

# Movember RESORT ACTIVITIES



















## COMPLIMENTARY RESORT ACTIVITIES



#### **CULINARY & WINE**

Culinary Arts Demonstrations: Explore culinary creations of the Ocean House daily as our culinary team hosts Tastings and Demonstrations in our

Center for Wine & Culinary Arts

*Sippin' with the Somms:* In the Center for Wine & Culinary Arts, our sommeliers will guide you through the basics of wine, tasting notes, and unique pairings with food, during our daily tasting sessions.

### **THE ARTS**

*Harpist:* Join us for light refreshments & harp music in the lobby on Fridays & Saturdays at 3pm.

Pianist: Join us in the Lobby, Friday & Sunday from 6:30pm - 11pm for Piano Music with Michael Campbell.

Screening Room: Join us in our Screening Room for a movie classic!

*Guided History Tour of Ocean House:* Take a guided historic tour of the property. Please check in with Historian by the Fireplace.

**Self-Guided Audio Art Tour of Ocean House:** Take a self-guided audio tour around the hotel to learn about Ocean House's extensive art collection featuring Ludwig Bemelmans, Artwork by SEM, and various other art collections. The tour is approximately 60 minutes. Audio recordings can be obtained at the front desk.

#### **OUTDOOR**

Firepit: Join us at the Fire Pit in the Herb Garden from 6pm - 10pm. (Weather Dependent)

## **OCEAN & HARVEST SPA: WELLNESS**

*Adult Swim:* Adult-only swim time daily from 7am - 9am & 7pm - 9pm in the pool. (Pool is open daily 5am - 11pm year-round)

*Studio Pilates:* A focused, full-body workout designed to strengthen your core, sculpt long, lean muscles, and increase flexibility. This class blends controlled movements and breathwork to help improve posture, stability, and tone in a calm, supportive environment.

*Studio Yoga:* A mindful, accessible flow that welcomes all levels and all bodies. Designed to help you build strength, increase flexibility, and find inner balance, this practice is perfect for grounding your energy and reconnecting with your breath.

*Tai Chi:* This mindful movement class focuses on slow, intentional motions, deep breathing, and balance, helping to reduce stress and improve flexibility. Open to all levels, it's a peaceful way to center the body and mind in a beautiful setting.

*Full Body Sculpt:* Move to the rhythm in this energizing workout that blends strength, toning, and endurance. Using light hand weights or ankle weights, you'll flow through targeted movements that sculpt and lengthen muscles.

11/01	11/02	11/03	11/04	11/05	11/06	11/07
SATURDAY  5:00am - 10:00am Coffee Station  7:00am - 10:00am Pastry Display  8:00am Studio Pilates  9:00am Studio Yoga  10:00am Tai Chi  11:00am Screening Room: Curious George(G)  12:30pm Culinary Arts Class: Fish Crudo  2:30pm Sippin' with the Somms: Seasonal Wines  3:00pm Screening Room: Uncle Buck (PG)  3:30pm Guided History Tour of Ocean House	SUNDAY  5:00am - 10:00am Coffee Station  7:00am - 10:00am Pastry Display  8:00am Studio Pilates  9:00am Studio Yoga  11:00am Screening Room: Scooby-Doo (PG)  12:30pm Culinary Arts Class: Shucking Oysters  2:30pm Sippin' with the Somms: Uncorking the Americas  3:00pm Screening Room: Bruce Almighty (PG- 13)  3:30pm Guided History Tour of Ocean House	5:00am - 10:00am Coffee Station 7:00am - 10:00am Pastry Display 8:00am Guided Meditation 9:00am Studio Yoga 11:00am Screening Room: Scooby-Doo 2: Monsters Unleashed (PG) 12:30pm Culinary Arts Class: Mushroom Strudel Sippin' with the Somms: Dinner Party Wines 3:00pm Screening Room: Twister (PG-13) 3:30pm Guided History Tour of Ocean House	5:00am - 10:00am Coffee Station 7:00am - 10:00am Pastry Display 8:00am Studio Pilates 9:00am Full Body Sculpt 11:00am Screening Room: Trolls Band Together (PG) 12:30pm Culinary Arts Class: Vegetarian Canapes 2:30pm Sippin' with the Somms: They're Classics for a Reason! 3:00pm Screening Room: Me Before You (PG-13) 3:30pm Guided History Tour of Ocean House	S:00am - 10:00am Coffee Station 7:00am - 10:00am Pastry Display 8:00am Guided Meditation 9:00am Studio Yoga 11:00am Screening Room: The Pink Panther (PG) 12:30pm Culinary Arts Class: Apple Pie Filling 2:30pm Sippin' with the Somms: European Treasures 3:00pm Screening Room: Spectre (PG-13) 3:30pm Guided History Tour of Ocean House Special Events 5:30pm Aperitivo! Wines of Oregon	THURSDAY  5:00am - 10:00am Coffee Station  7:00am - 10:00am Pastry Display  8:00am Guided Meditation  9:00am Studio Yoga  11:00am Screening Room: The Pink Panther 2 (PG)  12:30pm Culinary Arts Class: From Chickpeas to Hummus  2:30pm Sippin' with the Somms: Great Wines You May Have Never Heard Of  3:00pm Screening Room: The Family Stone (Pg- 13)  3:30pm Guided History Tour of Ocean House	FRIDAY  5:00am - 10:00am Coffee Station  7:00am - 10:00am Pastry Display  8:00am Studio Pilates  9:00am Studio Yoga  10:00am Tai Chi  11:00am Screening Room: Indiana Jones and the Raiders of the Lost Ark (PG)  12:30pm Culinary Arts Class: Guacamole  2:30pm Sippin' with the Somms: Bubbles All Around the World  3:00pm Screening Room: Something From Tiffany's (PG-13)  3:30pm Guided History Tour of Ocean House  Special Events  3:30pm In the Kitchen Series: Seasonal Cooking Secrets for Thanksgiving and the Holidays

