Resort Activities

March 1-8, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 **8-10 a.m. –** Adult Swim **8 a.m.** – Tai Chi **9 a.m. –** Yoga **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –**Farm + Vine class: New England Cheese Tasting **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist
2 **8-10 a.m. –** Adult Swim **8 a.m. –** Tai Chi **8 a.m. - 2:30 p.m. –** Sunday Jazz Brunch	3	4	5 **3 p.m. –** Farm + Vine Class**:** How to Make a Soufflé **4 p.m.** – Farm + Vine Class: "How to Make a Mean Martini" **4-6 p.m.** – Adult Swim **7 pm – Special Event: Farm & Vine Dinner Series**	6 **2 pm-** Guided Tour of the Ocean House **3 p.m. –** Farm + Vine Class**:** Cooking with the OH Chefs **3 pm-** Afternoon Refreshments **4 pm-** Farm + Vine Class: Wines of Austria **4-6 p.m.** – Adult Swim	7 **8 a.m.** – Stretch, Flex and Core **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **3 p.m.** – Farm + Vine Class: Jonnycakes **4 p.m.** – Spirits 101 **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist	8 **8-10 a.m. –** Adult Swim **8 a.m.** – Tai Chi **9 a.m. –** Yoga **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –**Farm + Vine class: New England Cheese Tasting **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist

Activity Descriptions

March 1-8, 2014

Farm + Vine

Cooking Demonstration: Our Ocean House Chefs showcase their culinary skills as they reflect the seasonal flavors of New England.

Farm + Vine Class - How to Make a Mean Martini: Learn how to make the classic cocktail with a Club Room Bartender.

Farm + Vine Class - with Food Forager Janice McEachen: Join Janice at the Chefs' Counter in Seasons as she creates and tastes delicious dishes inspired by the season.

Farm + Vine Class - Wines with Sommelier Jonathan Feiler: Explore and tastes wines with Jonathan.

Spirits 101- Enjoy an educational experience in our Club Room as our Head Bartender, Dean Gardiner, discusses the origins and uses of a particular Spirit.

Sunday Jazz Brunch: Enjoy 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. *$54.00/ adult; $25.00/ child (plus tax and gratuity)*

Special Event: Farm + Vine Dinner Series –
Chef Jean-Francois Bruel from Daniel, presents a specialty menu using ingredients from Four Story Hill Farm, paired with Frogs Leap Wines. *$95.00/ adult (plus tax and gratuity)*

Resort

Afternoon Tea: Enjoy tea in the Living Room while Faith Leitner performs on the harp. *$24/Afternoon Tea, $38/Royal Tea; Reservations required.*

Afternoon Refreshments: Join us in Seasons Lounge each day for complimentary treats and beverages.

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

Pianist: Pianist Michael Campbell performs in the lobby.

Spa

Adult Swim: Adult-only swim time daily from 8-10am and 4-6pm at the pool.

Stretch Flex & Core: Join our OH! Spa fitness instructor and focus on stretching and toning your muscles

Virtual Cardio Dance and Yoga: Presented by Fitness on Request, the spa team will set up our movement studio for you to enjoy Vibe 220, a Latin-Bollywood inspired cardio dance class as well as Yoga.

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.

