Sound Bath. Join Wendy Moro for a releasing and restoring experience with the energy of a full moon. Please register via the member portal.

FRI, OCTOBER 25

PARENT'S NIGHT OUT: TRICK-OR-TREAT

5:00 - 8:00 PM | Kids' Club
\$35/Child | Ages 2+

Enjoy an evening off property while your child trick-or-treats at CVAC. Children are encouraged to dress up in their Halloween costumes. We will walk the property to trick-or-treat at each department. We will then return to Kids' Club for some pizza. Please register by October 22.

SAVE THE DATE

11/10—RED CROSS ADULT & PEDIATRIC CPR/AED CERTIFICATION

11/12 & 11/13—SANDJUNE ATHLETIC POP-UP!

11/14—WINE TASTING

11/16 & 11/17—CVAC CLUB CHAMPIONSHIP

11/22—PARENT'S NIGHT OUT

11/28—CVAC TURKEY TROT

To register, visit the Member Portal or call the CVAC Concierge at (831) 624-2737.



Toast to 20 Years

Date

SATURDAY, OCTOBER 12

Time:

5:00 - 7:00 PM

Location:

LOBBY, DECK & POOLS AREA

COMPLIMENTARY CHAMPAGNE RECEPTION:

5:00 - 5:30 PM

GRAZING STATIONS: ENJOY COMPLIMENTARY BITES

5:00 - 7:00 PM

LIVE MUSIC & NO-HOST BAR AVAILABLE

RSVP REQUIRED BY OCTOBER 5



Let's be social!

HIKE WITH PUPS

8:30 AM | SUNDAY, OCTOBER 20TH
AT GARLAND PARK

Join us for a leashed dog friendly 3-mile loop with well-maintained trails, featuring a beautiful walk along the creek and into the redwood tree groves with a 797 ft elevation gain. Pups are welcome but not required, so feel free to invite friends, neighbors, and family members!

For more information or to suggest other meetups or hike locations, please contact Kimi Hori at Kimi@CVACLife.com.

Register on the Member Portal to receive event updates.



Pickleball Clinic

Blitz

Join us for a series of progressive pickleball clinics and events—for both new and seasoned players—with visiting Pickleball Pro Christina Wells.

OPEN PLAY MEET & GREET

Sunday, Oct. 20th:
10:30am-12:30pm

Join Coach Chris Wells for a mini clinic and open play fun. Let's kick-off our October Pickleball Blitz. \$45

NEW TO THE GAME

Monday, Oct. 21st:
10:30 AM TO 12:30 PM

This session is all about pickleball basics. Let's dink, drop and drive. \$45per player.

PICKLEBALL 201

Monday, Oct. 28th:
10:30am-12:30pm

You mastered the basics, let's play. \$45 per player.



DROPPING AND DINKING

Wednesday, Oct. 30th:
10:30 AM TO 12:30 PM

Let's refine your soft game—low, low, low until it's time to go.
\$45per player.

ATTACK AND DEFEND

Friday Nov. 1st
10:30am-12:30pm

Learn when to pull trigger. Timing is everything!
\$45 per player.

RESETS

Monday, Nov. 4th
10:30am-12:30pm

Getting attacked? Slow it down! \$45 per player.

RED LIGHT/GREEN LIGHT

Wednesday, Nov. 6th
10:30 AM TO 12:30 PM

Low ball dink! High ball attack! \$45per player.

HOW TO BEAT A BANGER

Friday, Nov. 8th
10:30am-12:30pm

Keep that ball out of their strike zone! \$45 per player.

MINI TOURNAMENT

Monday Nov. 11th
10:30am-12:30pm

Up River, Down River (winning partners stay, losing partners split and move down one court). \$45 per player.

"IT'S A WRAP!"

Wednesday, Nov. 13th

10:30am-12:30pm
Round Robin Fun.
\$30 per player.

To sign up, use the app, ask the front desk or contact zack@cvaclife.com

CHRISTINA WELLS is a Professional Pickleball Registry certified coach. A former Division I tennis player, Chris hit her first pickleball six years ago and never looked back. She was taught the game by Simone Jardim and Catherine Parenteau, current top 5 PPA tour professionals. Chris teaches in Naples, Florida and Aspen/Snowmass, Colorado.



FULL MOON SOUND BATH

WITH WENDY MORO

TUESDAY, OCTOBER 22nd

7:00 TO 8:15 PM

\$35 MEMBER / \$40 NON-MEMBER

An important part of physical fitness is taking time to recover. Come experience mind and body rejuvenation with a deeply healing Sound Bath. Join Wendy Moro for a releasing and restoring experience with the energy of a full moon.

Wear warm clothing for comfort. You may also bring a mat, blanket, pillow. Please register via the member portal.