11/08 11/09 11/10 11/11 1	11/12 11/13 11/14
Signar	ded Meditation  am dio Yoga  0am Evening Room: Pink Panther (PG)  0pm inary Arts Class: Re Pie Filling pin pin' with the the sures Siree Pire (PG-13) ppm ded History r of Ocean use cial Events  Pinon  Cuided Meditation  9:00am Studio Yoga  11:00am Screening Room: Tai Chi 11:00am Screening Room: Tai Chi 11:00am Screening Room: Indiana Jones and the Raiders of the Lost Ar (PG)  12:30pm Culinary Arts Class: From Chickpeas to Hummus  12:30pm Culinary Arts Clas Guacamole  12:30pm Culinary Arts Clas Guacamole  2:30pm Sippin' with the Somms: Bubbles All Around the World  3:00pm Screening Room: The Family Stone (Pg- 13) 3:30pm Guided History Tour of Ocean 3:30pm 3:30pm Tiffany's (PG-13) 3:30pm

11/15	11/16	11/17	11/18	11/19	11/20	11/21
SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am – 10:00am	5:00am – 10:00am	5:00am – 10:00am	5:00am – 10:00am	5:00am – 10:00am	5:00am – 10:00am	5:00am – 10:00am
<b>Coffee Station</b>	Coffee Station	<b>Coffee Station</b>	Coffee Station	<b>Coffee Station</b>	Coffee Station	<b>Coffee Station</b>
7:00am – 10:00am	7:00am – 10:00am	7:00am – 10:00am	7:00am – 10:00am	7:00am – 10:00am	7:00am – 10:00am	7:00am – 10:00am
<b>Pastry Display</b>	<b>Pastry Display</b>	<b>Pastry Display</b>	<b>Pastry Display</b>	<b>Pastry Display</b>	<b>Pastry Display</b>	<b>Pastry Display</b>
8:00am	8:00am	8:00am	8:00am	8:00am	8:00am	8:00am
<b>Studio Pilates</b>	Studio Pilates	<b>Guided Meditation</b>	Studio Pilates	Guided Meditation	Guided Meditation	Studio Pilates
9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am
<b>Studio Yoga</b>	<b>Studio Yoga</b>	<b>Studio Yoga</b>	Full Body Sculpt	<b>Studio Yoga</b>	<b>Studio Yoga</b>	<b>Studio Yoga</b>
10:00am Tai Chi  11:00am Screening Room: Curious George(G)  12:30pm Culinary Arts Class: Fish Crudo  2:30pm Sippin' with the Somms: Seasonal Wines  3:00pm Screening Room: Uncle Buck (PG)  3:30pm Guided History Tour of Ocean House  Special Events  3:30pm Vine To Wine: Sparkling Wines	11:00am Screening Room: Scooby-Doo (PG)  12:30pm Culinary Arts Class: Shucking Oysters  2:30pm Sippin' with the Somms: Uncorking the Americas  3:00pm Screening Room: Bruce Almighty (PG- 13)  3:30pm Guided History Tour of Ocean House  Special Events  3:30pm Cork and Canvas: Wine Cork Bowls	11:00am Screening Room: Scooby-Doo 2: Monsters Unleashed (PG)  12:30pm Culinary Arts Class: Mushroom Strudel  Sippin' with the Somms: Dinner Party Wines  3:00pm Screening Room: Twister (PG-13)  3:30pm Guided History Tour of Ocean House	11:00am Screening Room: Trolls Band Together (PG)  12:30pm Culinary Arts Class: Vegetarian Canapes  2:30pm Sippin' with the Somms: They're Classics for a Reason!  3:00pm Screening Room: Me Before You (PG-13)  3:30pm Guided History Tour of Ocean House	11:00am Screening Room: The Pink Panther (PG)  12:30pm Culinary Arts Class: Apple Pie Filling  2:30pm Sippin' with the Somms: European Treasures  3:00pm Screening Room: Spectre (PG-13)  3:30pm Guided History Tour of Ocean House  Special Events  5:30pm Aperitivo! Piedmont Italy	11:00am Screening Room: The Pink Panther 2 (PG)  12:30pm Culinary Arts Class: From Chickpeas to Hummus  2:30pm Sippin' with the Somms: Great Wines You May Have Never Heard Of  