DECEMBER 1-8, 2012

Resort Activities

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Sun	Мон	TUE	WED	Тни	FRI	Sat	
						8 – 10 am - Adult Swim 8 am- Tai Chi 9 am – Yoga 11am- Artist discussion 2 pm- Guided Tour 3pm- Farm + Vine Class Cheeses of New England 3 pm – Afternoon Refreshments 3 -5 pm – Afternoon Tea 4 – 6 pm - Adult Swim 6:30 pm- Pianist Nicholas Lind	
8-10 am - Adult Swim 8 am- Tai Chi & Qi Gong 8 am- 2:30 pm- Sunday Jazz Brunch IIam-Artist Discussion 2 pm - Guided Tour of the Ocean House 3 pm - Afternoon Refreshments 3-5 pm - Afternoon Tea 4-6 pm - Adult Swim	3 8-10 am - Adult Swim 9 am - Total Body Workout 1 pm- Bridge 2 pm - Guided Tour of the Ocean House 3pm - Afternoon Refreshments 4-6 pm - Adult Swim	8-10 am - Adult Swim 8:30 am Gentle Yoga Tones 9am- Aquafit 3 pm - Cooking Demonstration with OH Chefs 3pm - Afternoon Refreshments 4-6 pm - Adult Swim	8 – 10 am - Adult Swim 8:30 am - Stretch Flex & Core 3 pm – Cooking Demonstration with Pastry Chef Adam Young 3 – 5 pm – Afternoon Refreshments 4 pm - Farm + Vine Class: "How to Make a Mean Martini" 4 – 6 pm - Adult Swim SPECIAL EVENT: 7pm-Farm and Vine Dinner with Chef Matt Varga in Seasons	6 8-10 am - Adult Swim 9 am- Yoga 2 pm - Guided Tour of the Ocean House 3 pm - Afternoon Refreshments 4 pm- Farm + Vine Class: Wine Tasting-New World Cabernet Sauvignon 4 - 6 pm - Adult Swim	8 – 10 am - Adult Swim 8:30 am - Stretch Flex & Core 2 pm - Guided Tour of the Ocean House 3pm - Farm + Vine Class – Specialty Mustard Making 3pm Afternoon Refreshments 3 – 5 pm – Afternoon Tea 4pm - Spirits 101 4-6pm Adult Swim 6:30 pm - Pianist Nicholas Lind	8 8-10 am - Adult Swim 8 am- Tai Chi 9 am - Yoga 2 pm- Guided Tour of the Ocean House 3pm- Farm + Vine Class - Cheeses of New England 3 pm - Afternoon Refreshments 3-5 pm - Afternoon Tea 4-6 pm - Adult Swim 6:30 pm- Pianist Nicholas Lind	



FARM + VINE RESORT SPA

Cooking Demonstration: Our Ocean House Chefs will showcase their culinary skills as they reflect the seasonal flavors of New England.

How to Make a Mean Martini: Learn how to make the classic cocktail with a Club Room Bartender.

Sunday Jazz Brunch: The Ocean House features an à la carte menu of classic breakfast items and lunch fare, plus a variety of additional buffet items. The Greg Piccolo Trio performs in the hotel lobby.

Specialty Mustard Making and Cheese Tasting—Join Food Forager, Janice McEachen at the Chefs Counter in Seasons as she makes unique mustards and samples Cheeses of New England (separate classes)!

Wine Tasting: Sommelier Jonathan Feiler guides you through a tasting of wines.

Spirits 101- Enjoy an educational experience in our Club Room as our Wine Director, Jonathan Feiler, discusses the origins and uses of a particular Spirit.

Farm and Vine Dinner: Chef Matt Varga from Gracie's in Providence, Rhode Island will bring his passion for local ingredients to Seasons.

From Vine to Wine: Once a month, Ocean House
Sommelier Jonathan Feiler hosts a weekend focused on wine.
In December, explore the array of vast wines for the holidays.
Meet Feiler at an intimate wine and cheese reception on
Friday evening, and taste wines at the seminar on Saturday.

