



OCEAN HOUSE
WATCH HILL, RHODE ISLAND

FEBRUARY RESORT ACTIVITIES



OCEAN HOUSE
— COLLECTION —



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.

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.

Guided Meditation: Step into a calming space designed to quiet the mind and restore balance. This guided meditation practice helps you release stress, deepen your breathing, and cultivate mindfulness. Through gentle techniques, you'll learn to focus inward, fostering a sense of clarity, peace, and renewal. Suitable for all levels, this class offers a moment of stillness to recharge both body and mind.

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.

2/08	2/09	2/10	2/11	2/12	2/13	2/14
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am – 10:00am <i>Coffee Station</i>	5:00am – 10:00am <i>Coffee Station</i>		Open at 2:30pm	5:00am – 10:00am <i>Coffee Station</i>	5:00am – 10:00am <i>Coffee Station</i>	5:00am – 10:00am <i>Coffee Station</i>
7:00am – 10:00am <i>Pastry Display</i>	7:00am – 10:00am <i>Pastry Display</i>		2:30pm <i>Sippin’ with the Somms: European Treasures</i>	7:00am – 10:00am <i>Pastry Display</i>	7:00am – 10:00am <i>Pastry Display</i>	7:00am – 10:00am <i>Pastry Display</i>
8:00am <i>Studio Pilates</i>	8:00am <i>Calming Meditation with Singing Bowls</i>		3:00pm <i>Screening Room:</i>	8:00am <i>Zen Meditation</i>	8:00am <i>Studio Pilates</i>	8:00am <i>Studio Pilates</i>
9:00am <i>Alignment & Form Yoga</i>	9:00am <i>Breath & Balance Yoga</i>		3:30pm <i>Guided History Tour of Ocean House</i>	9:00am <i>Yin Yoga</i>	9:00am <i>Mind Flow Yoga</i>	9:00am <i>Iyengar Yoga</i>
11:00am <i>Screening Room:</i>	Closed at Noon	Closed	Special Events	11:00am <i>Screening Room:</i>	11:00am <i>Screening Room:</i>	10:00am <i>Tai Chi</i>
12:30pm <i>Culinary Arts Class: One Pan Wonders</i>			5:30pm <i>Aperitivo! Wines of California</i>	12:30pm <i>Culinary Arts Class: Sauce Basics</i>	12:30pm <i>Culinary Arts Class: Canapes</i>	11:00am <i>Screening Room:</i>
2:30pm <i>Sippin’ with the Somms: Uncorking the Americas</i>				2:30pm <i>Sippin’ with the Somms: Great Wines You May Have Never Heard Of</i>	2:30pm <i>Sippin’ with the Somms: Bubbles All Around the World</i>	12:30pm <i>Culinary Arts Class: Pairings for Cheese or Charcuterie</i>
3:00pm <i>Screening Room:</i>				3:00pm <i>Screening Room:</i>	3:00pm <i>Screening Room:</i>	2:30pm <i>Sippin’ with the Somms: Seasonal Wines</i>
3:30pm <i>Guided History Tour of Ocean House</i>				3:30pm <i>Guided History Tour of Ocean House</i>	3:30pm <i>Guided History Tour of Ocean House</i>	3:00pm <i>Screening Room:</i>
					Special Events	3:30pm <i>Guided History Tour of Ocean House</i>
					3:30pm <i>In the Kitchen Series: Fat Tuesday Cajun Classics</i>	Special Events
					5:30pm <i>COAST Valentine’s Dinner</i>	3:30pm <i>Vine To Wine: Prestige Champagne</i>
						5:30pm <i>COAST Valentine’s Dinner</i>

SPECIAL EVENTS THIS MONTH

February 1st. ***Spa Session Full Moon Sound Bath:*** A beautiful way to unwind from the week- a hot cup of tea, an invigorating eucalyptus steam, and then a sound bath session in our private lounge facing the ocean, where the aural tones send your cares drifting away. Aligned with the energy of the full moon, this session invites release, renewal, and a deeper connection to your inner calm. Ideal for a first-time experience as we explain and introduce the concepts of sound therapy, do guided breathing as a group, and then ease into the meditative practice of sound. \$75/person, plus service charge.