3:00pm Screening Room: The Family Stone (Pg- 13)  3:30pm Guided History Tour of Ocean House	10:00am Tai Chi  11:00am Screening Room: Indiana Jones and the Raiders of the Lost Ark (PG)  12:30pm Culinary Arts Class: Guacamole  2:30pm Sippin' with the Somms: Bubbles All Around the World  3:00pm Screening Room: Something From Tiffany's (PG-13)  3:30pm Guided History Tour of Ocean House  Special Events  3:30pm In the Kitchen Series: Seasonal Cooking Secrets for Thanksgiving and the Holidays

11/22	11/23	11/24	11/25	11/26	11/27	11/28
SATURDAY  5:00am - 10:00am Coffee Station  7:00am - 10:00am Pastry Display  8:00am Studio Pilates  9:00am Studio Yoga  10:00am Tai Chi  11:00am Screening Room: Curious George(G)  12:30pm Culinary Arts Class: Fish Crudo  2:30pm Sippin' with the Somms: Seasonal Wines  3:00pm Screening Room: Uncle Buck (PG)  3:30pm Guided History Tour of Ocean House	SUNDAY  5:00am - 10:00am Coffee Station  7:00am - 10:00am Pastry Display  8:00am Studio Pilates  9:00am Studio Yoga  11:00am Screening Room: Scooby-Doo (PG)  12:30pm Culinary Arts Class: Shucking Oysters  2:30pm Sippin' with the Somms: Uncorking the Americas  3:00pm Screening Room: Bruce Almighty (PG-13)  3:30pm Guided History Tour of Ocean House	5:00am - 10:00am Coffee Station 7:00am - 10:00am Pastry Display 8:00am Guided Meditation 9:00am Studio Yoga 11:00am Screening Room: Scooby-Doo 2: Monsters Unleashed (PG) 12:30pm Culinary Arts Class: Mushroom Strudel Sippin' with the Somms: Dinner Party Wines 3:00pm Screening Room: Twister (PG-13) 3:30pm Guided History Tour of Ocean House	TUESDAY  5:00am – 10:00am Coffee Station  7:00am – 10:00am Pastry Display  8:00am Studio Pilates  9:00am Full Body Sculpt  Screening Room: Trolls Band Together (PG)  12:30pm Culinary Arts Class: Vegetarian Canapes  2:30pm Sippin' with the Somms: They're Classics for a Reason!  3:00pm Screening Room: Me Before You (PG-13)  3:30pm Guided History Tour of Ocean House	WEDNESDAY  5:00am – 10:00am Coffee Station  7:00am – 10:00am Pastry Display  8:00am Guided Meditation  9:00am Studio Yoga  11:00am Screening Room: The Pink Panther (PG)  12:30pm Culinary Arts Class: Apple Pie Filling  2:30pm Sippin' with the Somms: European Treasures  3:00pm Screening Room: Spectre (PG-13)  3:30pm Guided History Tour of Ocean House  Special Events  5:30pm Aperitivo! Spain	THURSDAY  5:00am – 10:00am Coffee Station  7:00am – 10:00am Pastry Display  8:00am Guided Meditation  9:00am Studio Yoga  11:00am Screening Room: The Pink Panther 2 (PG)  12:30pm Culinary Arts Class: From Chickpeas to Hummus  2:30pm Sippin' with the Somms: Great Wines You May Have Never Heard Of  3:00pm Screening Room: The Family Stone (Pg-13)	FRIDAY  5:00am - 10:00am Coffee Station  7:00am - 10:00am Pastry Display  8:00am Studio Pilates  9:00am Studio Yoga  10:00am Tai Chi  11:00am Screening Room: Indiana Jones and the Raiders of the Lost Ark (PG)  12:30pm Culinary Arts Class: Guacamole  2:30pm Sippin' with the Somms: Bubbles All Around the World  3:00pm Screening Room: Something From Tiffany's (PG-13)  3:30pm Guided History Tour of Ocean House  Special Events  1:00pm Ice Cream Social with the Mystic Penguins!  3:30pm In the Kitchen Series: Seasonal Cooking Secrets for Thanksgiving and the Holidays

