

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
			10 a.m. – VT Go4IT Circuit Class 3 p.m. – VT Refreshing Flow Yoga 3 p.m. – Afternoon Refreshments 3 p.m. – Wine & Culinary Arts Class: “Cheese Tasting” 4 p.m. –How to Make a Mean Martini 4:30 p.m. –Wine & Culinary Arts Class: “Italian Wines”	8 a.m. – Body Sculpt 10 a.m. – Wine & Culinary Arts Class: “What’s in Season” 2 p.m. – Guided Tour of the Ocean House 3 p.m. –Wine & Culinary Arts Class: “Oyster Shucking” 3 p.m. – Afternoon Refreshments 4:30 p.m. –Wine & Culinary Arts Class: “Local Wines”	8 a.m. –Flex & Core 10 a.m. –Wine & Culinary Arts Class: “Organic Breakfast” 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. –Wine & Culinary Arts Class: “Comfort Food” 3 p.m. – VT Refreshing Flow Yoga 4 p.m. – Spirits 101 4:30 p.m. –Wine & Culinary Arts Class: “Sparkling Wine” 6:30-11 p.m. – Pianist, Michael Campbell	8 a.m. – Tai Chi 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. – VT Go4IT Circuit Class 3 p.m. –Wine & Culinary Arts Class: “Exploring the 5 Tastes” 4:30 p.m. –Wine & Culinary Arts Class: “Wines of France” 6:30-11 p.m. – Pianist, Michael Campbell
7	8	9	10	11	12	13
8 a.m. – Tai Chi 8 a.m. - 2:30 p.m. – Sunday Jazz Brunch 9:30 a.m. – VT Refreshing Flow Yoga 11 a.m. – VT Zumba			10 a.m. – VT Go4IT Circuit Class 3 p.m. – VT Refreshing Flow Yoga 3 p.m. – Afternoon Refreshments 3 p.m. – Wine & Culinary Arts Class: “Cheese Tasting” 4 p.m. –How to Make a Mean Martini 4:30 p.m. –Wine & Culinary Arts Class: “Italian Wines”	8 a.m. – Body Sculpt 10 a.m. – Wine & Culinary Arts Class: “What’s in Season” 1 p.m. – VT Go4IT Circuit Class 2 p.m. – Guided Tour of the Ocean House 3 p.m. –Wine & Culinary Arts Class: “Oyster Shucking” 3 p.m. – Afternoon Refreshments 4:30 p.m. –Wine & Culinary Arts Class: “Local Wines”	8 a.m. –Flex & Core 10 a.m. –Wine & Culinary Arts Class: “Organic Breakfast” 2 p.m. – Guided Tour of the Ocean House 3 p.m. – VT Refreshing Flow Yoga 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. –Wine & Culinary Arts Class: “Comfort Food” 4 p.m. – Spirits 101 4:30 p.m. –Wine & Culinary Arts Class: “Sparkling Wine” 6:30-11 p.m. – Pianist, Michael Campbell Special Event: 6 p.m. Vine to Wine: Tuscany Special Event: 6 p.m. Valentine’s Day Dinner & Concert	8 a.m. – Tai Chi 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. – VT Go4IT Circuit Class 3 p.m. –Wine & Culinary Arts Class: “Exploring the 5 Tastes” 4:30 p.m. –Wine & Culinary Arts Class: “Wines of France” 6:30-11 p.m. – Pianist, Michael Campbell Special Event: 11 a.m. Vine to Wine: Tuscany Special Event: 6 p.m. Valentine’s Day Dinner & Concert

WINE & CULINARY ARTS

Wine & Culinary Arts Class - How to Make a Mean Martini: Learn how to make classic cocktails with our Club Room Bartenders. Located in our Club Room.

Wine & Culinary Arts Classes with our Sommelier, Greg Astudillo– Explore and taste wines with our expert Sommelier in our Wine Cellar.

Wine & Culinary Arts Classes with our Food Forager, Paul McComiskey– Join Chef Paul in the Gaggenau Demonstration Kitchen as he creates and tastes delicious dishes inspired by the season.

Spirits IOI – Enjoy an educational experience in our Club Room as our Bartenders discuss the origins and uses of a particular spirit.

Sunday Jazz Brunch– Enjoy our popular brunch of classic breakfast items and lunch fare, plus a variety of additional buffet items. The Greg Piccolo Trio performs in the hotel lobby. *\$62.00/ adult; \$25.00/ child (plus tax and gratuity)*

Special Event: Valentines Day Dinner & Concert with Scott Drier: Let Seasons set the mood with a tempting menu before retreating to the Ballroom for a delectable dessert buffet and intimate performance of classic love songs. *\$125.00/Adults (plus tax and gratuity, \$95.00/Adults Dinner Only, \$45.00 concert only)*

Special Event: Vine to Wine: Wines of Tuscany: Explore some of the best wines of Tuscany with the Ocean House sommelier. *\$65.00/Adults (plus tax and gratuity)*

RESORT

Afternoon Tea: Enjoy tea in the Living Room while Faith Leitner performs on the harp. *\$24/Afternoon Tea, \$38/Royal Tea; Reservations required.*

Afternoon Refreshments: Join us in Seasons Lounge each day for complimentary treats and beverages.

Guided Tour of the Ocean House: Take a guided tour of the property with Club Room Manager, Mark Szaro. Meet at the Living Room Fireplace.

Pianist: Pianist Michael Campbell performs in the lobby.

