



MONTHLY MEMBERSHIP EVENT CALENDAR

JUNE 2026

JUNE 2, 9, 16, 23 & 30

TACO TUESDAY

4:30 - 7:00 PM | \$24/Person

Taco Tuesday is back at Woody's at CVAC! Join us every Tuesday in June for tacos and good company.

JUNE 5, 12, 19, 26

SUMMER CONCERT SERIES

5:00 - 7:00 PM | Woody's at CVAC

Join us each Friday in June for live music from local Monterey musicians, paired with warm summer weather, good company, and your favorite food and drinks from Woody's at CVAC.

June Lineup

6/5: Casey Wickstrom

6/12: Jewel Arianna

6/19: Daniel Cortes

6/26: Rory Lynch

WED, JUNE 10

MOBILE DETAILING POP-UP

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

Prices Vary

Monterey Bay Auto Spa will be on-site in the additional parking lot near Kids' Club. Email Jeff@CVACLife.com to book.

FRI, JUNE 12

KIDS' COOKIE DECORATING

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

Kids will get creative decorating their very own cookies and enjoying a delicious pizza dinner with friends.

THUR, JUNE 18

WOODY'S WINE DINNER

6:00 PM | Woody's at CVAC

\$75/Member & \$95/Non-member

Enjoy an intimate wine dinner featuring seasonal ingredients thoughtfully paired with selections from I. Brand Winery. This rustic, café-style plated dinner offers a warm and flavorful evening designed for great food, beautiful wine, and good company.

To reserve, please email info@woodysmontereyairport.com. Reservations close June 15.

SUN, JUNE 21

LET'S HIKE WITH PUPS!

8:30 - 11:30 AM | Jacks Peak Park

Complimentary

Join us for a 4.1-mile, moderate hike of Lower Ridge, Rhus and Coffeeberry Loop at Jacks Peak County Park. Bring water, snacks, and dog necessities. Pups are welcome, but not required, and friends, neighbors, and family are invited to join the fun. The more the merrier!

Contact Kimi Hori for more information at Kimi@cvaclife.com

TUE, JUNE 23

SUMMER SOLSTICE SOUND BATH

7:00 - 8:15 PM | Mind & Body Studio

\$35/Member & \$45/Non-Member

Join us for a deeply restorative evening created to help you release physical tension and experience deep peace with a blissful guided meditation and healing sound journey.

TUE, JUNE 23

HEALTH TALK

5:30 - 6:30 PM | Fitness Studio

Complimentary

Learn "How Stress Makes You Sick" with featured speaker Cordelia Sidijaya of Cor Coaching. She is a Holistic Gut Health Specialist, Registered Nurse, BSN, Holistic Health & Mindset Coach.

What You'll Discover:

- How stress impacts your nervous system, hormones, and immune response.
- How unmanaged stress fuels inflammation and chronic disease.
- Actionable strategies to reduce stress before it turns into chronic illness.

FRI, JUNE 26

MEALS ON WHEELS PICKLEBALL TOURNAMENT

3:00 PM | CVAC Pickleball Courts

\$50/Doubles Team

Grab a partner and join us for a fun doubles pickleball tournament benefiting our neighbors in Monterey County. Teams of two can register with a \$50 donation per team, with 100% of proceeds going directly to Meals on Wheels of Monterey Peninsula. Enjoy friendly competition, great prizes, live music afterward on the Woody's at CVAC deck, and a complimentary drink ticket to celebrate a day well played for a cause well worth supporting.

To register, visit: bit.ly/MOWTournament

SUN, JUN 28

YOGA IMMERSION WORKSHOP

12:00 - 3:30 PM | Mind & Body Studio

\$125/Person

Taught by Dr. John Yuhas, this immersive workshop is designed to strengthen psychological flexibility, witness awareness, and value-based living through embodied yoga practice.

Dr. John Yuhas, DNP, PMHNP-BC, RYT, is an Ashtanga Yoga instructor and licensed psychiatric and mental health nurse practitioner.

SAVE THE DATE

EVERY FRIDAY IN JULY, STARTING JULY 10—SUMMER CONCERT SERIES

7/3—INDEPENDENCE DAY BBQ & POOL PARTY

7/17—KIDS' CRAFT NIGHT

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.



Welcome Back
Taco Tuesday!

Starting May 5th | 4:30 - 7:00 PM

\$24/Person



SUMMER CONCERT SERIES

CELEBRATE SUMMER IN THE VALLEY WITH GREAT
MUSICIANS ON THE WOODY'S AT CVAC DECK.

JUNE

6/5: CASEY WICKSTROM

6/12: JEWEL ARIANNA

6/19: DANIEL CORTES

6/26: RORY LYNCH



KIDS' COOKIE DECORATING

**\$35
/Child**



Friday, June 12 | 5 PM - 8 PM

Ages 3+

Drop the kids off for a fun-filled evening of decorating their very own cookies and enjoying a delicious pizza dinner with friends. Sweet treats, tasty eats, and lots of smiles guaranteed.

REGISTER VIA THE MEMBER PORTAL

Registration Closes 6/9

WOODY'S WINE DINNER

FEATURING I. BRAND WINERY

A RUSTIC VERSION, CAFE
STYLE, CHEF-INSPIRED
PLATED DINNER BUILT
AROUND INCREDIBLE
SEASONAL INGREDIENTS
AND PAIRED WITH IAN
BRAND'S WINES

THURS JUNE 18TH • 6PM

\$75 MEMBER

\$95 NON MEMBER

EMAIL TO RESERVE YOUR SPOT
INFO@WOODYSMONTEREYAIRPOT.COM



WOODY'S WINE DINNER

FEATURING I. BRAND WINERY

AT CVAC

CHEFS AMUSE

SOUP SIP

FAMILY STYLE ANTIPASTA BITES

PAYSAN ROSE

FIRST COURSE

THE WILD TALE BETWEEN THE SHRIMPS & THE GRITS

WITH FENNEL DILL SLAW

PAYSAN CHARDONNAY

ENTREE

BRAISED BEEF SHOULDER

PARSNIP PUREE, SWANK FARMS GLAZED VEGETABLES,

PAYSAN CABERNET BRAISED

PAYSAN CABERNET OLD VINE

FINAL FINAL

GRAND MARNIER BERRY BITE

CHANTILLY CREME



Let's be social!



