

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		8:30 a.m.- Yoga 12 p.m. – Movie Screening, <i>Life of Pi</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Yoga Flow 3:00 p.m. – Wine & Culinary Arts Class: Wild Mushrooms 3 p.m. – Movie Screening, <i>Little Women</i> 4:00 p.m. – Wine & Culinary Arts Class: Wines of Italy Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:30 a.m. - Yoga 11 a.m. –Croquet Clinic 12 p.m. – Movie Screening, <i>Breakfast at Tiffany's</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Cardio Pump Workout 3 p.m. – Movie Screening, <i>The Great Gatsby</i> 3 p.m. – Wine & Culinary Arts Class: Northeast Cheese Tasting 4 p.m. – Wine & Culinary Arts Class: Wines of the Pacific Northwest Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:30 a.m. – Yoga 10 a.m. –Croquet Clinic 11 a.m. –Wine & Culinary Arts Class: Pasta at Home 12 p.m. – Movie Screening, <i>To Kill a Mockingbird</i> 2 p.m. – VT Pilates and Yoga Fusion 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Wines of California 3 p.m. – Movie Screening, <i>The Help</i> 4 p.m. –Wine & Culinary Arts Class: Easy Summer Dinners (<i>Held in the Herb Garden, Weather Permitting</i>) Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:00 a.m. – Body Sculpt 10 a.m. –Croquet Clinic 11 a.m. –Wine & Culinary Arts Class: Breakfast of Champions (<i>Held in the Herb Garden, Weather Permitting</i>) 12 p.m. – Movie Screening, <i>Pride & Prejudice</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. –Wine & Culinary Arts Class: Sips & Savories: Mixed Cocktails & Hors D'oeuvres (<i>Held in the Herb Garden, Weather Permitting</i>) 3 p.m. – Movie Screening, <i>Atonement</i> 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m. Special Event: Cabaret on the Lawn 7:00 p.m. (<i>Reservations Required</i>)	8 a.m. – Tai Chi 9:30am – Yoga 11 a.m. –Croquet Clinic 12 p.m. – Movie Screening, <i>A Wrinkle in Time</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Movie Screening, <i>The Secret Garden</i> 3 p.m. – Art Tour with Resident Curator 4:00 p.m. – Wine & Culinary Arts Class: Off the Beaten Track Red Wine 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m. Special Event: From Vine + Wine: Wines of Napa Valley, 11 a.m. <i>Reservations Required</i>

FARM + VINE

Spirits 101: Learn how to make classic cocktails with our Club Room Bartenders. Located in our Club Room.

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

Wine & Culinary Arts Classes with OH Culinary Team – Join our Culinary Team in the Center for Wine and Culinary Arts as he creates and tastes delicious dishes inspired by the season.

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. \$68.00/ adult; \$25.00/ child (plus tax and gratuity)

Cabaret on the Lawn: Kick Off Labor Day Weekend with Classic Frank Sinatra tunes and delicious food underneath the stars with Steve Palumbo. (Reservations Required) \$125.00, plus tax & gratuity.

Special Events: From Vine + Wine: Wines of Napa Valley
A look at New England Wines \$65.00/guest, plus tax & service charge.

RESORT

Guided Tour of the Ocean House: Take a guided historic tour of the property. Please check in at the Living Room Fireplace.

Guided Art Tour of Ocean House with Resident Curator: Take a guided art tour of the property. Please check in at the Guest Reception Desk.

Self-Guided Art Tour of the Ocean House: Take a guided audio tour around the hotel to learn about Ocean House's extensive art collection featuring Ludwig Bemelman, Artwork by SEM and various other art collections. The tour is approximately 45 minutes. Guides can be obtained at the front desk.

Pianist: Pianist performs in the lobby.

Movie Screenings: Join us in our Screening Room for a movie classic with.

Croquet: Learn the basics of the classic game with Ocean House Croquet Professional Stephen Morgan. Private Lessons are available upon request. Croquet Courts not available on Monday and Tuesday.