SPA

*Please note that for all spa activities, reservations are strongly suggested

Adult Swim: Adult-only swim time daily from 8-10am and 4-6pm in the pool.

Virtual Trainer: Train with Fitness on Demand located in the Fitness Center. Choose from a large selection of classes.

Stretch Flex & Core: Join our OH! Spa fitness instructor and focus on stretching and toning your muscles

Tai Chi: As the most well-known of China's martial arts, the slow, circular-focusing movements relax muscles while promoting proper core alignment and balance.

Virtual Go4IT Circuit Class: Get your heartbeat going with four circuits each in four minute intervals.

Virtual Refreshing Flow Yoga: Sixty minutes of gentle flow yoga and pilates.

Virtual TKO Torch: Enjoy muscular endurance training.

Virtual Zumba: Zumba combines high energy and motivating music with unique moves and combinations that allows Zumba participants to dance away their worries.

SUN	MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19	20
8 a.m. – Tai Chi 8 a.m. - 2:30 p.m. – Sunday Jazz Brunch 9:30 a.m. – VT Refreshing Flow Yoga 11 a.m. – VT Zumba 6:30-11 p.m. – Pianist, Michael Campbell	9 a.m. – VT Refreshing Flow Yoga 10 a.m. – VT TKO Torch Class		10 a.m. – Go4IT Circuit Class 3 p.m. – VT Refreshing Flow Yoga 3 p.m. – Wine & Culinary Arts Class: “Cheese Tasting” 3 p.m. – Afternoon Refreshments 4 p.m. – How to Make a Mean Martini 4:30 p.m. – Wine & Culinary Arts Class: “Italian Wines”	8 a.m. – Body Sculpt 10 a.m. – Wine & Culinary Arts Class: “What’s in Season” 1 p.m. – VT Go4IT Circuit Class 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: “Oyster Shucking” 3 p.m. – Afternoon Refreshments 4:30 p.m. – Wine & Culinary Arts Class: “Local Wines”	8 a.m. –Flex & Core 10 a.m. –Wine & Culinary Arts Class: “Organic Breakfast” 2 p.m. – Guided Tour of the Ocean House 3 p.m. –Wine & Culinary Arts Class: “Comfort Food” 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. – VT Refreshing Flow Yoga 4 p.m. – Spirits 101 4:30 p.m. –Wine & Culinary Arts Class: “Sparkling Wine” 6:30-11 p.m. – Pianist, Michael Campbell Special Event: 6 p.m. Vine to Wine-Piedmont	8 a.m. – Tai Chi 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. – VT Go4IT Circuit Class 4:30 p.m. –Wine & Culinary Arts Class: “Wines of France” 6:30-11 p.m. – Pianist, Michael Campbell Special Event: 11 a.m. Vine to Wine-Piedmont Special Event: 1 p.m. In the Kitchen
21	22	23	24	25	26	27
8 a.m. – Tai Chi 8 a.m. - 2:30 p.m. – Sunday Jazz Brunch 9:30 a.m. – VT Refreshing Flow Yoga 11 a.m. – VT Zumba 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Afternoon Refreshments			10 a.m. – VT Go4IT Circuit Class 3 p.m. – VT Refreshing Flow Yoga 3 p.m. – Wine & Culinary Arts Class: “Cheese Tasting” 3 p.m. – Afternoon Refreshments 4 p.m. –How to Make a Mean Martini 4:30 p.m. –Wine & Culinary Arts Class: “Italian Wines”	8 a.m. –Body Sculpt 10 a.m. – Wine & Culinary Arts Class: “What’s in Season” 1 p.m. – VT Go4IT Circuit Class 2 p.m. – Guided Tour of the Ocean House 3 p.m. –Wine & Culinary Arts Class: “Oyster Shucking” 3 p.m. – Afternoon Refreshments 4:30 p.m. –Wine & Culinary Arts Class: “Local Wines”	8 a.m. –Flex & Core 10 a.m. –Wine & Culinary Arts Class: “Organic Breakfast” 2 p.m. – Guided Tour of the Ocean House 3 p.m. –Wine & Culinary Arts Class: “Comfort Food” 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. – VT Refreshing Flow Yoga 4 p.m. – Spirits 101 4:30 p.m. –Wine & Culinary Arts Class: “Sparkling Wine” 6:30-11 p.m. – Pianist, Michael Campbell	8 a.m. – Tai Chi 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Afternoon Refreshments 3-5 p.m. – Afternoon Tea 3 p.m. – VT Go4IT Circuit Class 3 p.m. –Wine & Culinary Arts Class: “Exploring the 5 Tastes” 4:30 p.m. –Wine & Culinary Arts Class: “Wines of France” 6:30-11 p.m. – Pianist, Michael Campbell Special Event: 7 p.m. Black & White Masquerade Ball

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Special Event: Vine to Wine: Wines of Piedmont: Explore some of the best wines of Piedmont with the Ocean House sommelier. *\$65.00/Adults (plus tax and gratuity)*

Special Event – In the Kitchen: Healthy Eats-Burn off the Chocolate: Our Food Forager will show you some healthy alternatives to the foods that have become commonplace in our western diet. *\$75.00 per adult (plus tax and gratuity)*

Special Event: Black & White Masquerade Ball: Follow the yellow brick road to an evening of merriment and delight, benefiting the Warm Shelter of Westerly. *\$125.00/Adults (inclusive of tax and gratuity, tickets can be purchased directly from their website; www.warmshelter.org)*

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