LET'S HIKE WITH PUPS!

SUNDAY, JUNE 21 | 8:30 - 11:30 AM

Join us for a 4.1-mile, moderate hike of Lower Ridge, Rhus and Coffeeberry Loop at Jacks Peak County Park. Bring water, snacks, and dog necessities.

Pups are welcome, but not required, and friends, neighbors, and family are invited to join the fun.

Register on the Member Portal to receive event updates.



SUMMER SOLSTICE SOUND BATH



TUESDAY

23

JUNE

Release, Receive, Restore
7:00 - 8:15 PM | Mind & Body Studio

Join us for a deeply restorative evening created to help you release physical tension and experience deep peace with a blissful guided meditation and healing sound journey.

\$35/MEMBER | \$40/NON-MEMBER

PLEASE REGISTER THROUGH THE MEMBER PORTAL OR CVAC APP



HEALTH TALK

"How Stress Makes You Sick"




Featuring Cordelia Sidijaya
Holistic Gut Health Specialist
& Registered Nurse

You'll Learn:

- How stress impacts your body.
- Unmanaged stress fuels chronic illness.
- Actionable steps to reduce stress.

 Fitness Studio

 June 23
5:30 - 6:30 PM

 Complimentary

Register via the Member Portal



Meals on Wheels

Pickleball Tournament



Friday, June 26 | 3:00 PM

 Carmel Valley Athletic Club

\$50 Donation
per Team

Grab a partner and register as a team of two for a fun-filled doubles pickleball tournament to help feed our neighbors in Monterey County! Compete for amazing prizes on the CVAC courts, then head up to the Woody's at CVAC deck afterward to unwind with live music. Every participant also receives a complimentary drink ticket for a beer, wine, or soft drink to enjoy while you celebrate.



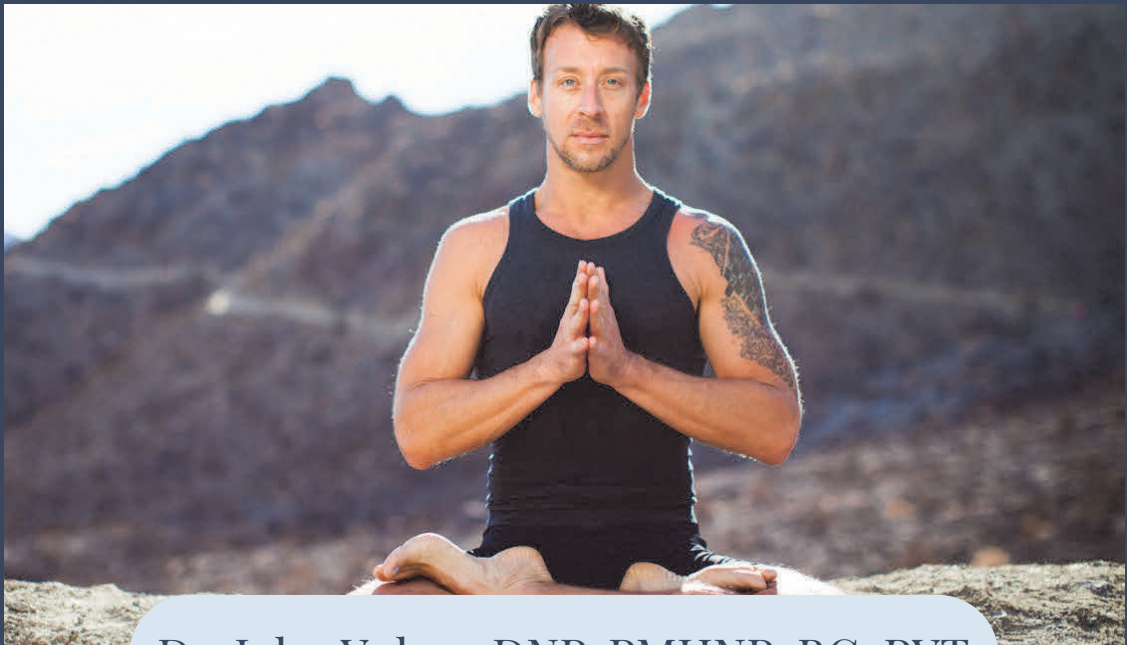
Scan QR
To Register

100% of the proceeds go
directly to Meals on Wheels
of Monterey Peninsula



Yoga Immersion Workshop

June 28 | 12:00 - 3:30 PM



Dr. John Yuhas, DNP, PMHNP-BC, RYT

An immersive workshop to strengthen psychological flexibility, witness awareness, and value-based living through embodied yoga practice.

The Inner Practice: Deepening Yoga Through Acceptance & Commitment Therapy (ACT).

Location: Mind & Body Studio

Workshop Fee: \$125/person

Space is limited to 25 participants

Register via the Member Portal or CVAC App

Deepen witness consciousness : Stay present with discomfort : integrate 8 limbs of Ashtanga Yoga with ACT

Deepen current asana practice : Reduce identification with thoughts : Tools for emotional resilience

