

EVENTS & ACTIVITIES 2024

In Good Health: Balance

February 3-4

Valentine's Tea

February 10



Super Bowl

February 11

The Happy Hour(s)

February 13

Valentine's Day at Forum

February 14

Dinner with The Wine Center:

Biodynamic Wine

February 23

In Good Health: Preparation and Restoration

March 2-3

Vintner Chat with The Wine Center:

Annie Favia and Cathy Corison

March 8

Youth Spring Break Camp

March 25-29, April 1-5

Easter Celebration

March 31

Easter Brunch

March 31

In Good Health: Training and Alignment

April 6-7

Women, Wine, and Wellness Retreat:

Finding Your Flow

April 14-18

Retreat Instructor in Residence

April 16, 17

Conservation Talk with Naturalist Obi Kaufman

April 21

Vintner Chat with The Wine Center
July 25

Movie Night at the Dive-In
August 9, August 23

In Good Health: Props and Accessories
August 3-4

Harvest Lunch with The Wine Center
September 6

Movement and Movie Night
September 13

The Happy Hour(s)
September 19

Vintner Chat with The Wine Center
October 3

In Good Health: The Senses
October 5-6

Movie and Movement Night
October 11

Dinner with The Wine Center
October 19

Annual Pumpkin Carving
October 27

In Good Health: Ground and Center
November 2-3

Holiday Wreath Class
November 24

Thanksgiving Dinner
November 28

Thanksgiving Day Scavenger Hunt
November 28

Tree Lighting Celebration
November 30



On Court with CAL Tennis
September 7

**pending CAL schedule*

Saturday Night Social
September 7, 14, 21, and 28

In Good Health: Powerful Plyo
September 7-8


MEADOWOOD
Napa Valley



Adult Holiday Party

December 6

Family Holiday Party

December 8

In Good Health: December Dance

December 14-15

Santa's Helpers Camp

December 20-23

Christmas Eve & Christmas Day Dinner

December 24 & 25

New Year's Eve Dinner and Celebration

December 31

Dates current as of March 2024.

The calendar is subject to change. RSVP is required unless otherwise noted, and some events and activities will have limited availability. Updated information will be emailed and posted to the website as dates progress.

Please reach us at membership@meadowood.com or (707) 968-3125.