



OCEAN HOUSE  
WATCH HILL, RHODE ISLAND

## FEBRUARY RESORT ACTIVITIES



OCEAN HOUSE  
— COLLECTION —





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## COMPLIMENTARY 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.

2/01	2/02	2/03	2/04	2/05	2/06	2/07
<p><b>SUNDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Alignment &amp; Form Yoga</b></p> <p>11:00am <b>Screening Room: The Super Mario Bros. Movie (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: One Pan Wonders</b></p> <p>2:30pm <b>Sippin' with the Somms: Uncorking the Americas</b></p> <p>3:00pm <b>Screening Room: Ray (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>7:00pm <b>Spa Session Full Moon Sound Bath</b></p>	<p><b>MONDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Calming Meditation with Singing Bowls</b></p> <p>9:00am <b>Breath &amp; Balance Yoga</b></p> <p><b>Closed at Noon</b></p>	<p><b>TUESDAY</b></p> <p><b>Closed</b></p>	<p><b>WEDNESDAY</b></p> <p><b>Open at 2:30pm</b></p> <p>3:00pm <b>Screening Room: The Great Gatsby (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>5:30pm <b>Aperitivo! Sparkling Wines from Around the World</b></p>	<p><b>THURSDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Zen Meditation</b></p> <p>9:00am <b>Yin Yoga</b></p> <p>11:00am <b>Screening Room: Transformers One (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: Sauce Basics</b></p> <p>2:30pm <b>Sippin' with the Somms: Great Wines You May Have Never Heard Of</b></p> <p>3:00pm <b>Screening Room: He's Just Not That Into You (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>House</b></p>	<p><b>FRIDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Mind Flow Yoga</b></p> <p>11:00am <b>Screening Room: The Big Trip (G)</b></p> <p>12:30pm <b>Culinary Arts Class: Canapes</b></p> <p>2:30pm <b>Sippin' with the Somms: Bubbles All Around the World</b></p> <p>3:00pm <b>Screening Room: Along Came Polly (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House Special Events</b></p> <p>3:30pm <b>In the Kitchen Series: Fat Tuesday Cajun Classics</b></p>	<p><b>SATURDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Iyengar Yoga</b></p> <p>10:00am <b>Tai Chi</b></p> <p>11:00am <b>Screening Room: A Minecraft Movie (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: Pairings for Cheese or Charcuterie</b></p> <p>2:30pm <b>Sippin' with the Somms: Seasonal Wines</b></p> <p>3:00pm <b>Screening Room: Music and Lyrics (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House Special Events</b></p> <p>3:30pm <b>Vine To Wine: Chocolate and Wine</b></p> <p>6:00pm <b>Chappellet Winery x COAST</b></p>

2/08	2/09	2/10	2/11	2/12	2/13	2/14
<p><b>SUNDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Alignment &amp; Form Yoga</b></p> <p>11:00am <b>Screening Room: The Super Mario Bros. Movie (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: One Pan Wonders</b></p> <p>2:30pm <b>Sippin' with the Somms: Uncorking the Americas</b></p> <p>3:00pm <b>Screening Room: Ray (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p>	<p><b>MONDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Calming Meditation with Singing Bowls</b></p> <p>9:00am <b>Breath &amp; Balance Yoga</b></p> <p><b>Closed at Noon</b></p>	<p><b>TUESDAY</b></p> <p><b>Closed</b></p>	<p><b>WEDNESDAY</b></p> <p><b>Open at 2:30pm</b></p> <p>3:00pm <b>Screening Room: The Great Gatsby (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>5:30pm <b>Aperitivo! Wines of California</b></p>	<p><b>THURSDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Zen Meditation</b></p> <p>9:00am <b>Yin Yoga</b></p> <p>11:00am <b>Screening Room: Transformers One (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: Sauce Basics</b></p> <p>2:30pm <b>Sippin' with the Somms: Great Wines You May Have Never Heard Of</b></p> <p>3:00pm <b>Screening Room: He's Just Not That Into You (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p>	<p><b>FRIDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Mind Flow Yoga</b></p> <p>11:00am <b>Screening Room: The Big Trip (G)</b></p> <p>12:30pm <b>Culinary Arts Class: Canapes</b></p> <p>2:30pm <b>Sippin' with the Somms: Bubbles All Around the World</b></p> <p>3:00pm <b>Screening Room: Along Came Polly (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>3:30pm <b>In the Kitchen Series: Fat Tuesday Cajun Classics</b></p> <p>5:30pm <b>COAST Valentine's Dinner</b></p>	<p><b>SATURDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Iyengar Yoga</b></p> <p>10:00am <b>Tai Chi</b></p> <p>11:00am <b>Screening Room: A Minecraft Movie (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: Pairings for Cheese or Charcuterie</b></p> <p>2:30pm <b>Sippin' with the Somms: Seasonal Wines</b></p> <p>3:00pm <b>Screening Room: Music and Lyrics (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>3:30pm <b>Vine To Wine: Prestige Champagne</b></p> <p>5:30pm <b>COAST Valentine's Dinner</b></p>