Culinary & Wine

February 6th, 13th, 20th, 27th. ***In the Kitchen: Fat Tuesday Cajun Classics:*** Celebrate the spirit of Fat Tuesday in delicious style during Ocean House's In the Kitchen series, featuring a festive, hands-on culinary experience inspired by the flavors of Mardi Gras. Guided by our expert chefs, guests will learn to create simple yet elevated Cajun classics, including jambalaya, gumbo, and grits. From bold seasonings to comforting textures, you'll gain tips and techniques to craft dishes that showcase the lively character of Cajun cooking. Whether you're planning a fun gathering or simply looking to bring a little Louisiana flair to your table this March, this class will help you indulge with warmth, excitement—and plenty of flavor. \$125/guest, plus service charge.

February 7th. ***Chappellet Winery x COAST:*** Join us for an exceptional evening of cuisine and wine hosted by Amy Chappellet of Chappellet Winery, featuring a multi-course tasting dinner with exquisite pairings. Guests will begin with an intimate aperitif reception in the Center for Wine & Culinary Arts, then transition to COAST for a seated culinary experience. It will be an intimate, elevated experience designed to celebrate great wine, exceptional ingredients, and warm hospitality. \$250/person, reservations required.

February 4th. ***Aperitivo! Sparkling Wines from Around the World:*** Join our Chef and Sommelier for a pre-dinner wine tasting and appetizers prepared live in our Center for Wine & Culinary Arts. 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 sparkling wines or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/OH guests and members, \$45/day guests, plus service charge.

February 11th. ***Aperitivo! Wines of California:*** Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class. Taste both classics and new discoveries from our most iconic state for wine, California. 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 or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/OH guests and members, \$45/day guests, plus service charge.

February 13th, 14th, and 15th. ***COAST Valentine's Day Weekend:*** Celebrate love with an unforgettable culinary journey at COAST. From Friday, February 13th through Sunday, February 15th, enjoy a romantic evening featuring a four-course prix fixe degustation menu, accompanied by harmonious live harp music. Available from 5:30pm to 9:00 pm. Priced at \$225 per person, with an optional wine pairing for \$125.

February 18th. ***Aperitivo! Wines of South Africa:*** 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 South Africa. 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 or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/OH guests and members, \$45/day guests, plus service charge.

February 25th. ***Aperitivo! Wines of Italy:*** Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class. Enjoy a tasting of both white and red Rioja and a new discovery from Priorat. 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 Spain or simply enjoy an evening of delicious pairings and conversation, this Aperitivo Class promises to be a memorable experience. \$35/OH guests and members, \$45/day guests, plus service charge.

SPECIAL EVENTS THIS MONTH

February 7th. ***From Vine to Wine: Chocolate and Wine:*** Join us for a decadent and enlightening afternoon at the Center for Wine & Culinary Arts as we explore the art of pairing wine and chocolate. Guided by our expert sommelier, this immersive class will introduce you to a curated selection of wines—ranging from bold reds to elegant dessert wines—each thoughtfully paired with artisanal chocolates. Learn how different styles of wine interact with varying cocoa intensities and flavor profiles and discover the secrets behind creating perfect pairings at home. Raise a glass (and a truffle) as you indulge in this rich, sensory experience that's equal parts delicious and educational. \$95/per person, reservations required.

February 14th. ***From Vine to Wine: Prestige Champagne:*** Join us for an unforgettable afternoon at the Center for Wine & Culinary Arts as we delve into Prestige Champagne. During this special tasting, you'll sample a curated selection of champagnes chosen with intention by our Sommeliers. \$175/person, plus service charge.

February 28th. ***From Vine to Wine: The Macallan Scotch:*** Join us for an unforgettable afternoon at the Center for Wine & Culinary Arts as we delve into the captivating world of The Macallan Scotch from Scotland. This exclusive event is tailored for whisky enthusiasts and connoisseurs, offering an immersive and educational experience you won't want to miss. During this special tasting, you'll sample a curated selection of The Macallan's most coveted whiskies, guided by an expert who will unravel the secrets behind the production process, flavor profiles, and rich history of this legendary brand. Discover the nuances of The Macallan, from its distinctive smoky aroma to its deep, complex flavors, and learn why it stands as one of the most revered whiskies globally. Whether you're a seasoned whisky aficionado or new to the spirit, this event provides a perfect opportunity to enhance your knowledge and appreciation of The Macallan. Join us for a memorable afternoon of whisky tasting, education, and pure enjoyment. \$250/person, plus service charge.