

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|---|--|---|
| 1 <i>8 am- Tai Chi & Qi Gong</i> <i>8 am- 2:30 pm- New Year's Day Brunch in Seasons</i> <i>9 am- Yoga</i> <i>10 am- Mineral Makeup Application Class</i> <i>12-2 pm- Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>3 pm- Afternoon Refreshments</i> | 2 <i>11 am- Mineral Makeup Application Class</i> <i>12 - 2 pm - Family Swim</i> <i>3 pm - Afternoon Refreshments</i> | 3 <i>12 - 2 pm - Family Swim</i> <i>3 pm - Afternoon Refreshments</i> | 4 <i>12 - 2 pm- Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>3 pm- Afternoon Refreshments</i> <i>4 pm- Mat Pilates Plus</i> <i>4 pm -Farm + Vine Class: "How to Make a Mean Martini"</i> <i>SPECIAL EVENT:</i> <i>7 pm- Farm + Vine Dinner with Chef Darius Salko</i> | 5 <i>10 am- Aqua Fit</i> <i>12 - 2 pm - Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>3 pm- Afternoon Refreshments</i> <i>3 pm- Farm + Vine Class: "Brunch Classics"</i> <i>4 pm- Farm + Vine Class: "Wine Tasting- Sparkling Wines"</i> | 6 <i>9 am - Total Body Sculpting</i> <i>10 am- Bath Salt Aromatherapy</i> <i>12 - 2 pm - Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>3 pm- Afternoon Refreshments</i> <i>4 pm -Farm + Vine Class: "Spirits 101"</i> <i>6 to 7 pm- Managing Director's Cocktail Hour</i> | 7 <i>9 am- Yoga</i> <i>11 am- Farm + Vine Class: Baking Soufflés</i> <i>12 - 2 pm - Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>2:30 pm- Farm + Vine Class: "How to Flambé"</i> <i>3 pm- Afternoon Refreshments</i> |
| 8 <i>8 am- Tai Chi & Qi Gong</i> <i>8 am- 2:30 pm- Sunday Jazz Brunch</i> <i>10 am- Mineral Makeup Application Class</i> <i>11 am - Guided Tour of the Ocean House</i> <i>12-2 pm- Family Swim</i> | 9 | 10 | 11 <i>2 pm- Guided Tour of the Ocean House</i> <i>3 pm- Afternoon Refreshments</i> <i>4 pm- Mat Pilates Plus</i> <i>4 pm -Farm + Vine Class: "How to Make a Mean Martini"</i> | 12 <i>10 am- Aqua Fit</i> <i>12 - 2 pm - Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>3 pm- Afternoon Refreshments</i> <i>3 pm- Farm + Vine Class: "Stews with Brews"</i> <i>4 pm- Farm + Vine Class: "Wine Tasting- French Reds"</i> | 13 <i>9 am - Total Body Sculpting</i> <i>10 am- Bath Salt Aromatherapy</i> <i>12 - 2 pm - Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>3 pm- Afternoon Refreshments</i> <i>4 pm -Farm + Vine Class: "Spirits 101"</i> <i>6 to 7 pm- Managing Director's Cocktail Hour</i> | 14 <i>9 am- Yoga</i> <i>11 am- Farm + Vine Class: Baking Soufflés</i> <i>12 - 2 pm - Family Swim</i> <i>2 pm- Guided Tour of the Ocean House</i> <i>2:30 pm- Farm + Vine Class: "How to Flambé"</i> <i>3 pm- Afternoon Refreshments</i> |

FARM + VINE

Baking Soufflés: Pastry Chef Adam Young shows you how to bake the perfect soufflé.

Stews with Brews: Executive Chef John Kolesar shows you how to prepare hearty stews with beer.

Brunch Classics: Executive Chef John Kolesar shares classic brunch recipes for your next brunch.

How to Flambé: Learn how to flambé, cooking recipes in which the use of alcohol creates a flame in the Club Room.

How to Make a Mean Martini: Learn how to make the classic cocktail with a Club Room Bartender.

New Year's Day Brunch: Celebrate the New Year with our popular brunch of classic breakfast items and lunch fare, plus a variety of additional buffet items. The Greg Piccolo Trio performs in the hotel lobby.

Spirits 101: Each class will introduce a new spirit, and special cocktail recipes to try at home.

Wine Tasting: Sommelier Jonathan Feiler guides you through a tasting of wines.

Farm + Vine Dinner: Chef Darius Salko, from Tini in Providence, prepares a three-course dinner, highlighting ingredients from Allen Farm, paired with Hugel wines. \$85/person (plus tax and gratuity); Reservations required

RESORT

Afternoon Refreshments: Enjoy hot tea and hot chocolate, and a selection of sweet treats prepared by our Pastry Chef.

Guided Tour of the Ocean House: Take a guided tour of the property with Guest Experience Manager Mark Szaro.

Managing Director's Cocktail Hour: Meet our Managing Director at a wine and cheese reception in the Club Room.

Sunday Jazz Brunch: The Ocean House features an à la carte menu of classic breakfast items and lunch fare, plus a variety of additional buffet items. The Greg Piccolo Trio performs in the hotel lobby.

SPA

Aqua Fit: Join our fitness instructor for an energizing aerobic exercise in our heated, salt water pool.

Bath Salt Aromatherapy: An introduction to basic aromatherapy principles. Learn about essential oils and how they can enhance your mood. Our Spa staff member will assist you in making your own bath salt as a souvenir.

Family Swim: Children's swim time daily from 12 pm to 2 pm at the pool.

Mat Pilates Plus: This core conditioning class is designed to strengthen muscles and to improve core strength and posture alignment.

