



MONTHLY MEMBERSHIP EVENT CALENDAR

SEPTEMBER 2026

SEPTEMBER 1, 8, 15, 22, 29

TACO TUESDAY

4:30 - 7:00 PM | Woody's at CVAC | \$24/Person

Settle in at Woody's every Tuesday for tacos and a laid-back evening with friends.

SEPTEMBER 4, 11, 18, 25

SEPTEMBER CONCERT SERIES

5:00 - 7:00 PM | Woody's at CVAC | Complimentary
Make the most of September evenings on the deck with live music, good company, and food and drinks from Woody's.

MON, SEPTEMBER 7

LABOR DAY BBQ & POOL PARTY

BBQ & Pool Party from 12:00 - 3:00 PM

Tennis Mixer from 10:00 - 11:30 AM

Pickleball Mixer from 12:00 - 1:30 PM

STARTS SEPTEMBER 10

TENNIS 101

Thursdays, 9:00 - 10:30 AM | 4-Week Course

\$140/Member | \$180/Non-Member

Build a strong foundation with this beginner-friendly tennis course covering groundstrokes, net play, serving, returning, scoring, and court positioning. Register by September 9.

THURS, SEPTEMBER 10

SIP & PAINT

5:30 PM Check-In | 6:00 PM Painting

\$45/Person

Join Jess from Progress, Not Perfection Paint Parties for a relaxed evening of creativity, wine, and light bites. Register by September 3.

FRI, SEPTEMBER 11

PELIO ESTATE WINE TASTING

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

Tasting for Members | \$5/Additional Glass

Raise a glass with Pelio Estate Wines during a special tasting at Woody's, accompanied by live music and good company.

SEPTEMBER 12 & 26

CVAC RUN CLUB

10:00 AM | Meet in the CVAC Lobby Complimentary

Lace up and join member Conrad Becker and fellow runners for two community runs in September.

WED, SEPTEMBER 16

MOBILE DETAILING POP-UP

8:00 AM - 1:00 PM

Back Parking Lot Near Kids' Club | \$75 - \$250

Monterey Bay Auto Spa returns to CVAC with Silver, Gold, and Platinum detailing packages. To reserve an appointment, email Jeff@CVACLife.com.

WED, SEPTEMBER 16

HEALTH TALK: WHY YOUR HORMONES ARE OUT OF BALANCE

12:00 PM | Fitness Studio | Complimentary

Join Cordelia Sidjaya for a complimentary conversation about the hidden imbalances that can affect hormone health, energy, inflammation, anxiety, and overall well-being.

FRI, SEPTEMBER 18

KIDS' NIGHT: CLAY CREATIONS

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

Little artists can create their own masterpieces with air-dry modeling clay while enjoying pizza and an evening with friends. Ages 3+. Register by September 15.

FRI, SEPTEMBER 18

TRIVIA NIGHT

5:30 PM Check-In | 5:45 PM Start | Complimentary

Gather a team of up to five or put your knowledge to the test solo for an evening of tricky questions, laughs, and friendly competition. Register by September 15.

SUN, SEPTEMBER 20

LET'S HIKE WITH PUPS!

8:30 AM - 12:00 PM | Toro Park | Complimentary

Head to Toro Park for a 4.3-mile hike along the Gilson Gap Loop Trail.

SUN, SEPTEMBER 20

AWAKEN WITHIN:

A BREATHWORK JOURNEY

2:00 PM | Mind & Body Center

\$45/Member | \$55/Non-Member

A restorative, trauma-informed experience designed to help release tension and reconnect with the body. Register by September 19.

TUES, SEPTEMBER 22

FALL EQUINOX SOUNDBATH

7:00 - 8:00 PM | Mind & Body Center

\$35/Member | \$40/Non-Member

Welcome the new season with a deeply restorative sound journey combining guided meditation and healing sound.

FRI, SEPTEMBER 25

PICKLEBALL TOURNAMENT

4:00 - 6:00 PM | CVAC Pickleball Courts

Complimentary

Bring your competitive spirit to the courts for an afternoon of friendly tournament play, with prizes for 1st place. Register by September 21.

FRI, SEPTEMBER 25

THE ART OF CONSCIOUS PARENTING

5:30 - 6:30 PM | Fitness Studio | Complimentary

Join holistic life coach Aaron Rasor for an interactive workshop exploring practical ways to turn challenges into opportunities for greater connection. Register by September 18.

SAVE THE DATE

10/2—FALL FEST

10/2-10/14—CHRISTINA WELLS

PICKLEBALL BLITZ

10/9—MEMBER JAM SESSION

10/12-10/16—OCTOBER CAMP

10/30—KIDS' NIGHT: TRICK-OR-TREAT

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.



Taco Tuesday!

Every Tuesday in Sept. | 4:30 - 7:00 PM

At Woody's at CVAC

\$24/Person



FALL CONCERT SERIES

OUR CONCERT SERIES IS EXTENDING INTO SEPTEMBER!
ENJOY GOOD WEATHER & GREAT MUSIC WITH FRIENDS.

SEPTEMBER | 5-7 PM

9/4: RORY LYNCH
9/11: DEEP CUTS
9/18: FRANK WECKERLE
9/25: ALISON SHARINO





An Evening of Creativity

BY PROGRESS, NOT PERFECTION

Sip & Paint

Sept 10 | 6 PM | \$45

A fun, laughter-filled evening where you're encouraged to put your own creative spin on your masterpiece as you enjoy a glass with friends.

Register via the Member Portal or CVAC App.
Limited spaces still available. 5:30 PM check-in.