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

Resort Activities

March 9-22, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9 **8 a.m. –** Tai Chi **8-10 a.m.** – Adult Swim **8 a.m. - 2:30 p.m. –** Sunday Jazz Brunch	10	11	12 **8-10 a.m. –** Adult Swim **3 p.m. –** Farm + Vine Class: How to Make a Soufflé **3 p.m.** – Afternoon Refreshments **4 p.m.** – Farm + Vine Class: "How to Make a Mean Martini" **4-6 p.m.** – Adult Swim	13 **8-10am –** Adult Swim **2 pm-** Guided Tour of the Ocean House **3 p.m. –** Farm + Vine Class**:** Cooking with the OH Chefs **3 pm-** Afternoon Refreshments **4 pm-** Farm + Vine Class: South American Reds **4-6pm** – Adult Swim	14 **8-10 a.m. –** Adult Swim **8 a.m.** – Stretch, Flex and Core **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **3 p.m.** – Farm + Vine Class: Jonnycakes **4 p.m.** – Spirits 101 **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist	15 **8-10 a.m. –** Adult Swim **8 a.m.** – Tai Chi **9 a.m. –** Yoga **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –**Farm + Vine class: New England Cheese Tasting **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist
16 **8 a.m. –** Tai Chi **8-10 a.m.** – Adult Swim **8 a.m. - 2:30 p.m. –** Sunday Jazz Brunch **2 p.m.** – Guided Tour of the Ocean House **3-5 p.m.** – Afternoon Tea **3 p.m. –** Afternoon Refreshments **4-6 p.m.** – Adult Swim **6:30-11 p.m. –** Pianist	17 **8-10 a.m.** – Adult Swim **9 a.m.** – Virtual Yoga/Pilates **10 a.m.** – How to Make Bath Salts **2 p.m.** – Guided Tour of the Ocean House **3 p.m.** – Afternoon Refreshments **4-6 p.m.** – Adult Swim	18 **8-10 a.m. –** Adult Swim **10 a.m. -** Virtual Cardio Dance **3 p.m. –** Afternoon Refreshments **3 p.m.** – Cooking Demonstration with OH Chefs **4-6 p.m.** – Adult Swim	19 **8-10 a.m. –** Adult Swim **3 p.m. –** Farm + Vine Class**:** How to Make a Soufflé **3 p.m.** – Afternoon Refreshments **4 p.m.** – Farm + Vine Class: "How to Make a Mean Martini" **4-6 p.m.** – Adult Swim	20 **8-10am –** Adult Swim **2 pm-** Guided Tour of the Ocean House **3 p.m. –** Farm + Vine Class**:** Cooking with the OH Chefs **3 pm-** Afternoon Refreshments **4 pm-** Farm + Vine Class: Wines found off the beaten track **4-6pm** – Adult Swim	21 **8-10 a.m. –** Adult Swim **8 a.m.** – Stretch, Flex and Core **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **3 p.m.** – Farm + Vine Class: Cooking with the OH Chefs **4 p.m.** – Spirits 101 **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist **OH Wellness Weekend 3 pm-5pm** **6 p.m. – Special Event: Farm + Vine Class: South American Wines**	22 **8-10 a.m. –** Adult Swim **8 a.m.** – Tai Chi **9 a.m. –** Yoga **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –**Farm + Vine class: Cooking with the OH Chefs **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist **OH Wellness Weekend 9am-4pm** **11a.m. – Special Event: Farm + Vine Class: South American Wines**

Activity Descriptions

March 9-22, 2014

Farm + Vine

Cooking Demonstration: Our Ocean House Chefs showcase their culinary skills as they reflect the seasonal flavors of New England.

Farm + Vine Class - How to Make a Mean Martini: Learn how to make the classic cocktail with a Club Room Bartender.

Farm + Vine Class - with Food Forager Janice McEachen: Join Janice at the Chefs' Counter in Seasons as she creates and tastes delicious dishes inspired by the season.

Farm + Vine Class - Wines with Sommelier Jonathan Feiler: Explore and tastes wines with Jonathan.

Spirits 101- Enjoy an educational experience in our Club Room as our Head Bartender, Dean Gardiner, discusses the origins and uses of a particular Spirit.

Sunday Jazz Brunch: Enjoy 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. *$54.00/ adult; $25.00/ child (plus tax and gratuity)*

Special Events:

From Vine to Wine: South American Wines– The spectrum of South American Wines will be discussed. *$40/ adult (plus tax)*

Resort

Afternoon Tea: Enjoy tea in the Living Room while Faith Leitner performs on the harp. *$24/Afternoon Tea, $38/Royal Tea; Reservations required.*

Afternoon Refreshments: Join us in Seasons Lounge each day for complimentary treats and beverages.

