



OCEAN HOUSE
WATCH HILL, RHODE ISLAND

JUNE RESORT ACTIVITIES



OCEAN HOUSE
— COLLECTION —



COMPLIMENTARY RESORT ACTIVITIES

CULINARY & WINE

Culinary Tips and Techniques: Explore culinary creations of the Ocean House daily as our culinary team hosts Culinary Tips and Techniques 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)

Croquet Clinic: Join us for our daily Croquet Clinic at 10am Wednesday through Sunday, and Wednesday through Sunday starting June 15th.

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 Yoga: A mindful, accessible flow that welcomes all levels and all bodies.

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.

Zen Meditation: Step into a calming space designed to quiet the mind and restore balance.

Tai Chi: This mindful movement class focuses on slow, intentional motions, deep breathing, and balance, helping to reduce stress and improve flexibility.

Yin Yoga: Reconnect mind and body through this calming yoga practice focused on breath awareness, balance, and gentle movement.

HIT (High-Intensity Interval Training): This full-body workout combines bursts of cardio and strength exercises designed to improve stamina, build muscle, and boost metabolism.

Calming Meditation with Singing Bowls: Unwind and restore balance with this deeply relaxing guided meditation experience enhanced by the soothing tones of singing bowls.

Breath & Balance Yoga: Reconnect mind and body through this calming yoga practice focused on breath awareness, balance, and gentle movement.

Iyengar Yoga: This class emphasizes precision, posture, balance, and breath awareness through carefully guided poses and controlled movements.

Alignment & Form Yoga: Enhance strength, stability, and body awareness through this alignment-focused yoga class designed to refine posture and movement.

Kids Beach Yoga: Playful poses, sandy adventures, and big smiles

Beach Yoga: Serene poses with ocean's embrace.

Beach Pilates: Energizing workouts on the sand, embracing the sun and sea.

6/01**6/02****6/03****6/04****6/05****6/06****6/07****MONDAY**5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
**Calming Meditation
with Singing Bowls**9:00am
**Breath & Balance
Yoga**11:00am
**Screening Room:
The Pink Panther
(2006) (PG)**12:30pm
**Culinary Tips and
Techniques: The
Incredible Edible Egg**2:30pm
**Sippin' with the
Somms: Dinner Party
Wines**3:00pm
**Screening Room:
Mamma Mia! (PG-13)**3:30pm
**Guided History
Tour of Ocean
House****TUESDAY**5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Studio Pilates9:00am
Full Body Sculpt11:00am
**Screening Room:
The Pink Panther (PG)**12:30pm
**Culinary Tips and
Techniques: Pasta
Dumplings**2:30pm
**Sippin' with the
Somms: They're
Classics for a Reason!**3:00pm
**Screening Room:
Hot Pursuit (PG-13)**3:30pm
**Guided History
Tour of Ocean
House****WEDNESDAY**5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Zen Meditation9:00am
Iyengar Yoga11:00am
**Screening Room:
Despicable Me 4 (PG)**12:30pm
**Culinary Tips and
Techniques: Butter
Cream Flowers**2:30pm
**Sippin' with the
Somms: European
Treasures**3:00pm
**Screening Room:
Knives Out (PG-13)**3:30pm
**Guided History
Tour of Ocean
House****THURSDAY**5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Iyengar Yoga9:00am
Studio Pilates11:00am
**Screening Room: A
Minecraft Movie (PG)**12:30pm
**Culinary Tips and
Techniques: Sauce
Basics**2:30pm
**Sippin' with the
Somms: Great Wines
You May Have Never
Heard Of**3:00pm
**Screening Room:
Stranger than Fiction
(PG-13)**3:30pm
**Guided History
Tour of Ocean
House****FRIDAY**5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Zen Meditation9:00am
**Alignment & Form
Yoga**11:00am
**Screening Room:
Sing 2 (PG)**12:30pm
**Culinary Tips and
Techniques: Canapes**2:30pm
**Sippin' with the
Somms: Bubbles All
Around the World**3:00pm
**Screening Room:
Empire Records (PG-
13)**3:30pm
**Guided History
Tour of Ocean
House****Special Events**3:30pm
**In the Kitchen
Series: Local Whole
Fish****SATURDAY**5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Beach Yoga9:00am
Beach Pilates10:00am
Tai Chi11:00am
**Screening Room:
The Great Outdoors
(PG)**12:30pm
**Culinary Tips and
Techniques: Pairings
for Cheese or
Charcuterie**2:30pm
**Sippin' with the
Somms: Seasonal
Wines**3:00pm
**Screening Room:
Aquaman and the Lost
Kingdom (PG-13)**3:30pm
**Guided History
Tour of Ocean
House****Special Events**3:30pm
**From Vine to Wine:
California Classics****SUNDAY**5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Beach Yoga9:00am
Studio Pilates10:00am
Tai Chi11:00am
**Screening Room:
Dolittle (PG)**12:30pm
**Culinary Tips and
Techniques: One Pan
Wonders**2:30pm
**Sippin' with the
Somms: Uncorking
the Americas**3:00pm
**Screening Room:
Ford v Ferrari (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

