



OCEAN HOUSE
WATCH HILL, RHODE ISLAND

MARCH RESORT ACTIVITIES



OCEAN HOUSE
— COLLECTION —





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.

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.

3/01	3/02	3/03	3/04	3/05	3/06	3/07
<p>SUNDAY</p> <p>5:00am – 10:00am <i>Coffee Station</i></p> <p>7:00am – 10:00am <i>Pastry Display</i></p> <p>8:00am <i>Studio Pilates</i></p> <p>9:00am <i>Alignment & Form Yoga</i></p> <p>11:00am <i>Screening Room:</i></p> <p>12:30pm <i>Culinary Arts Class: One Pan Wonders</i></p> <p>2:30pm <i>Sippin' with the Somms: Uncorking the Americas</i></p> <p>3:00pm <i>Screening Room:</i></p> <p>3:30pm <i>Guided History Tour of Ocean House</i></p> <p>Special Events</p> <p>7:00pm <i>Full Moon Sound Bath</i></p>	<p>MONDAY</p> <p>5:00am – 10:00am <i>Coffee Station</i></p> <p>7:00am – 10:00am <i>Pastry Display</i></p> <p>8:00am <i>Calming Meditation with Singing Bowls</i></p> <p>9:00am <i>Breath & Balance Yoga</i></p> <p>Closed at Noon</p>	<p>TUESDAY</p> <p>Closed</p>	<p>WEDNESDAY</p> <p>Open at 2:30pm</p> <p>3:00pm <i>Screening Room:</i></p> <p>3:30pm <i>Guided History Tour of Ocean House</i></p> <p>Special Events</p> <p>5:30pm <i>Aperitivo! Wines of Argentina</i></p>	<p>THURSDAY</p> <p>5:00am – 10:00am <i>Coffee Station</i></p> <p>7:00am – 10:00am <i>Pastry Display</i></p> <p>8:00am <i>Zen Meditation</i></p> <p>9:00am <i>Yin Yoga</i></p> <p>11:00am <i>Screening Room:</i></p> <p>12:30pm <i>Culinary Arts Class: Sauce Basics</i></p> <p>2:30pm <i>Sippin' with the Somms: Great Wines You May Have Never Heard Of</i></p> <p>3:00pm <i>Screening Room:</i></p> <p>3:30pm <i>Guided History Tour of Ocean House</i></p>	<p>FRIDAY</p> <p>5:00am – 10:00am <i>Coffee Station</i></p> <p>7:00am – 10:00am <i>Pastry Display</i></p> <p>8:00am <i>Studio Pilates</i></p> <p>9:00am <i>Mind Flow Yoga</i></p> <p>11:00am <i>Screening Room:</i></p> <p>12:30pm <i>Culinary Arts Class: Canapes</i></p> <p>2:30pm <i>Sippin' with the Somms: Bubbles All Around the World</i></p> <p>3:00pm <i>Screening Room:</i></p> <p>3:30pm <i>Guided History Tour of Ocean House</i></p> <p>Special Events</p> <p>3:30pm <i>In the Kitchen Series: Baked Stuffed Lobster</i></p>	<p>SATURDAY</p> <p>5:00am – 10:00am <i>Coffee Station</i></p> <p>7:00am – 10:00am <i>Pastry Display</i></p> <p>8:00am <i>Studio Pilates</i></p> <p>9:00am <i>Iyengar Yoga</i></p> <p>10:00am <i>Tai Chi</i></p> <p>11:00am <i>Screening Room:</i></p> <p>12:30pm <i>Culinary Arts Class: Pairings for Cheese or Charcuterie</i></p> <p>2:30pm <i>Sippin' with the Somms: Seasonal Wines</i></p> <p>3:00pm <i>Screening Room:</i></p> <p>3:30pm <i>Guided History Tour of Ocean House</i></p> <p>Special Events</p> <p>3:30pm <i>Vine To Wine: Sauvignon Blanc Master Class</i></p>

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

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

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

3/29	3/30	3/31	SPECIAL EVENTS THIS MONTH
<p>SUNDAY</p> <p>5:00am – 10:00am Coffee Station</p> <p>7:00am – 10:00am Pastry Display</p> <p>8:00am Studio Pilates</p> <p>9:00am Alignment & Form Yoga</p> <p>11:00am Screening Room:</p> <p>12:30pm Culinary Arts Class: One Pan Wonders</p> <p>2:30pm Sippin' with the Somms: Uncorking the Americas</p> <p>3:00pm Screening Room:</p> <p>3:30pm Guided History Tour of Ocean House</p>	<p>MONDAY</p> <p>5:00am – 10:00am Coffee Station</p> <p>7:00am – 10:00am Pastry Display</p> <p>8:00am Calming Meditation with Singing Bowls</p> <p>9:00am Breath & Balance Yoga</p> <p>Closed at Noon</p>	<p>TUESDAY</p> <p>Closed</p>	<p>March 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.</p> <p>Culinary & Wine</p> <p>March 6th, 13th, 20th, 27th. In the Kitchen: Baked Stuffed Lobster: Savor the season in classic New England style during Ocean House's In the Kitchen series, featuring a hands-on culinary experience inspired by coastal tradition. Guided by our expert chefs, guests will learn to prepare baked stuffed lobster, a timeless regional favorite, along with a selection of seasonal side dishes that elevate the plate. From thoughtful preparation to elegant presentation, you'll gain tips and techniques to create dishes that feel both comforting and celebratory. Whether you're planning a special gathering or simply looking to bring a touch of coastal sophistication to your table, this class will help you celebrate with warmth, richness—and exceptional flavor. \$125/guest, plus service charge.</p> <p>March 4th. Aperitivo! Wines of Argentina: Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class featuring wine from Argentina. 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 Argentina 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.</p> <p>March 11th. Aperitivo! Wines of Chile: Join us at the Center for Wine and Culinary Arts at Ocean House for a delightful Aperitivo Class featuring new unique wines from Chile. 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 Chile 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.</p>

SPECIAL EVENTS THIS MONTH

March 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.

March 25th. **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 7th. **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 14th. **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 21st. **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 28th. **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.