Cruises: Enjoy two-hour cruises on our classic boats. Cruises depart Wednesday-Sunday at 12 p.m., 3 p.m., 6:30 p.m. *Day cruise \$400; Sunset cruise \$550 (plus 18% gratuity).* Contact your Guest Relations Manager for availability and reservations. *Additional boats available upon request.

SPA

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.

Cardio Sculpt: A full body workout that combines strength training and cardio.

Virtual Balanced Mind Yoga: Enjoy a yoga class designed to calm the mind while stretching the muscles.

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

Virtual Cardio Pilates: Invigorating fusion of classic Pilates with cardio exercises to strengthen and tone.

Virtual Yoga flow: One Hour of Yoga flow is perfect for working your total body and focusing on the mind.

Virtual Cardio Pump Workout: Fun and upbeat cardio kickboxing session that blasts calories and sculpts your body.

Virtual Pilates and Yoga Fusion: 30 minutes of full body sculpting routine that blends Pilates and Yoga.

Body Sculpt: This combination class of strength and cardio movements is designed to tone and strengthen.

Yoga: Exercise the mind, body and spirit in this one hour class, all levels welcomed.

SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
8:00 a.m. – Tai Chi 8:00am – 2:30pm – Sunday Jazz Brunch 9:30 a.m. – Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>The Jungle Book</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Movie Screening, <i>The Giver</i> 3:00 p.m. – Wine & Culinary Arts Class: Charcuterie Tasting 4:00 p.m. – Wine & Culinary Arts Class: Rosés Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:00 a.m.- Body Sculpt 12 p.m. – Movie Screening, <i>East of Eden</i> 2 p.m. – VT Cardio Pilates 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Farm Fresh Vegetables 3 p.m. – Movie Screening, <i>The Time Traveler's Wife</i> 4 p.m. – Wine & Culinary Arts Class: Taste of France Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:30 a.m.- Yoga 12 p.m. – Movie Screening, <i>Life of Pi</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Yoga Flow 3:00 p.m. – Wine & Culinary Arts Class: Wild Mushrooms 3 p.m. – Movie Screening, <i>Little Women</i> 4:00 p.m. – Wine & Culinary Arts Class: Wines of Italy Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:30 a.m. - Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>Breakfast at Tiffany's</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Cardio Pump Workout 3 p.m. – Movie Screening, <i>The Great Gatsby</i> 3 p.m. – Wine & Culinary Arts Class: Northeast Cheese Tasting 4 p.m. – Wine & Culinary Arts Class: Wines of the Pacific Northwest Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:30 a.m. – Yoga 10 a.m. – Croquet Clinic 11 a.m. – Wine & Culinary Arts Class: Pasta at Home 12 p.m. – Movie Screening, <i>To Kill a Mockingbird</i> 2 p.m. – VT Pilates and Yoga Fusion 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Rhode Island Oysters 3 p.m. – Movie Screening, <i>The Help</i> 4 p.m. – Wine & Culinary Arts Class: Wines of California Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m. Special Event: Farm + Vine Dinner, 7:00pm, Reservations Required	8:00 a.m. – Body Sculpt 10 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>Pride & Prejudice</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Native Seafood 3 p.m. – Movie Screening, <i>Atonement</i> 4 p.m. – Wine & Culinary Arts Class: Sparkling Wine 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8 a.m. – Tai Chi 9:30am – Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>A Wrinkle in Time</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Movie Screening, <i>The Secret Garden</i> 3 p.m. – Art Tour with Resident Curator 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m. Special Event: In The Kitchen – Pickles, Preserve, Fermentation, 3 p.m. Reservations Required

FARM + VINE

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

Wine & Culinary Arts Classes with OH Culinary Team – Join our Culinary Team in the Center for Wine and Culinary Arts as he creates and tastes delicious dishes inspired by the season.