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

Pianist: Pianist Michael Campbell performs in the lobby.

Spa

Adult Swim: Adult-only swim time daily from 8-10am and 4-6pm at the pool.

Bath Salts Class: An introduction to essential oils and their qualities. Create your own personal bath salts!

Stretch Flex & Core: Join our OH! Spa fitness instructor and focus on stretching and toning your muscles

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.

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

OH Wellness weekend
Enjoy wellness discussions, a Yoga Class and a Smoothie Demo
Relax…Rejuvenate…Replenish
$ 349.00/ adult (plus tax and gratuity)

Resort Activities

March 23-31, 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23 **8 a.m. –** Tai Chi **8-10 a.m.** – Adult Swim **8 a.m. - 2:30 p.m. –** Sunday Jazz Brunch **2 p.m.** – Guided Tour of the Ocean House **3-5 p.m.** – Afternoon Tea **3 p.m. –** Afternoon Refreshments **4-6 p.m.** – Adult Swim **6:30-11 p.m. –** Pianist	24 **8-10 a.m.** – Adult Swim **9 a.m.** – Virtual Yoga/Pilates **10 a.m.** – How to Make Bath Salts **1 p.m.** – Bridge **2 p.m.** – Guided Tour of the Ocean House **3 p.m.** – Afternoon Refreshments **4-6 p.m.** – Adult Swim	25 **8-10 a.m. –** Adult Swim **10 a.m. -** Virtual Cardio Dance **3 p.m. –** Afternoon Refreshments **3 p.m.** – Cooking Demonstration with OH Chefs **4-6 p.m.** – Adult Swim	26 **8-10 a.m. –** Adult Swim **3 p.m. –** Farm + Vine Class: How to Make a Soufflé **3 p.m.** – Afternoon Refreshments **4 p.m.** – Farm + Vine Class: "How to Make a Mean Martini" **4-6 p.m.** – Adult Swim	27 **8-10am –** Adult Swim **2 pm-** Guided Tour of the Ocean House **3 p.m. –** Farm + Vine Class**:** Cooking with the OH Chefs **3 pm-** Afternoon Refreshments **4 pm-** Farm + Vine Class: Wines from Tuscany **4-6pm** – Adult Swim	28 **8-10 a.m. –** Adult Swim **8 a.m.** – Stretch, Flex and Core **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **3 p.m.** – Farm + Vine Class: Jonnycakes **4 p.m.** – Spirits 101 **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist	29 **8-10 a.m. –** Adult Swim **8 a.m.** – Tai Chi **9 a.m. –** Yoga **2 p.m. –** Guided Tour of the Ocean House **3 p.m. –**Farm + Vine class: Cooking with the OH Chefs **3 p.m. –** Afternoon Refreshments **3-5 p.m.** – Afternoon Tea **4-6 p.m.** – Adult Swim **6:30-11 p.m.** – Pianist
30 **8 a.m. –** Tai Chi **8-10 a.m.** – Adult Swim **8 a.m. - 2:30 p.m. –** Sunday Jazz Brunch **2 p.m.** – Guided Tour of the Ocean House **3-5 p.m.** – Afternoon Tea **3 p.m. –** Afternoon Refreshments **4-6 p.m.** – Adult Swim **6:30-11 p.m. –** Pianist	31 **8-10 a.m.** – Adult Swim **9 a.m.** – Virtual Yoga/Pilates **10 a.m.** – How to Make Bath Salts **1 p.m.** – Bridge **2 p.m.** – Guided Tour of the Ocean House **3 p.m.** – Afternoon Refreshments **4-6 p.m.** – Adult Swim					

Activity Descriptions

MARCH 23-31, 2014

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