2/15	2/16	2/17	2/18	2/19	2/20	2/21
<p><b>SUNDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Alignment &amp; Form Yoga</b></p> <p>11:00am <b>Screening Room: The Super Mario Bros. Movie (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: One Pan Wonders</b></p> <p>2:30pm <b>Sippin' with the Somms: Uncorking the Americas</b></p> <p>3:00pm <b>Screening Room: Ray (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>5:30pm <b>COAST Valentine's Dinner</b></p>	<p><b>MONDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Calming Meditation with Singing Bowls</b></p> <p>9:00am <b>Breath &amp; Balance Yoga</b></p> <p><b>Closed at Noon</b></p>	<p><b>TUESDAY</b></p> <p><b>Closed</b></p>	<p><b>WEDNESDAY</b></p> <p><b>Open at 2:30pm</b></p> <p>3:00pm <b>Screening Room: The Great Gatsby (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>5:30pm <b>Aperitivo! Wines of South Africa</b></p>	<p><b>THURSDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Zen Meditation</b></p> <p>9:00am <b>Yin Yoga</b></p> <p>11:00am <b>Screening Room: Transformers One (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: Sauce Basics</b></p> <p>2:30pm <b>Sippin' with the Somms: Great Wines You May Have Never Heard Of</b></p> <p>3:00pm <b>Screening Room: He's Just Not That Into You (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>3:30pm <b>In the Kitchen Series: Fat Tuesday Cajun Classics</b></p>	<p><b>FRIDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Mind Flow Yoga</b></p> <p>11:00am <b>Screening Room: The Big Trip (G)</b></p> <p>12:30pm <b>Culinary Arts Class: Canapes</b></p> <p>2:30pm <b>Sippin' with the Somms: Bubbles All Around the World</b></p> <p>3:00pm <b>Screening Room: Along Came Polly (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p> <p><b>Special Events</b></p> <p>3:30pm <b>In the Kitchen Series: Fat Tuesday Cajun Classics</b></p>	<p><b>SATURDAY</b></p> <p>5:00am – 10:00am <b>Coffee Station</b></p> <p>7:00am – 10:00am <b>Pastry Display</b></p> <p>8:00am <b>Studio Pilates</b></p> <p>9:00am <b>Iyengar Yoga</b></p> <p>10:00am <b>Tai Chi</b></p> <p>11:00am <b>Screening Room: A Minecraft Movie (PG)</b></p> <p>12:30pm <b>Culinary Arts Class: Pairings for Cheese or Charcuterie</b></p> <p>2:30pm <b>Sippin' with the Somms: Seasonal Wines</b></p> <p>3:00pm <b>Screening Room: Music and Lyrics (PG-13)</b></p> <p>3:30pm <b>Guided History Tour of Ocean House</b></p>

2/22	2/23	2/24	2/25	2/26	2/27	2/28
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## SPECIAL EVENTS THIS MONTH

February 1<sup>st</sup>. **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 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>. **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 7<sup>th</sup>. **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 4<sup>th</sup>. **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 11<sup>th</sup>. **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 13<sup>th</sup>, 14<sup>th</sup>, and 15<sup>th</sup>. **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 18<sup>th</sup>. **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 25<sup>th</sup>. **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 7<sup>th</sup>. **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 14<sup>th</sup>. **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 28<sup>th</sup>. **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.