



OCEAN HOUSE  
WATCH HILL, RHODE ISLAND

## MARCH 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.







3/15	3/16	3/17	3/18	3/19	3/20	3/21
<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
5:00am – 10:00am <b>Coffee Station</b>	5:00am – 10:00am <b>Coffee Station</b>		<b>Open at 2:30pm</b>	5:00am – 10:00am <b>Coffee Station</b>	5:00am – 10:00am <b>Coffee Station</b>	5:00am – 10:00am <b>Coffee Station</b>
7:00am – 10:00am <b>Pastry Display</b>	7:00am – 10:00am <b>Pastry Display</b>		3:00pm <b>Screening Room:</b>	7:00am – 10:00am <b>Pastry Display</b>	7:00am – 10:00am <b>Pastry Display</b>	7:00am – 10:00am <b>Pastry Display</b>
8:00am <b>Studio Pilates</b>	8:00am <b>Calming Meditation with Singing Bowls</b>		3:30pm <b>Guided History Tour of Ocean House</b>	8:00am <b>Zen Meditation</b>	8:00am <b>Studio Pilates</b>	8:00am <b>Studio Pilates</b>
9:00am <b>Alignment &amp; Form Yoga</b>	9:00am <b>Breath &amp; Balance Yoga</b>		5:30pm <b>Aperitivo! Wines of South Africa</b>	9:00am <b>Yin Yoga</b>	9:00am <b>Mind Flow Yoga</b>	9:00am <b>Iyengar Yoga</b>
11:00am <b>Screening Room:</b>	<b>Closed at Noon</b>	<b>Closed</b>		11:00am <b>Screening Room:</b>	11:00am <b>Screening Room:</b>	10:00am <b>Tai Chi</b>
12:30pm <b>Culinary Arts Class: One Pan Wonders</b>				12:30pm <b>Culinary Arts Class: Sauce Basics</b>	12:30pm <b>Culinary Arts Class: Canapes</b>	11:00am <b>Screening Room:</b>
2:30pm <b>Sippin' with the Somms: Uncorking the Americas</b>				2:30pm <b>Sippin' with the Somms: Great Wines You May Have Never Heard Of</b>	2:30pm <b>Sippin' with the Somms: Bubbles All Around the World</b>	12:30pm <b>Culinary Arts Class: Pairings for Cheese or Charcuterie</b>
3:00pm <b>Screening Room:</b>				3:00pm <b>Screening Room:</b>	3:00pm <b>Screening Room:</b>	2:30pm <b>Sippin' with the Somms: Seasonal Wines</b>
3:30pm <b>Guided History Tour of Ocean House</b>				3:30pm <b>Guided History Tour of Ocean House</b>	3:30pm <b>Guided History Tour of Ocean House</b>	3:00pm <b>Screening Room:</b>
					<b>Special Events</b>	3:30pm <b>Guided History Tour of Ocean House</b>
					3:30pm <b>In the Kitchen Series: Baked Stuffed Lobster</b>	<b>Special Events</b>
						3:30pm <b>Vine To Wine: White Wines of Burgundy</b>

