



MONTHLY MEMBERSHIP EVENT CALENDAR

DECEMBER 2025

FRI, DECEMBER 5 PICKLEBALL CHALLENGE

9:00 AM | Pickleball Courts

\$15/Member & \$20/Non-Member

Earn Pickleball Club Championship points in this competitive ladder-style event. Rotate partners, track individual scores, and move courts based on performance to climb the rankings.

SAT, DECEMBER 6 PARENTS' DAY OUT

11:00 AM - 2:00 PM | Kids' Club

\$35/Child | Ages 2+

Rather than a Parents' Night Out, we will be hosting a Parents' Day Out in December! Enjoy an afternoon to yourself to run errands, grab lunch, or just relax. We will serve the kiddos pizza for lunch. Registration closes 12/3 Please note, Kids' Club will be open as usual from 9:00 - 11:00 AM.

TUES, DECEMBER 9 SANDJUNE FITNESS WEAR HOLIDAY SHOPPING

8:30 AM - 1:30 PM | Fitness Lobby

One day only! Sandjune returns with a curated display of discounted winter activewear, including favorites from the Athleta brand. Stop by before or after your workout to refresh your cold-weather kit.

WED, DECEMBER 10 A HYPNOTHERAPY EXPERIENCE: INNER STABILITY & CALM

5:30 - 6:30 PM | Mind & Body Center

\$75/Member

Led by Amanda Mai, a board-certified holistic health and hypnotherapy practitioner, enhance your own inner stability and greater calm in a relaxing and therapeutic group setting. Hypnotherapy works with the subconscious mind allowing you to access information you wouldn't otherwise be able to. It provides "ah-ha" moments, breakthroughs, insight on the next best steps forward and most importantly effective lasting change with a calmer nervous system.

If you're ready for real results and effective change- gift yourself and/or a loved one this experience! Bring a blanket, cushion, journal, and something to write with.

FRI, DECEMBER 12 MEMBER HOLIDAY PARTY: KRINGLE MARKET

5:30 - 8:00 PM | CVAC

Complimentary with Drinks Available for Purchase

Celebrate the season at the "Local's Resort"! Join us for a festive evening featuring a pop-up artisan market, photos with Santa, gingerbread house making, and complimentary seasonal dining catered by Woody's (served 5:30-7:30 PM).

Special Feature: Gather by the fire at 7:30 PM for a reading of A Child's Christmas in Wales by Toby Rowland-Jones.

This is a member-only event. Pre-registration required by Dec 4 to receive your entry wristband.

WED, DECEMBER 17 MOBILE DETAILING POP-UP

8:00 AM - 1:00 PM | CVAC Parking Lot

Packages: Silver (\$75), Gold (\$140), or Platinum (\$250)

Elevate your drive with premium service from Monterey Bay Auto Spa. Enjoy exclusive member pricing on three distinct packages conveniently performed while you enjoy the club. Appointments are limited: email Jeff@CVACLife.com to reserve.

THUR, DECEMBER 18 PICKLEBALL CHALLENGE

4:00 PM | Pickleball Courts

\$15/Member & \$20/Non-Member

Earn Pickleball Club Championship points in this competitive ladder-style event. Rotate partners, track individual scores, and move courts based on performance to climb the rankings.

SAVE THE DATE 1/1 - POLAR PLUNGE!

To register, visit the Member Portal, the CVAC App, or call the CVAC Concierge at (831) 624-2737.
For paid events, please cancel at least 24 hours prior to the event start time to receive a full refund.



PARENTS' DAY OUT



11 AM - 2 PM | FRIDAY, DEC. 6
AT KIDS' CLUB
\$35/CHILD | AGES 2+

Rather than a Parents' Night Out, we will be hosting a Parents' Day Out in December! Enjoy an afternoon to yourself to run errands, grab lunch, or just relax. We will serve the kiddos pizza for lunch.

Registration closes December 3

Kids' Club will be open as normal 9 - 11 AM

REGISTER THROUGH THE MEMBER PORTAL



SANDJUNE FITNESS WEAR SALE

*One Day Only! Enjoy winter fitness clothing
including the Athleta brand.*

**TUESDAY, DECEMBER 9
8:30 AM – 1:30 PM**



Located in the Fitness Center Lobby



A HYPNOTHERAPY EXPERIENCE INNER STABILITY & CALM



WED
10
DEC.

5:30 - 6:30 PM | Mind & Body Center

Led by Amanda Mai, Board-Certified Hypnotherapy Practitioner.

Enhance your inner stability and calm in a therapeutic group setting. Access your subconscious mind for “ah-ha” moments, breakthroughs, and lasting change for a calmer nervous system. Ready for real results? Gift yourself this experience.

Please bring: A blanket, cushion, journal, and pen.

\$75/MEMBER | \$80/NON-MEMBER

PLEASE REGISTER THROUGH THE MEMBER PORTAL BY DEC. 7

Kringle Market

The CVAC Member Holiday Party

Friday, December 12th
5:30 PM – 8:00 PM

SEASONAL FLAVORS

Complimentary food
stations catered by Woody's.

*Served 5:30 - 7:30 PM
Non-hosted bar available.*



ARTISAN MARKET

Browse unique gifts from
local vendors and crafters.

*Interested in a booth?
Email Mary@CVACLife.com*



FAMILY FUN

Capture memories with
Santa and our Magic Elf.

*Join us for festive Gingerbread
House making!*



A FIRESIDE CLASSIC

Special Guest Toby
Rowland-Jones reads
Dylan Thomas' A Child's
Christmas in Wales.

7:30 PM by the fireplace



MEMBERS ONLY.

PRE-REGISTRATION IS REQUIRED BY DECEMBER 4TH.

Please note: Wristbands will be issued at check-in for entry and food service.

Refuge
Carmel, CA

POLAR PLUNGE



THURSDAY, JANUARY 1 | 7:00-8:30 AM

\$75/PERSON | ALL PROCEEDS GO TO COASTAL KIDS HOME CARE



- EXCLUSIVE PRE-OPENING ACCESS & FULL ADMISSION



- TALK & USE DEVICES UNTIL 9AM



- PHOTO OP & COFFEE AVAILABLE AFTER PLUNGE

LIMITED SPACE | EMAIL MARY TO SIGN UP: MARY@CVACLIFE.COM