11/29	11/30	SPECIAL EVENTS THIS MONTH
SATURDAY	SUNDAY	November 5 <sup>th</sup> . <i>Aperitivo! Wines of Oregon:</i> Join us at the Center for Wine and Culinary Arts at Ocean House for
5:00am – 10:00am Coffee Station	5:00am – 10:00am Coffee Station	a delightful Aperitivo Class featuring the unique wines and flavors of Willamette Valley, Oregon. In this immersive class, our expert sommelier will guide you through a selection of Pinot Noir, Chardonnay and
7:00am – 10:00am <b>Pastry Display</b>	7:00am – 10:00am <b>Pastry Display</b>	Riesling wines. Each wine will be thoughtfully paired with small bites. The expertly crafted pairings will perfectly complement the bold, nuanced flavors of the wines, offering a true taste of Oregon. Whether you're
8:00am <b>Studio Pilates</b>	8:00am <b>Studio Pilates</b>	looking to deepen your knowledge of wines or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/In-house Guests & Members, \$45/Day
9:00am <b>Studio Yoga</b>	9:00am <b>Studio Yoga</b>	Guests.
10:00am <b>Tai Chi</b>	11:00am <b>Screening Room:</b> Scooby-Doo (PG)	November 7th, 14th, 21st, 28th. <i>In the Kitchen: Seasonal Cooking Secrets for Thanksgiving and the Holidays.</i> Get ready for the season of feasting with Ocean House's <i>In the Kitchen</i> series, featuring a hands-on culinary
11:00am Screening Room: Curious George(G)	12:30pm Culinary Arts Class: Shucking Oysters	experience designed to elevate your holiday table. Guided by our expert chefs, guests will learn essential tips and techniques for preparing a Thanksgiving feast like a pro—from creating rich, flavorful gravy to mastering silky mashed potatoes and crowd-pleasing sides. Whether you're hosting for the first time or looking to refine
12:30pm <b>Culinary Arts Class:</b> Fish Crudo	2:30pm Sippin' with the	your holiday repertoire, this class offers practical insights and festive inspiration to help you cook with confidence and serve with style. \$110/guest, plus service charge.
2:30pm Sippin' with the Somms: Seasonal Wines 3:00pm Screening Room: Uncle Buck (PG) 3:30pm	Somms: Uncorking the Americas 3:00pm Screening Room: Bruce Almighty (PG-13) 3:30pm Guided History Tour of Ocean	November 8 <sup>th</sup> . <i>Kids and Crafts: Build a Turkey Plush!</i> Join us for a cozy and creative afternoon at Ocean House, where little ones will learn to build a turkey using a pumpkin, maple leaves, and other seasonal materials. This hands-on craft activity is led with guided instruction in a fun and safe environment, perfect for sparking creativity and celebrating the fall season. They will enjoy freshly baked cookies, milk, and apple cider while they craft. All supplies, including gloves and plastic aprons, will be provided. Please note that the project involves hot glue and craft glue, so proper paint-friendly attire is recommended. \$45/person, plus service charge.
Guided History Tour of Ocean House	House Special Events	November 8th. <i>From Vine to Wine: Classic Wines of Italy:</i> Join us at the Center for Wine & Culinary Arts at
Special Events  3:30pm Vine To Wine: Is it worth it?  4:30pm Annual Christmas	10:00am Holiday Wreath Workshop	Ocean House for an immersive tasting experience celebrating the classic wines of Italy. As part of our special Vine to Wine series, this edition invites guests on a curated journey through Italy's most iconic wine regions, guided by Ocean House's Group Director of Wine. From the structured elegance of Barolo in Piedmont to the vibrant reds of Tuscany and the coastal charm of Sicilian varietals, you'll explore the distinctive styles and traditions that define Italy's winemaking heritage. \$115/person, plus service charge.
Tree Lighting!		November 12th. <i>Aperitivo!</i> Wines from Alsace: Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class featuring wine from Alsace. Known for world class white wines, explore the stunning Sparkling wine and Pinot Noirs from this region. Each wine will be thoughtfully paired with small bites. The expertly crafted pairings will perfectly complement the bold, nuanced flavors of the wines. Whether you're looking to deepen your knowledge of wines from Alsace or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/In-house Guests &