3/22	3/23	3/24	3/25	3/26	3/27	3/28
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am – 10:00am <b>Coffee Station</b>	5:00am – 10:00am <b>Coffee Station</b>		Open at 2:30pm	5:00am – 10:00am <b>Coffee Station</b>	5:00am – 10:00am <b>Coffee Station</b>	5:00am – 10:00am <b>Coffee Station</b>
7:00am – 10:00am <b>Pastry Display</b>	7:00am – 10:00am <b>Pastry Display</b>		3:00pm <b>Screening Room:</b>	7:00am – 10:00am <b>Pastry Display</b>	7:00am – 10:00am <b>Pastry Display</b>	7:00am – 10:00am <b>Pastry Display</b>
8:00am <b>Studio Pilates</b>	8:00am <b>Calming Meditation with Singing Bowls</b>		3:30pm <b>Guided History Tour of Ocean House</b>	8:00am <b>Zen Meditation</b>	8:00am <b>Studio Pilates</b>	8:00am <b>Studio Pilates</b>
9:00am <b>Alignment &amp; Form Yoga</b>	9:00am <b>Breath &amp; Balance Yoga</b>		<b>Special Events</b>	9:00am <b>Yin Yoga</b>	9:00am <b>Mind Flow Yoga</b>	9:00am <b>Iyengar Yoga</b>
11:00am <b>Screening Room:</b>	Closed at Noon	Closed	5:30pm <b>Aperitivo!</b> Wines of the Northeast	11:00am <b>Screening Room:</b>	11:00am <b>Screening Room:</b>	10:00am <b>Tai Chi</b>
12:30pm <b>Culinary Arts Class:</b> One Pan Wonders				12:30pm <b>Culinary Arts Class:</b> Sauce Basics	12:30pm <b>Culinary Arts Class:</b> Canapes	11:00am <b>Screening Room:</b>
2:30pm <b>Sippin’ with the Somms:</b> Uncorking the Americas				2:30pm <b>Sippin’ with the Somms:</b> Great Wines You May Have Never Heard Of	2:30pm <b>Sippin’ with the Somms:</b> Bubbles All Around the World	12:30pm <b>Culinary Arts Class:</b> Pairings for Cheese or Charcuterie
3:00pm <b>Screening Room:</b>				3:00pm <b>Screening Room:</b>	3:00pm <b>Screening Room:</b>	2:30pm <b>Sippin’ with the Somms:</b> Seasonal Wines
3:30pm <b>Guided History Tour of Ocean House</b>				3:30pm <b>Guided History Tour of Ocean House</b>	3:30pm <b>Guided History Tour of Ocean House</b>	3:00pm <b>Screening Room:</b>
					<b>Special Events</b>	3:30pm <b>Guided History Tour of Ocean House</b>
					3:30pm <b>In the Kitchen Series:</b> Baked Stuffed Lobster	<b>Special Events</b>
						3:30pm <b>Vine To Wine:</b> Classic Wines of Northern Italy



## SPECIAL EVENTS THIS MONTH

March 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.

March 25<sup>th</sup>. ***Aperitivo! Wines of the Northeast:*** Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class featuring wine from NY, RI, & CT. 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.

March 7<sup>th</sup>. ***From Vine to Wine: Sauvignon Blanc Master Class:*** Join us for an elegant and educational afternoon at the Center for Wine & Culinary Arts as we explore the vibrant world of Sauvignon Blanc. In this master class, you'll taste a curated selection of Sauvignon Blancs while learning about the varietal's expression across different terroirs. Discover the nuances of aroma, acidity, and minerality that define these crisp, refreshing wines, and gain a deeper understanding of their history, winemaking styles, and perfect pairings. Raise a glass and refine your palate during this sophisticated journey through one of the world's most beloved white grapes. \$95/person, plus service charge.

March 14<sup>th</sup>. ***From Vine to Wine: Prestige Champagne:*** Join us at the Center for Wine & Culinary Arts at 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. Sample a handpicked selection of timeless Italian wines, each representing the depth, history, and terroir of its region. Whether you're a seasoned oenophile or simply curious to learn more, this engaging class promises to delight your palate and expand your appreciation for Italy's enduring wine legacy. \$115/person, plus service charge.

March 21<sup>st</sup>. ***From Vine to Wine: White Wines of Burgundy:*** Join us for an exceptional afternoon at the Center for Wine & Culinary Arts as we journey through the legendary wine region of Burgundy. During this immersive tasting experience, you'll sample a curated selection of Burgundy's finest. Learn about the region's rich winemaking heritage, unique terroirs, and the nuances that make Burgundy one of the most revered wine regions in the world. Raise a glass and discover the timeless allure and complexity of Burgundy wines in this unforgettable exploration. \$150/person, plus service charge.

March 28<sup>th</sup>. ***From Vine to Wine: Classic Wines of Northern Italy:*** Join us at the Center for Wine & Culinary Arts at 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. You'll explore the distinctive styles and traditions that define Northern Italy's winemaking heritage. Sample a handpicked selection of timeless Italian wines, each representing the depth, history, and terroir of its region. Whether you're a seasoned oenophile or simply curious to learn more, this engaging class promises to delight your palate and expand your appreciation for Italy's enduring wine legacy. \$150/person, plus service charge.