



Optional Activities

**Additional fees may apply*

Fitness Related

Custom-created Cal-a-Vie Boot Camp
Sand Volleyball or Water Volleyball
Round Robin Tennis Tourney
Dance Class – learn Hip/Hop, Country Western Line Dancing, Zumba, Latin, or a Broadway
Hike Challenges: 200 Step or The Beast
Amazing Race
Bike Rides
Team building games ex: Tug a War in Sand, Life Size Tic Tac Toe
½ Court Basketball
Candlelight Yoga

Golf – 18 hole championship golf course*

Golf Tee Times
Golf clinics
Golf Lessons
Demos with Callaway, Titleist, Cobra
Club fittings
TPI Certification
Driving Range Practice Facilities

Other*

Cooking Class with Chef Curtis (based on his availability)
Team Building – Iron Chef Style (make your own guacamole before Mexican themed dinner)
Smoothie Bowl making class
Make your own pizza class
BBQ on the Garden Deck for lunch
Fashion Show
Games: Horseshoes, Cornhole, Ladder ball, or Shuffleboard
Stargazing at the Havens Observatory
PJ Party (robes, etc.) with movie, popcorn

After Dinner options (additional cost – outside vendors)*

Sommelier – Chateau Cal-a-Vie Wine, Champagne, or Tequila Tasting
Interactive Mixology Experience
Dr. Corey Injectibles/IV Program
Glass Etching
Karaoke or Piano Player in the Great Room (70's or 80's night)
Chapel Concert (Broadway tunes, Opera Singer or String Quartet)
Game Night – Bingo / Board Games /
Casino Night
Fine Art Paining Class with James Corwin
Wine & Paint Night
Face Reader – Barbara Waters
Vino & Vinyl

Outside Presenters*

Laurie Itkin - The Options Lady <https://www.theoptionslady.com>

Dr. Mehrad Nazari - “Enlightened Living” <http://www.enlightenednegotiation.com>

Dr. Trish Smith - Sports Therapist and Wim Hof Method Certified Instructor
drtrishasmith.com

Dr. Nicole Wallace – Doctor of Chiropractic specializing in Neuro Emotional Technique, Chiropractic Kinesiology, Erchonia Low Level Laser, and Brain Health Assessment and balancing <https://drnicolewallace.com>

Nutrition Lectures with Cal-a-Vie Nutritionists:

- **Making the Most of Your Stay**
Find out tips and tricks on how to maximize your Cal-a-Vie experience. Learn about what new services are being offered that you can take advantage of while you are here.
- **Optimal Detox**
There are many cleanses and detox programs out there, but knowing how to reduce your exposure to toxins and the key ingredients to safely move toxins out of your body is essential for a successful detoxification.
- **Hands-on Cooking**
Get hands-on training to learn easy cooking techniques for incorporating our nutritious spa food into everyday life.

- **Defy Your DNA**
Think your genes are your destiny? Think again. Our dietitians break down what you need to know about genetic testing and how you can take control of your health based on your individual genetic markers.
- **Anti-Aging: The Cortisol Connection**
Having issues with your energy, weight, focus, anxiety, sleep, pre-mature wrinkles, and low libido but don't know why? Learn the signs to uncovering cortisol imbalances for the one of the most impactful anti-aging strategies.
- **Cooking for Optimal Nutrition**
Learn how to get the most nutrition out of your food with the science of strategic cooking. Demos may feature Paleo Pizza, Low-Carb Lasagna, Asian Chicken Salad, and more.
- **Intermittent Fasting**
Intermittent fasting is a hot topic in nutrition for the potential cognitive, weight loss, and disease prevention benefits. Get the latest research to sort through the facts and fads and decide if intermittent fasting is right for you.
- **Mastering Mindfulness**
Uncover the truth about why we sabotage our own health goals and what you can do to breakthrough your toughest challenges for sticking to a healthy eating plan.
- **Inflammation and Weight Loss**
Identify the signs of inflammation and what to do to support effective weight loss.
- **Beauty and Nutrition:** Let your beauty shine from the inside out! Learn the science-backed nutrition strategies from our registered dietitian to defy aging and build lustrous hair, strong nails, and glowing, supple skin..
- **Hormone Balance:** Hormone imbalances can give big trouble for your mood, weight, sex drive, energy, and overall health. Come get the key strategies to keep them in balance.
- **Optimizing Brain Health**
Feeling foggy? Learn the food and supplement strategies for peak brain performance and preventing cognitive decline.
- **Dining Out Like a Dietitian**

Feel like you have to give up going out to eat to stay healthy? We give the inside strategies on navigating a menu so you can stay committed to your health goals and go out to eat.

- **The Latest Science in Anti-Aging: Hormesis**

Researchers are now documenting new strategies for stimulating the body's 'longevity genes' to significantly improve mitochondrial function, antioxidant systems, and DNA repair. Learn practical take for incorporating anti-aging benefits into your lifestyle.

- **Detox with Smoothies**- Learn the right way to make a smoothie that tastes good and helps you detox! Tasting & recipes included.
- **Build A Cashew Yogurt Bowl** (pairs well with gut health/metabolism & microbiome class)
- **Vegan Lasagna**
- **Homemade Protein Bar Demo** (pairs well with Healthy snacks, optimal blood sugar and energy class)

Welcome Night Icebreakers

- "Get to Know You" Bingo
- Magic Word Game
- Each guest writes something special about themselves – everyone guesses who it is

Teen Options (additional costs may apply)

- Mini makeovers in the Salon
- Pool Party / BBQ / Fashion Show
- Jewelry Making
- Magician
- Scavenger Hunt
- Add Color To Your Life (temporary hair colors or hair crystals)
- Interactive cooking class
- Hip Hop Dance Class
- Decorate your own Flip Flops
- T-Shirt Art (cutting edge designs)
- Airbrush makeup
- Hair Braiding sessions