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. *\$68.00/ adult; \$25.00/ child (plus tax and gratuity)*

Special Event: Farm + Vine Dinner Enjoy an evening of seasonally-prepared food and wines. *Reservations Required, \$135.00, plus tax and gratuity.*

Special Event: In The Kitchen – Pickles, Preserve & Fermentation Learn how to prepare seasonally-inspired foods. *Reservations Required, \$65.00, plus tax and gratuity.*

RESORT

Guided Tour of the Ocean House: Take a guided historic tour of the property. Please check in at the Living Room Fireplace.

Guided Art Tour of Ocean House with Resident Curator: Take a guided art tour of the property. Please check in at the Guest Reception Desk.

Self-Guided Art Tour of the Ocean House: Take a guided audio tour around the hotel to learn about Ocean House's extensive art collection featuring Ludwig Bemelman, Artwork by SEM and various other art collections. The tour is approximately 45 minutes. Guides can be obtained at the front desk.

Pianist: Pianist performs in the lobby.

Movie Screenings: Join us in our Screening Room for a movie classic with.

Croquet: Learn the basics of the classic game with Ocean House Croquet Professional Stephen Morgan. Private Lessons are available upon request. Croquet Courts not available on Monday and Tuesday.

Cruises: Enjoy two-hour cruises on our classic boats. Cruises depart Wednesday-Sunday at 12 p.m., 3 p.m., 6:30 p.m. *Day cruise \$400; Sunset cruise \$550 (plus 18% gratuity). Contact your Guest Relations Manager for availability and reservations.*
*Additional boats available upon request.

SPA

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.

Cardio Sculpt: A full body workout that combines strength training and cardio.

Virtual Balanced Mind Yoga: Enjoy a yoga class designed to calm the mind while stretching the muscles.

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

Virtual Cardio Pilates: Invigorating fusion of classic Pilates with cardio exercises to strengthen and tone.

Virtual Yoga flow: One Hour of Yoga flow is perfect for working your total body and focusing on the mind.

Virtual Cardio Pump Workout: Fun and upbeat cardio kickboxing session that blasts calories and sculpts your body.

Virtual Pilates and Yoga Fusion: 30 minutes of full body sculpting routine that blends Pilates and Yoga.

Body Sculpt: This combination class of strength and cardio movements is designed to tone and strengthen.

Yoga: Exercise the mind, body and spirit in this one hour class, all levels welcomed.

SUN	MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18	19
8:00 a.m. – Tai Chi 8:00am – 2:30pm – Sunday Jazz Brunch 9:30 a.m. – Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>The Jungle Book</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Movie Screening, <i>The Giver</i> 3:00 p.m. – Wine & Culinary Arts Class: Charcuterie Tasting 4:00 p.m. – Wine & Culinary Arts Class: Rosés Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:00 a.m.- Body Sculpt 12 p.m. – Movie Screening, <i>East of Eden</i> 2 p.m. – VT Cardio Pilates 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Farm Fresh Vegetables 3 p.m. – Movie Screening, <i>The Time Traveler's Wife</i> 4 p.m. – Wine & Culinary Arts Class: Taste of France Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:30 a.m.- Yoga 12 p.m. – Movie Screening, <i>Life of Pi</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Yoga Flow 3:00 p.m. – Wine & Culinary Arts Class: Wild Mushrooms 3 p.m. – Movie Screening, <i>Little Women</i> 4:00 p.m. – Wine & Culinary Arts Class: Wines of Italy Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:30 a.m. – Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>Breakfast at Tiffany's</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Cardio Pump Workout 3 p.m. – Movie Screening, <i>The Great Gatsby</i> 3 p.m. – Wine & Culinary Arts Class: Northeast Cheese Tasting 4 p.m. – Wine & Culinary Arts Class: Wines of the Pacific Northwest Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:30 a.m. – Yoga 10 a.m. – Croquet Clinic 11 a.m. – Wine & Culinary Arts Class: Pasta at Home 12 p.m. – Movie Screening, <i>To Kill a Mockingbird</i> 2 p.m. – VT Pilates and Yoga Fusion 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Rhode Island Oysters 3 p.m. – Movie Screening, <i>The Help</i> 4 p.m. – Wine & Culinary Arts Class: Wines of California Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8:00 a.m. – Body Sculpt 10 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>Pride & Prejudice</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Native Seafood 3 p.m. – Movie Screening, <i>Atonement</i> 4 p.m. – Wine & Culinary Arts Class: Sparkling Wine 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.	8 a.m. – Tai Chi 9:30am – Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>A Wrinkle in Time</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Movie Screening, <i>The Secret Garden</i> 3 p.m. – Art Tour with Resident Curator 4:00 p.m. – Wine & Culinary Arts Class: Off the Beaten Track Red Wines 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5:00 p.m.