Pelio Estate Wine Tasting

COMPLIMENTARY
WINE TASTING

*Enjoy additional
glasses for \$5 each*



**September
11**

5:00 - 7:00 PM

Pelio Estate Wines will be joining us for a special
tasting, featuring a selection of their wines to sip
and discover.

*Bottles and cases will be available for purchase.
Space is limited.*

***Register via
the Member Portal***

Registration closes 9/8



Why Your Hormones Are Out of Balance

Health Talk with
CORDELIA SIDIJAYA



WHAT YOU'LL LEARN:



Why so many people still feel exhausted, inflamed, anxious, or 'off', even while on HRT or doing 'all the right things.'



The hidden imbalances disrupting your hormones behind the scenes.



What many hormone experts are missing about lasting balance and longevity.



12:00 PM | **Sept. 16**



FITNESS STUDIO
Located next to the Cafe



**COMPLIMENTARY
HEALTH
TALK**

REGISTER VIA MEMBER PORTAL | REGISTRATION ENDS 9/15



KIDS' NIGHT

CLAY CREATIONS



5-8 PM | SEPTEMBER 18

AT KIDS' CLUB

\$35/CHILD

Kids will build their own masterpieces using air dry molding clay. Pizza will be provided.

Ages 3+.

Please Register by September 15

REGISTER THROUGH THE MEMBER PORTAL



Trivia Night

— FRIDAY —

18TH SEPTEMBER

• 5:30 PM to 7 PM •

A Complimentary Event

Located at Woody's at CVAC

Register by September 15th



AWAKEN WITHIN

A Breathwork Journey



SEPT. 20
2-3:30 PM

Mind & Body Center
\$45/Member & \$55/Guest

A restorative, trauma-informed breathwork experience to release stress, reconnect with your body, and awaken your innate capacity for healing.

During this workshop, you will experience:

- Guided breathwork to support nervous system regulation
- Somatic awareness to deepen your connection with your body
- Space to release stress, tension, and emotional patterns
- A grounding practice to build resilience and leave renewed

Register via the Member Portal | Registration Closes 9/19



LET'S HIKE *with* PUPS



SUNDAY, SEPT. 27

8:30 AM



Join us at Toro Park for a beautiful hike along the
Gilson Gap Loop Trail (4.3 mi, 748ft elevation gain).
Come with your pup, friends, or just yourself!



Bring water,
sunscreen,
snacks, and dog
necessities



Pups not
required to join
the hike.



Feel free to invite
friends and family
members.



**The more
the merrier!**



REGISTER ON THE MEMBER PORTAL
for better communication with you.



CONTACT KIMI HORI,
FITNESS MANAGER, FOR
MORE INFORMATION



FALL EQUINOX SOUND BATH



TUESDAY

22

SEPTEMBER

Release, Receive, Restore
7:00 - 8:00 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

PICKLEBALL TOURNAMENT



9/25



4-6PM

**COMPETITIVE PLAY
WITH PRIZES FOR**

1ST PLACE!

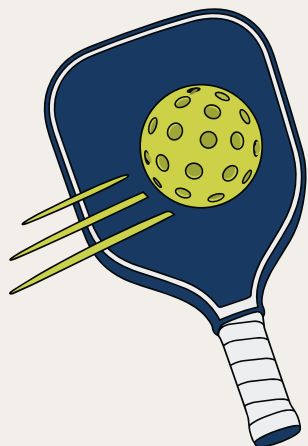
**REGISTRATION
DEADLINE**

9/21





PICKLEBALL



BLITZ

WITH
**CHRISTINA
WELLS**

A PROGRESSIVE PICKLEBALL SERIES

OCTOBER 2-14, 2026

This themed clinic series will be taught at the skill level of your choice: 3.0 to 4.5. You create your foursome and we drill the skills! Sign up for one or all of the 1.5 hour clinics. Note: feel free to request another day for your foursome.



10/2	FRI	The Art of the Dink / The Art of the Drop <i>Goal: Low, low, low until it is time to go</i>
10/3	SAT	Minimizing Errors <i>Goal: Identify and correct three types of errors</i>
10/5	MON	Attack or Defend <i>Goal: High ball go, low ball no</i>
10/6	TUE	Red Light, Green Light <i>Goal: Don't pull that trigger too soon</i>
10/7	WED	Private Lessons as Request
10/8	THU	Up is Death <i>Fact: Cross court and high, your partner will die</i>
10/9	FRI	Resets <i>Goal: Getting attacked, then slow it down</i>
10/13	TUE	Beat Those Bangers <i>Goal: Strike-zone avoidance</i>
10/14	WED	Depth Is Your Friend <i>Goal: Pin them back at the baseline</i>

Meet **CHRISTINA WELLS**

Christina Wells is a PPR Certified Traveling Instructor known for her dynamic pickleball clinics that blend winning strategies with pure enjoyment. She is back in Carmel Valley by popular demand after her sold-out 2024 & 2025 clinics at CVAC.



**BRING YOUR
FOURSOME**

Drill. Play. Improve.
Have More Fun.
That's the Blitz.

Space is limited | Reserve your foursome or private lesson by emailing Christina at cwells40@aol.com.



FALL FEST

• Complimentary Entry / Food & Drink for Purchase •

FRIDAY
OCTOBER
2



Live Music • Line Dancing • Chili Cookoff • Food & Drinks

BECOME A VENDOR

*Contact Mary to enter
your chili into the
competition.*



AT CVAC LOBBY

No Registration Required

RESERVE A BOOTH

*Contact Mary at
Mary@CVACLife.com*