Mineral Makeup Applications: Tips on how to apply your makeup to look your best.

Qi Gong: Calm your mind and increase vitality with gentle rhythmic movements that help develop, store and circulate your body's energy.

Tai Chi: As the most well-known of China's martial arts, the slow, circular-focusing movements relax muscles while promoting proper core alignment and balance.

Total Body Sculpting: Tone and improve your overall shape.

Yoga: Vinyasa Yoga, an energizing flow series of postures and core strengthening exercises linking mind to body through breath.

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| <p>15</p> <p>8 am- Tai Chi & Qi Gong 8 am- 2:30 pm- Sunday Jazz Brunch 10 am- Mineral Makeup Application Class 11 am – Guided Tour of the Ocean House 12-2 pm- Family Swim</p> | <p>16</p> | <p>17</p> | <p>18</p> <p>2 pm- Guided Tour of the Ocean House 3 pm- Afternoon Refreshments 4 pm- Mat Pilates Plus 4 pm -Farm + Vine Class: "How to Make a Mean Martini" SPECIAL EVENT: 7 pm- <i>In the Kitchen: Cuisine of Portugal</i></p> | <p>19</p> <p>10 am- Aqua Fit 12 – 2 pm - Family Swim 2 pm- Guided Tour of the Ocean House 3 pm- Afternoon Refreshments 3 pm- Farm + Vine Class: "Cheese Appreciation" 4 pm- Farm + Vine Class: "Wine Tasting- Cabernet Francs"</p> | <p>20</p> <p>9 am – Total Body Sculpting 10 am- Bath Salt Aromatherapy 12 – 2 pm - Family Swim 2 pm- Guided Tour of the Ocean House 3 pm- Afternoon Refreshments 3 pm- Farm + Vine Class: "Craft Beer Flights" 4 pm -Farm + Vine Class: "Spirits 101" 6 to 7 pm- Managing Director's Cocktail Hour</p> | <p>21</p> <p>9 am- Yoga 11 am- Farm + Vine Class: Baking Soufflés SPECIAL EVENT: 11 am- 1 pm- <i>From Vine to Wine: Sparkling Wines</i> 12 – 2 pm - Family Swim 2 pm- Guided Tour of the Ocean House 2:30 pm- Farm + Vine Class: "How to Flambé" 3 pm- Afternoon Refreshments 3 pm- Farm + Vine Class: "Fun with Fondue"</p> |
| <p>22</p> <p>8 am- Tai Chi & Qi Gong 8 am- 2:30 pm- Sunday Jazz Brunch 11 am – Guided Tour of the Ocean House 12-2 pm- Family Swim</p> | <p>23</p> | <p>24</p> | <p>25</p> <p>2 pm- Guided Tour of the Ocean House 3 pm- Afternoon Refreshments 4 pm- Mat Pilates Plus 4 pm -Farm + Vine Class: "How to Make a Mean Martini"</p> | <p>26</p> <p>10 am- Aqua Fit 12 – 2 pm - Family Swim 2 pm- Guided Tour of the Ocean House 3 pm- Afternoon Refreshments 3 pm- Farm + Vine Class: "Cheese Appreciation" 4 pm- Farm + Vine Class: "Wine Tasting- Rieslings"</p> | <p>27</p> <p>9 am – Total Body Sculpting 10 am- Bath Salt Aromatherapy 12 – 2 pm - Family Swim 2 pm- Guided Tour of the Ocean House 3 pm- Afternoon Refreshments 3 pm- Farm + Vine Class: "Craft Beer Flights" 4 pm -Farm + Vine Class: "Spirits 101" 6 to 7 pm- Managing Director's Cocktail Hour</p> | <p>28</p> <p>9 am- Yoga 11 am- Farm + Vine Class: Baking Soufflés 12 – 2 pm - Family Swim 2 pm- Guided Tour of the Ocean House 2:30 pm- Farm + Vine Class: "How to Flambé" 3 pm- Afternoon Refreshments 3 pm- Farm + Vine Class: "Fun with Fondue"</p> |

FARM + VINE

Baking Soufflés: Pastry Chef Adam Young shows you how to bake the perfect soufflé.

Cheese Appreciation: Join Food Forager Jan Faust Dane to taste and explore New England cheeses.

Craft Beer Flights: Join Food Forager Jan Faust Dane to sample local craft and microbrews of Rhode Island, Connecticut and Massachusetts.

Fun with Fondue: Join Food Forager Jan Faust Dane to make fondue with freshly-foraged dipping accompaniments.

How to Flambé: Learn how to flambé, cooking recipes in which the use of alcohol creates a flame in the Club Room.

How to Make a Mean Martini: Learn how to make the classic cocktail with a Club Room Bartender.

Spirits 101: Each class will introduce a new spirit, and special cocktail recipes to try at home.

Wine Tasting: Sommelier Jonathan Feiler guides you through a tasting of wines.

In the Kitchen Dinner: Our Chef presents a cooking demonstration and three-course dinner inspired by Portuguese cuisine. \$85/person (plus tax and gratuity); Reservations required

From Vine to Wine: Sommelier Jonathan Feiler leads a wine seminar on Sparkling Wines. \$38/ person (plus tax); Reservations required

RESORT

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Mineral Makeup Applications: Tips on how to apply your makeup to look your best.

Qi Gong: Calm your mind and increase vitality with gentle rhythmic movements that help develop, store and circulate your body's energy.

Tai Chi: As the most well-known of China's martial arts, the slow, circular-focusing movements relax muscles while promoting proper core alignment and balance.

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