FARM + VINE

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Wine & Culinary Arts Classes with OH Culinary Team – Join our culinary team in the Center for Wine and Culinary Arts as he creates and tastes delicious dishes inspired by the season.

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. \$68.00/ adult; \$25.00/ child (plus tax and gratuity)

RESORT

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Croquet: Learn the basics of the classic game with Ocean House Croquet Professional Stephen Morgan. Private Lessons are available upon request. Croquet Courts not available on Monday and Tuesday.

Cruises: Enjoy two-hour cruises on our classic boats. Cruises depart Wednesday-Sunday at 12 p.m., 3 p.m., 6:30 p.m. *Day cruise \$400; Sunset cruise \$550 (plus 18% gratuity). Contact your Guest Relations Manager for availability and reservations.*
*Additional boats available upon request.

SPA

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.

Cardio Sculpt: A full body workout that combines strength training and cardio.

Virtual Balanced Mind Yoga: Enjoy a yoga class designed to calm the mind while stretching the muscles.

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

Virtual Cardio Pilates: Invigorating fusion of classic Pilates with cardio exercises to strengthen and tone.

Virtual Yoga flow: One Hour of Yoga flow is perfect for working your total body and focusing on the mind.

Virtual Cardio Pump Workout: Fun and upbeat cardio kickboxing session that blasts calories and sculpts your body.

Virtual Pilates and Yoga Fusion: 30 minutes of full body sculpting routine that blends Pilates and Yoga.

Body Sculpt: This combination class of strength and cardio movements is designed to tone and strengthen.

Yoga: Exercise the mind, body and spirit in this one hour class, all levels welcomed.

SUN	MON	TUE	WED	THU	FRI	SAT
20	21	22	23	24	25	26
8:00 a.m. – Tai Chi 8:00am – 2:30pm – Sunday Jazz Brunch 9:30 a.m. – Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>The Jungle Book</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Movie Screening, <i>The Giver</i> 3:00 p.m. – Wine & Culinary Arts Class: Charcuterie Tasting 4:00 p.m. – Wine & Culinary Arts Class: Rosés Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m. Special Event: Movie Night – Swiss Family Robinson, 6 p.m. <i>Reservations Required</i>	8:00 a.m.- Body Sculpt 12 p.m. – Movie Screening, <i>East of Eden</i> 2 p.m. – VT Cardio Pilates 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Farm Fresh Vegetables 3 p.m. – Movie Screening, <i>The Time Traveler's Wife</i> 4 p.m. – Wine & Culinary Arts Class: Taste of France Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:30 a.m.- Yoga 12 p.m. – Movie Screening, <i>Life of Pi</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Yoga Flow 3:00 p.m. – Wine & Culinary Arts Class: Wild Mushrooms 3 p.m. – Movie Screening, <i>Little Women</i> 4:00 p.m. – Wine & Culinary Arts Class: Wines of Italy Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:30 a.m. - Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>Breakfast at Tiffany's</i> 2 p.m. – Guided Tour of the Ocean House 2 p.m. – VT Cardio Pump Workout 3 p.m. – Movie Screening, <i>The Great Gatsby</i> 3 p.m. – Wine & Culinary Arts Class: Northeast Cheese Tasting 4 p.m. – Wine & Culinary Arts Class: Wines of the Pacific Northwest Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:30 a.m. – Yoga 10 a.m. – Croquet Clinic 11 a.m. – Wine & Culinary Arts Class: Pasta at Home 12 p.m. – Movie Screening, <i>To Kill a Mockingbird</i> 2 p.m. – VT Pilates and Yoga Fusion 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Rhode Island Oysters 3 p.m. – Movie Screening, <i>The Help</i> 4 p.m. – Wine & Culinary Arts Class: Wines of California Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8:00 a.m. – Body Sculpt 10 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>Pride & Prejudice</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Wine & Culinary Arts Class: Native Seafood 3 p.m. – Movie Screening, <i>Atonement</i> 4 p.m. – Wine & Culinary Arts Class: Sparkling Wine 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.	8 a.m. – Tai Chi 9:30am – Yoga 11 a.m. – Croquet Clinic 12 p.m. – Movie Screening, <i>A Wrinkle in Time</i> 2 p.m. – Guided Tour of the Ocean House 3 p.m. – Movie Screening, <i>The Secret Garden</i> 3 p.m. – Art Tour with Resident Curator 6:00 – 10:30 p.m. – Pianist in the Lobby – Al Copley Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m. Special Event: In The Cellar – Food & Wine Pairings 101 3 p.m. <i>Reservations Required</i>