Contact Kimi to register any non-member participants at
Kimi@cvaclife.com

SOUND INSTRUMENTS

Sound instruments create a space of special frequencies and vibrations that have proven to be both relaxing and revitalizing. Sound travels nearly three times faster through water than through air, and as the human body is nearly 80% water in body weight and 100% in body chemistry, the effects of sound therapy can be both profound, and instantaneous. Researchers have found that sound waves affect the human nervous system—decreasing blood pressure, reducing anxiety and enhancing mood states. Ancient cultures have been using similar instruments or sonic frequency technologies for more than 2,000 years.

WENDY MORO

Wendy is an accredited sound energy practitioner. She leads sound baths and offers group and individual sound healing sessions that enable the power of sound vibrations to calm the nervous system and promote a higher level of well-being.



PARENT'S NIGHT OUT TRICK-OR-TREAT



5-8 PM | FRIDAY, OCTOBER 25TH

AT KIDS' CLUB

\$35/CHILD | AGES 2+

Enjoy an evening off property while your child trick-or-treats at CVAC. Children are encouraged to dress up in their Halloween costumes. We will walk the property to trick-or-treat at each department. We will then return to Kids' Club for some pizza.

Please register by October 22nd

REGISTER THROUGH THE MEMBER PORTAL

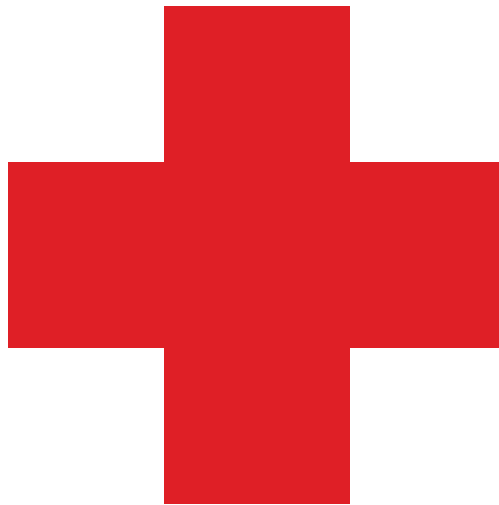


ADULT & PEDIATRIC CPR/AED FIRST AID CERTIFICATION

Sunday, November 10th | 10:00 AM - 2:00 PM

Ages 13+ | Fitness Studio

\$90 per Member | \$100 per Non-Member



Back by popular demand!

Help save a life with an American Red Cross CPR/AED First Aid certification through American Red Cross Instructor Kimi Hori. Learn skills for handling emergencies and practice CPR/AED skills. Certificate is valid for 2 years. Space is limited to 12 participants.

Please register through the Member Portal.



2024



CLUB CHAMPIONSHIP

NOVEMBER 16TH & 17TH

\$30 SINGLES | \$40 DOUBLES (PER TEAM)
OPEN TO CVAC MEMBERS ONLY

Sign up for our Tennis Club Championship tournament and let's see who will win the Scot McKay Cup! Beginner/intermediate men's & women's singles, doubles and mixed doubles. Open men's & women's singles, doubles and mixed doubles. Doubles must register with partner. Two events per entrant. Double elimination.

Participants that register by November 1st will receive a Club Championship T-shirt!

To register, or for questions, email Zack@CVAClife.com. Sign-up forms will also be available at the Front Desk.



Fall JUNIOR Tennis SCHEDULE

Session 1: September 10th-October 11th

Session 2: October 22nd-Nov 22th

(5 week sessions)

We are excited to launch our Junior Tennis program's Fall sessions. Our experienced teaching pros will focus on proper technique, footwork, strategy and fun in a safe and engaging environment to help grow your child's skills and love for the game. See below for the class schedule, pricing and registration details.

<p>TUESDAYS & THURSDAYS</p> <p><i>Junior Smash Stars (9-10 yr olds)</i> 4:00 to 5:00 pm.</p> <p><i>Grand Slam Seekers (11+ yr olds)</i> 5:00 to 6:30 pm.</p>	<p>WEDNESDAYS & FRIDAYS</p> <p><i>Tiny Tennis Titans (5-6 yr olds)</i> 4:00 to 5:00 pm.</p> <p><i>Mini Racquet Rookies (7-8 yr olds)</i> 5:00 to 6:00 pm.</p>
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Session Pricing

<p>TWO CLASSES A WEEK</p> <p><i>Grand Slam Seekers:</i> \$300 Members / \$350 Guest</p> <p><i>Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:</i> \$200 Members / \$250 Guest</p>	<p>ONE CLASS A WEEK</p> <p><i>Grand Slam Seekers:</i> \$150 Members / \$175 Guest</p> <p><i>Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:</i> \$100 Members / \$125 Guest</p>	<p>DROP-IN (if space available)</p> <p><i>Grand Slam Seekers:</i> \$35 Members / \$40 Guest</p> <p><i>Tiny Tennis Titans, Mini Racquet Rookies & Junior Smash Stars:</i> \$25 Members / \$30 Guest</p>
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For more information, or to register, please email Zack at Zack@CVAClife.com. Please include session number and class. Classes require at least 3 students per class to run. Parents will be notified in case of cancellation. Refunds will be offered if needed due to weather or exceptional circumstance.