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MONDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
**Calming Meditation
with Singing Bowls**9:00am
**Breath & Balance
Yoga**11:00am
**Screening Room:
The Pink Panther
(2006) (PG)**12:30pm
**Culinary Tips and
Techniques: The
Incredible Edible Egg**2:30pm
**Sippin' with the
Somms: Dinner Party
Wines**3:00pm
**Screening Room:
Mamma Mia! (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

TUESDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Studio Pilates9:00am
Full Body Sculpt11:00am
**Screening Room:
The Pink Panther (PG)**12:30pm
**Culinary Tips and
Techniques: Pasta
Dumplings**2:30pm
**Sippin' with the
Somms: They're
Classics for a Reason!**3:00pm
**Screening Room:
Hot Pursuit (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

WEDNESDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Zen Meditation9:00am
Iyengar Yoga11:00am
**Screening Room:
Despicable Me 4 (PG)**12:30pm
**Culinary Tips and
Techniques: Butter
Cream Flowers**2:30pm
**Sippin' with the
Somms: European
Treasures**3:00pm
**Screening Room:
Knives Out (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**4:00pm
Yin Yoga

THURSDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Iyengar Yoga9:00am
Studio Pilates10:00am
HIT
11:00am
**Screening Room: A
Minecraft Movie (PG)**12:30pm
**Culinary Tips and
Techniques: Sauce
Basics**2:30pm
**Sippin' with the
Somms: Great Wines
You May Have Never
Heard Of**3:00pm
**Screening Room:
Stranger than Fiction
(PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

FRIDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Zen Meditation9:00am
**Alignment & Form
Yoga**10:00am
Kids Beach Yoga11:00am
**Screening Room:
Sing 2 (PG)**12:30pm
**Culinary Tips and
Techniques: Canapes**2:30pm
**Sippin' with the
Somms: Bubbles All
Around the World**3:00pm
**Screening Room:
Empire Records (PG-
13)**3:30pm
**Guided History
Tour of Ocean
House**4:00pm
HIT**Special Events**3:30pm
**In the Kitchen
Series: Local Whole
Fish**

SATURDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Beach Yoga9:00am
Beach Pilates10:00am
Tai Chi10:00am
Kids Beach Yoga11:00am
**Screening Room:
The Great Outdoors
(PG)**12:30pm
**Culinary Tips and
Techniques: Pairings
for Cheese or
Charcuterie**2:30pm
**Sippin' with the
Somms: Seasonal
Wines**3:00pm
**Screening Room:
Aquaman and the Lost
Kingdom (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

SUNDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Beach Yoga9:00am
Studio Pilates10:00am
Tai Chi11:00am
**Screening Room:
Dolittle (PG)**12:30pm
**Culinary Tips and
Techniques: One Pan
Wonders**2:30pm
**Sippin' with the
Somms: Uncorking
the Americas**3:00pm
**Screening Room:
Ford v Ferrari (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

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MONDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
**Calming Meditation
with Singing Bowls**9:00am
**Breath & Balance
Yoga**10:00am
Kids Beach Yoga11:00am
**Screening Room:
The Pink Panther
(2006) (PG)**12:30pm
**Culinary Tips and
Techniques: The
Incredible Edible Egg**2:30pm
**Sippin' with the
Somms: Dinner Party
Wines**3:00pm
**Screening Room:
Mamma Mia! (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

TUESDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Studio Pilates9:00am
Full Body Sculpt11:00am
**Screening Room:
The Pink Panther 2
(PG)**12:30pm
**Culinary Tips and
Techniques: Pasta
Dumplings**2:30pm
**Sippin' with the
Somms: They're
Classics for a Reason!**3:00pm
**Screening Room:
Hot Pursuit (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

WEDNESDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Zen Meditation9:00am
Iyengar Yoga11:00am
**Screening Room:
Despicable Me 4 (PG)**12:30pm
**Culinary Tips and
Techniques: Butter
Cream Flowers**2:30pm
**Sippin' with the
Somms: European
Treasures**3:00pm
**Screening Room:
Knives Out (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**4:00pm
Yin Yoga**Special Events**3:00pm
**Red, White, &
Bloom Garden
Party**

THURSDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Iyengar Yoga9:00am
Studio Pilates10:00am
HIT11:00am
**Screening Room: A
Minecraft Movie (PG)**12:30pm
**Culinary Tips and
Techniques: Sauce
Basics**2:30pm
**Sippin' with the
Somms: Great Wines
You May Have Never
Heard Of**3:00pm
**Screening Room:
Stranger than Fiction
(PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

FRIDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Zen Meditation9:00am
**Alignment & Form
Yoga**10:00am
Kids Beach Yoga11:00am
**Screening Room:
Sing 2 (PG)**12:30pm
**Culinary Tips and
Techniques: Canapes**2:30pm
**Sippin' with the
Somms: Bubbles All
Around the World**3:00pm
**Screening Room:
Empire Records (PG-
13)**3:30pm
**Guided History
Tour of Ocean
House**4:00pm
HIT**Special Events**3:30pm
**In the Kitchen
Series: Local Whole
Fish**

SATURDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
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Beach Pilates10:00am
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Somms: Seasonal
Wines**3:00pm
**Screening Room:
Aquaman and the Lost
Kingdom (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

SUNDAY

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Tai Chi11:00am
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Dolittle (PG)**12:30pm
**Culinary Tips and
Techniques: One Pan
Wonders**2:30pm
**Sippin' with the
Somms: Uncorking
the Americas**3:00pm
**Screening Room:
Ford v Ferrari (PG-13)**3:30pm
**Guided History
Tour of Ocean
House****Special Events**3:00pm
**Father's Day BBQ
with Jack Arnold**

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6/28

MONDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
**Calming Meditation
with Singing Bowls**9:00am
**Breath & Balance
Yoga**10:00am
Kids Beach Yoga11:00am
**Screening Room:
The Pink Panther
(2006) (PG)**12:30pm
**Culinary Tips and
Techniques: The
Incredible Edible Egg**2:30pm
**Sippin' with the
Somms: Dinner Party
Wines**3:00pm
**Screening Room:
Mamma Mia! (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

TUESDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Studio Pilates9:00am
Full Body Sculpt11:00am
**Screening Room:
The Pink Panther 2
(PG)**12:30pm
**Culinary Tips and
Techniques: Pasta
Dumplings**2:30pm
**Sippin' with the
Somms: They're
Classics for a Reason!**3:00pm
**Screening Room:
Hot Pursuit (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

WEDNESDAY

5:00am – 10:00am
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Iyengar Yoga11:00am
**Screening Room:
Despicable Me 4 (PG)**12:30pm
**Culinary Tips and
Techniques: Butter
Cream Flowers**2:30pm
**Sippin' with the
Somms: European
Treasures**3:00pm
**Screening Room:
Knives Out (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**4:00pm
Yin Yoga**Special Events**5:00pm
**Ocean House
Author Series:
Annabel Monaghan**

THURSDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Iyengar Yoga9:00am
Studio Pilates10:00am
HIT11:00am
**Screening Room: A
Minecraft Movie (PG)**12:30pm
**Culinary Tips and
Techniques: Sauce
Basics**2:30pm
**Sippin' with the
Somms: Great Wines
You May Have Never
Heard Of**3:00pm
**Screening Room:
Stranger than Fiction
(PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

FRIDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Zen Meditation9:00am
**Alignment & Form
Yoga**10:00am
Kids Beach Yoga11:00am
**Screening Room:
Sing 2 (PG)**12:30pm
**Culinary Tips and
Techniques: Canapes**2:30pm
**Sippin' with the
Somms: Bubbles All
Around the World**3:00pm
**Screening Room:
Empire Records (PG-
13)**3:30pm
**Guided History
Tour of Ocean
House**4:00pm
HIT**Special Events**3:30pm
**In the Kitchen
Series: Local Whole
Fish**

SATURDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Beach Yoga9:00am
Beach Pilates10:00am
Tai Chi11:00am
**Screening Room:
The Great Outdoors
(PG)**12:30pm
**Culinary Tips and
Techniques: Pairings
for Cheese or
Charcuterie**2:30pm
**Sippin' with the
Somms: Seasonal
Wines**3:00pm
**Screening Room:
Aquaman and the Lost
Kingdom (PG-13)**3:30pm
**Guided History
Tour of Ocean
House****Special Events**3:30pm
**From Vine to Wine:
Wines of Spain**

SUNDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Beach Yoga9:00am
Studio Pilates10:00am
Tai Chi11:00am
**Screening Room:
Dolittle (PG)**12:30pm
**Culinary Tips and
Techniques: One Pan
Wonders**2:30pm
**Sippin' with the
Somms: Uncorking
the Americas**3:00pm
**Screening Room:
Ford v Ferrari (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

6/29

6/30

SPECIAL EVENTS THIS MONTH

MONDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
**Calming Meditation
with Singing Bowls**9:00am
**Breath & Balance
Yoga**10:00am
Kids Beach Yoga11:00am
**Screening Room:
The Pink Panther
(2006) (PG)**12:30pm
**Culinary Tips and
Techniques: The
Incredible Edible Egg**2:30pm
**Sippin' with the
Somms: Dinner Party
Wines**3:00pm
**Screening Room:
Mamma Mia! (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

TUESDAY

5:00am – 10:00am
Coffee Station7:00am – 10:00am
Pastry Display8:00am
Studio Pilates9:00am
Full Body Sculpt11:00am
**Screening Room:
The Pink Panther 2
(PG)**12:30pm
**Culinary Tips and
Techniques: Pasta
Dumplings**2:30pm
**Sippin' with the
Somms: They're
Classics for a Reason!**3:00pm
**Screening Room:
Hot Pursuit (PG-13)**3:30pm
**Guided History
Tour of Ocean
House**

Special Events

7:00pm
**Spa Session Full
Moon Sound Bath**

June 17th. **Red, White, & Bloom Garden Party:** Join us for our elegant summer garden party series in celebration of America's 250th anniversary. Guests are invited to sip specialty patriotic cocktails alongside beer and wine, enjoy thoughtfully prepared lite bites, and take in live acoustic bluegrass music performed by a talented duo. A polished yet relaxed New England soir e, perfect for savoring the season. \$110/guest, plus tax & service charge.

June 21st. **Father's Day BBQ with Jack Arnold:** Join legendary grill-master Jack Arnold and our talented Ocean House culinary team for a delicious barbecue on the beach. Savor a feast of expertly grilled favorites with an array of classic sides. Enjoy the lively atmosphere with live entertainment, delicious food, and a specialty cocktail to celebrate Father's Day. Whether you're clinking glasses with Dad, catching up with friends, or creating cherished moments with the family, this event promises an unforgettable day of fun, flavor, and celebration by the sea. \$150/Adults, \$75/children ages 4-12, \$35/children ages 3 & under.

June 24th. **Ocean House Author Series: Annabel Monaghan:** Join us as Ocean House owner and award-winning author, Deborah Goodrich Royce moderates a conversation with a featured author. This week, New York Times bestselling author Annabel Monaghan will be discussing (and signing) her latest novel Dolly All the Time. Tickets include wine, light bites, and a signed copy of the featured book, from Martin House Books. \$45/Guest, plus tax & service charge.

Culinary & Wine

June 5th, 12th, 19th, 26th. **In the Kitchen: Local Whole Fish:** Celebrate the season's freshest flavors with Ocean House's In the Kitchen Series, featuring a hands-on culinary experience. Guided by our expert chefs, guests will experience the art of whole fish preparation firsthand—including filleting and exploring a variety of delicious preparations that utilize every part of the fish. You'll also learn simple techniques that highlight natural flavors with fresh, approachable ingredients. Whether you're an experienced home cook or just beginning your culinary journey, this class offers an inspiring and hands-on way to expand your skills in the kitchen. \$125/guest, plus service charge.'

June 6th. **From Vine to Wine: California Classics:** Join us for an unforgettable afternoon at the Center for Wine & Culinary Arts as we delve into classic California wines. During this special tasting, you'll sample a curated selection of California classics and learn the secrets behind the production process, flavor profiles, and history of California winemaking. \$115/guest, plus tax & service charge.

June 27th. **From Vine to Wine: Wines of Spain:** Join us for an unforgettable afternoon at the Center for Wine & Culinary Arts as we explore the bold and diverse wines of Spain. During this special tasting, you'll sample a curated selection of Spanish wines—from crisp Albari os and elegant Cavas to robust Riojas and rich Priorats—while diving into the history, regions, and winemaking traditions that make Spain one of the world's most dynamic wine countries. Learn about the unique grape varieties and flavor profiles that define Spanish wine, all in a relaxed and engaging setting. Raise a glass with us for a memorable afternoon of discovery and Spanish flair. \$95/guest, plus tax & service charge.

SPECIAL EVENTS THIS MONTH

June 30th. ***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/guest, plus tax & service charge.