FARM + VINE

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

Wine & Culinary Arts Classes with OH Culinary Team – Join our Culinary Team in the Center for Wine and Culinary Arts as he creates and tastes delicious dishes inspired by the season.

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. *\$68.00/ adult; \$25.00/ child (plus tax and gratuity)*

Special Event: In The Cellar – Food & Wine Pairings 101 - Learn the basics of pairing food and wine together. *Reservations Required, \$65.00, plus tax and gratuity.*

RESORT

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Movie Screenings: Join us in our Screening Room for a movie classic with.

Croquet: Learn the basics of the classic game with Ocean House Croquet Professional Stephen Morgan. Private Lessons are available upon request. Croquet Courts not available on Monday and Tuesday.

Cruises: Enjoy two-hour cruises on our classic boats. Cruises depart Wednesday-Sunday at 12 p.m., 3 p.m., 6:30 p.m. *Day cruise \$400; Sunset cruise \$550 (plus 18% gratuity). Contact your Guest Relations Manager for availability and reservations. *Additional boats available upon request.*

Special Event: Movie Night – Enjoy watching this blockbuster movie in our Below Deck Movie Theater. Popcorn, candy and gelato will be served. Reservations are required. *\$15/guest, plus tax & gratuity.*

SPA

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.

Cardio Sculpt: A full body workout that combines strength training and cardio.

Virtual Balanced Mind Yoga: Enjoy a yoga class designed to calm the mind while stretching the muscles.

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

Virtual Cardio Pilates: Invigorating fusion of classic Pilates with cardio exercises to strengthen and tone.

Virtual Yoga flow: One Hour of Yoga flow is perfect for working your total body and focusing on the mind.

Virtual Cardio Pump Workout: Fun and upbeat cardio kickboxing session that blasts calories and sculpts your body.

Virtual Pilates and Yoga Fusion: 30 minutes of full body sculpting routine that blends Pilates and Yoga.

Body Sculpt: This combination class of strength and cardio movements is designed to tone and strengthen.

