



FEBRUARY 2026

FRI, FEBRUARY 6 MEMBER MINGLE

5:30 PM - 7:00 PM | Fitness Studio

Complimentary

Sip complimentary wine and master the art of “magnetic communication” with expert Cheryl Sharp. Enjoy a guided “mingle challenge,” raffle prizes, and new connections.

SUN, FEBRUARY 8 ADULT & PEDIATRIC CPR/AED/ FIRST AID CERTIFICATION

11:00 AM - 2:30 PM | Fitness Studio

\$95/Member & \$110/Non-Member

Help save a life with an American Red Cross CPR/AED First Aid certification through American Red Cross Instructor Kimi Hori!

WED, FEBRUARY 11 MOBILE DETAILING POP-UP

8:00 AM - 1:00 PM

Additional Parking Lot

Monterey Bay Auto Spa returns! Silver (\$75), Gold (\$140), or Platinum (\$250). Treat your car to a professional detail.

To schedule your appointment, email: Jeff@CVACLife.com.

FRI, FEBRUARY 13 PARENTS' NIGHT OUT: VALENTINE'S DAY

5:00 - 8:00 PM | Kids' Club

\$35/Child | Ages 3+

Treat your little ones to an evening of creativity and fun! We are hosting a special

Valentine's themed craft night complete with a pizza party dinner. Registration closes 2/10

FRI, FEBRUARY 13 SIP & PAINT: VALENTINE'S DAY

5:30 - 8:00 PM | Fitness Studio

\$45/Member

Sip wine, enjoy light bites, and create your own masterpiece with step-by-step guidance from Jess. No experience is necessary. Registration closes 2/6.

STARTS FEBRUARY 16 FEBRUARY KIDS' CAMP

8:30 AM - 5:00 PM | Full Day & Half Day

Available | Kids' Club | Pricing Varies

School is out, but the fun is just beginning! Kids ages 5-11 are invited to explore, create, and connect at CVAC. Expect a high-energy week of sports, skills workshops, and creative crafts Register via CVACLife.com/Camp

SAT, FEBRUARY 21 HIKE WITH PUPS: FORT ORD

8:30 AM | Fort Ord National Monument

Complimentary

Soak up breathtaking views on this 4.2-mile social loop at Fort Ord National Monument. Friends and leashed pups are very welcome!

TUES, FEBRUARY 24 LINE DANCING

6:30 - 8:00 PM | Fitness Studio

\$20/Member

Join fellow member Michael Wong for an all-levels line dancing event. No experience

required!

SAT, FEBRUARY 28 CVAC WINE WALK IN CARMEL

12:45 PM | Carmel-by-the-Sea

\$55/Member

Sip and stroll through Carmel-By-The-Sea with sommelier Toby Rowland-Jones, enjoying history, architecture, and tastings at three premier rooms.

SAVE THE DATE 3/1—DRAIN TO REGAIN - LYMPH DRAINAGE EXPERIENCE + FACIAL RELEASE 3/10—POKER NIGHT 3/20—PARENTS' NIGHT OUT: WATERCOLORS

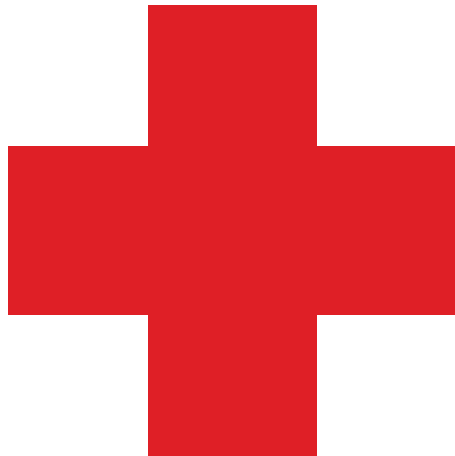


ADULT & PEDIATRIC CPR/AED FIRST AID CERTIFICATION

Sunday, February 8 | 11:00 AM - 2:30 PM

Ages 13+ | Fitness Studio

\$95/Member | \$110/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. Registration Closes February 7.



PARENTS' NIGHT OUT

Valentine's
Day

5-8 PM | FRIDAY, FEBRUARY 13

AT KIDS' CLUB

\$35/CHILD | AGES 3+

Celebrate Valentine's Day while we take care of the kiddos! Our Parents' Night Out offers fun activities, like Valentine's day crafts and pizza night.

Deadline to register is February 10

REGISTER THROUGH THE MEMBER PORTAL

Please cancel within 24 hours of the event to receive a full refund.



- *Galentine's* -
Sip & Paint

FRIDAY, FEBRUARY 13



5:30-8:00 PM
\$45/MEMBER

FITNESS
STUDIO

Enjoy a fun, laughter-filled evening of creativity with Progress, not Perfection, Paint Parties. Sipping begins with a reception at 5:30 followed by painting at 6 PM, led by Jessica.

Bonus: Register the kids for Parents' Night Out: Valentine's Day to unleash your inner artist knowing they are having a fun time themselves.

Registration ends February 6.



Let's be social!

LET'S HIKE WITH PUPS! FORT ORD

SATURDAY, FEB. 21 | 8:30 AM

Start your weekend with an beautiful 4.2-mile loop through the stunning landscapes of Fort Ord. This hike offers sweeping views of the valley, the perfect backdrop for catching up with old friends and meeting new ones.

Pups are welcome, but not required! Feel free to bring a guest, a family member, or your favorite hiking buddy. Don't forget your water and trail snacks.

Register on the Member Portal to receive event updates.



Line Dancing!

February 24 | 6:30 - 8:00 PM



Get ready to move! Join us in the Fitness Studio as fellow member Michael Wong leads us through an evening of line dancing.

Whether you're a seasoned pro or have two left feet, all levels are welcome to join what's sure to be a great night. Soft soled shoes required.

\$20/Member

Please Register Through The Member Portal

Registration closes February 17

CVAC Wine Walk in Carmel

Saturday, February 28

12:45 PM

Rediscover the hidden charm of Carmel-by-the-Sea. Join fellow member and local expert Toby Rowland-Jones for an intimate afternoon of fascinating history, architecture, and exceptional wine.

We will explore its storied past while stopping to taste at three premier venues:

Blair • Cypress Grove • De Tierra

Includes guided tour, tastings, small bites, and exclusive member discounts on bottles.

\$55/Member

Limited to 10 Participants

Register Through the Member Portal

Registration closes 2/21