Members, \$45/Day Guests.

## **SPECIAL EVENTS THIS MONTH**

November 16<sup>th</sup>. *Cork and Canvas:* Wine Cork Bowls: Join us for a relaxing and creative evening where wine meets art! Enjoy a glass of wine paired with a curated cheese display, while exploring your creative side. Under the expert guidance of Ocean House Art Director Lisa Szaro, guests will assemble corks around a glass bowl. The finished piece is perfect to take home and use as a charming serving bowl, a floating candle display, or a floral centerpiece. This fun and social workshop combines creativity with elegance in a welcoming, hands-on setting. \$75/guest, plus service charge.

November 19<sup>th</sup>. *Aperitivo!* Piedmont Italy: Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class featuring wines from Piedmont, Italy. Explore the indigenous wines of Piedmont, the stunning white Timorasso, a lighthearted Grignolino and the noble Barolo. Each wine will be thoughtfully paired with small bites. The expertly crafted pairings will perfectly complement the bold, nuanced flavors of the wines. Whether you're looking to deepen your knowledge of Italian wine or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/In-House Guests, OH Members, \$45/Day Guests, plus service charge.

November 26<sup>th</sup>. *Aperitivo! Spain:* Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class featuring the unique wines and flavors of Spain. In this immersive class, our expert sommelier will guide you through a tasting of both white and red Rioja and a new discovery from Priorat. Each wine will be thoughtfully paired with small bites. The expertly crafted pairings will perfectly complement the bold, nuanced flavors of the wines, offering a true taste of Spain. Whether you're looking to deepen your knowledge of wines or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/In-House Guests, OH Members, \$45/Day Guests, plus service charge.

November 28th. *Ice Cream Social with the Mystic Penguins!* Enjoy an afternoon ice cream social with the Mystic Aquarium Penguins. Learn all about the penguins and Mystic Aquarium efforts on preservation and conversation. \$68.00/adult, \$48.00/Children ages 4-12, \$25.00/Children Ages 3 and under. (All pricing is subject to a taxable 24% service charge and 8% sales tax.)

November 29<sup>th</sup>. *Annual Christmas Tree Lighting!* Join us for a beloved holiday tradition as Ocean House hosts its annual Christmas Tree Lighting Ceremony. This festive outdoor event features a special appearance by Santa Claus, arriving in to Watch Hill by firetruck! Enjoy complimentary hot chocolate and an assortment of Christmas cookies as you take in the magic of the season with family and friends. In the spirit of giving, guests are encouraged to bring an unwrapped, boxed toy for donation. Entertainment includes a visit from Santa and a spectacular fireworks display to mark the occasion. This year's ceremony and refreshments will be held entirely outdoors. Access to the interior of the hotel will be reserved for overnight guests only. While no reservations are required, warm clothing is strongly suggested. This event is open to the public and perfect for all ages looking to experience the joy and wonder of the holidays.

November 30<sup>th</sup>. *Holiday Wreath Workshop:* Kick off the holiday season with a festive and creative wreath-making workshop at Ocean House. All materials needed to craft a beautiful holiday wreath will be provided, along with expert artistic guidance from Ocean House Art Director, Lisa Szaro. This hands-on activity is perfect for guests of all ages and a wonderful way to create lasting holiday memories with your children, friends, or family. While you craft, enjoy hot chocolate and cookies to keep the holiday spirit bright. Whether you're making a wreath for your own home or as a heartfelt gift, this cheerful workshop is sure to become a treasured tradition. \$80/guest, plus service charge.