Yoga: Exercise the mind, body and spirit in this one hour class, all levels welcomed.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>27</p> <p>8:00 a.m. – Tai Chi</p> <p>8:00am – 2:30pm – Sunday Jazz Brunch</p> <p>9:30 a.m. – Yoga</p> <p>11 a.m. –Croquet Clinic</p> <p>12 p.m. – Movie Screening, <i>The Jungle Book</i></p> <p>2 p.m. – Guided Tour of the Ocean House</p> <p>3 p.m. – Movie Screening, <i>The Giver</i></p> <p>3:00 p.m. –Wine & Culinary Arts Class: Charcuterie Tasting</p> <p>4:00 p.m. –Wine & Culinary Arts Class: Rosés</p> <p>Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.</p>	<p>28</p> <p>8:00 a.m.- Body Sculpt</p> <p>12 p.m. – Movie Screening, <i>East of Eden</i></p> <p>2 p.m. – VT Cardio Pilates</p> <p>2 p.m. – Guided Tour of the Ocean House</p> <p>3 p.m. –Wine & Culinary Arts Class: Farm Fresh Vegetables</p> <p>3 p.m. – Movie Screening, <i>The Time Traveler's Wife</i></p> <p>4 p.m. – Wine & Culinary Arts Class: Taste of France</p> <p>Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.</p>	<p>29</p> <p>8:30 a.m.- Yoga</p> <p>12 p.m. – Movie Screening, <i>Life of Pi</i></p> <p>2 p.m. – Guided Tour of the Ocean House</p> <p>2 p.m. – VT Yoga Flow</p> <p>3:00 p.m. –Wine & Culinary Arts Class: Wild Mushrooms</p> <p>3 p.m. – Movie Screening, <i>Little Women</i></p> <p>4:00 p.m. – Wine & Culinary Arts Class: Wines of Italy</p> <p>Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.</p>	<p>30</p> <p>8:30 a.m. - Yoga</p> <p>11 a.m. –Croquet Clinic</p> <p>12 p.m. – Movie Screening, <i>Breakfast at Tiffany's</i></p> <p>2 p.m. – Guided Tour of the Ocean House</p> <p>2 p.m. – VT Cardio Pump Workout</p> <p>3 p.m. – Movie Screening, <i>The Great Gatsby</i></p> <p>3 p.m. –Wine & Culinary Arts Class: Northeast Cheese Tasting</p> <p>4 p.m. – Wine & Culinary Arts Class: Wines of the Pacific Northwest</p> <p>Dandy Cruises: 11 a.m., 2 p.m., 5.00 p.m.</p>			

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Wine & Culinary Arts Classes with OH Culinary Team –
Join the OH Culinary Team in the Center for Wine and Culinary Arts as he creates and tastes delicious dishes inspired by the season.

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. \$68.00/ adult; \$25.00/ child (plus tax and gratuity)

RESORT

Guided Tour of the Ocean House: Take a guided historic tour of the property. Please check in at the Living Room Fireplace.

Guided Art Tour of Ocean House with Resident Curator: Take a guided art tour of the property. Please check in at the Guest Reception Desk.

Self-Guided Art Tour of the Ocean House: Take a guided audio tour around the hotel to learn about Ocean House's extensive art collection featuring Ludwig Bemelman, Artwork by SEM and various other art collections. The tour is approximately 45 minutes. Guides can be obtained at the front desk.

Pianist: Pianist performs in the lobby.

Movie Screenings: Join us in our Screening Room for a movie classic with.

Croquet: Learn the basics of the classic game with Ocean House Croquet Professional Stephen Morgan. Private Lessons are available upon request. Croquet Courts not available on Monday and Tuesday.

Cruises: Enjoy two-hour cruises on our classic boats. Cruises depart Wednesday-Sunday at 12 p.m., 3 p.m., 6:30 p.m. *Day cruise \$400; Sunset cruise \$550 (plus 18% gratuity). Contact your Guest Relations Manager for availability and reservations. *Additional boats available upon request.*

SPA

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.

Cardio Sculpt: A full body workout that combines strength training and cardio.

Virtual Balanced Mind Yoga: Enjoy a yoga class designed to calm the mind while stretching the muscles.

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

Virtual Cardio Pilates: Invigorating fusion of classic Pilates with cardio exercises to strengthen and tone.

Virtual Yoga flow: One Hour of Yoga flow is perfect for working your total body and focusing on the mind.

Virtual Cardio Pump Workout: Fun and upbeat cardio kickboxing session that blasts calories and sculpts your body.

Virtual Pilates and Yoga Fusion: 30 minutes of full body sculpting routine that blends Pilates and Yoga.

Body Sculpt: This combination class of strength and cardio movements is designed to tone and strengthen.

Yoga: Exercise the mind, body and spirit in this one hour class, all levels welcomed.