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

Afternoon Refreshments: Join us in Seasons each day for complimentary hot chocolate and hot cider for Clydes Cider Mill. Chef Adam has also prepared afternoon treats for you to enjoy.

Bridge: Bridge is complimentary for hotel guests and members. There is a \$7 charge for all outside guests. Join Seasons for a special luncheon menu, which changes weekly. Lunch is \$18 per person; reservations are not required but strongly recommended.

Guided Tour of the Ocean House: Take a guided tour of the property with Guest Experience Manager Mark Szaro.

Pianist: Pianist Nicholas Lind performs in the lobby.

Adult Swim: Adult's swim time daily from 8am to 10am, along with 4pm to 6pm at the pool.

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

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

Total Body Workout: Give your body a jump start with this full body cardio and toning class.

Yoga: Vinyasa Yoga is an energizing flow series of postures and core strengthening exercises linking mind to body through breath.

Gentle YogaTones: a restorative type yoga class focusing on just a few modified poses at a time along with exercises designed to increase toning and strength.



Sun	Мон	Tue	WED	Тно	Fri	Sat
9 8 – 10 am - Adult Swim	10 8 – 10 am - Adult Swim	11 <i>8 – 10 am -</i> Adult Swim	12 8 – 10 am - Adult Swim	13 8 – 10 am - Adult Swim	14	15 8 – 10 am - Adult Swim
8 am- Tai Chi and Qi Gong 8 am- 2:30 pm- Sunday Jazz Brunch 2 pm - Guided Tour of the Ocean House 3 - 5 pm - Afternoon Tea 3pm-Afternoon Refreshments 4 - 6 pm - Adult Swim	9 am – Total Body Workout I pm- Bridge 2 pm – Guided Tour of the Ocean House 3 pm – Afternoon Refreshments 4 – 6 pm - Adult Swim	8:30am-Gentle Yoga Tones 9am- Aquafit 3 pm – Cooking Demonstration with OH Chefs 3 pm – Afternoon Refreshments 4 – 6 pm - Adult Swim	8:30 am- Stretch Flex & Core 3 pm-Cooking Demonstration with Pastry Chef Adam Young 3 pm - Afternoon Refreshments 4-5 pm - Farm + Vine Class: "How to Make a Mean Martini" 4 - 6 pm - Adult Swim	9 am-Yoga 2 pm – Guided Tour of the Ocean House 3 pm – Afternoon Refreshments 4 pm- Farm + Vine Class: Old World Merlot 4 – 6 pm - Adult Swim	8 – 10 am - Adult Swim 8:30 am - Stretch Flex & Core 2 pm - Guided Tour of the Ocean House 3pm - Farm + Vine Class – Specialty Mustard Making 3 – 5 pm – Afternoon Tea 3pm - Afternoon Refreshments 4pm - Spirits 101 4-6pm Adult Swim 6:30 pm - Pianist Nicholas Lind	8 am- Tai Chi 9 am - Yoga 2 pm- Guided Tour of the Ocean House 3pm- Farm + Vine Class Cheeses of New England 3 pm - Afternoon Refreshments 3 - 5 pm - Afternoon Tea 4 - 6 pm - Adult Swim 6:30 pm- Pianist Nicholas Lind
16	17	18	19	20	21	22
8 – 10 am - Adult Swim 8 am - Tai Chi 8 am - 2:30 pm - Sunday Jazz Brunch 2 pm - Guided Tour of the Ocean House 3 – 5 pm - Afternoon Tea 3pm - Afternoon Refreshments 4 – 6 pm - Adult Swim Special Event: 10am- 2pm Children's Christmas Party	8-10 am - Adult Swim 9 am - Total Body Workout 1 pm- Bridge 2 pm - Guided Tour of the Ocean House 3 pm - Afternoon Refreshments 4-6 pm - Adult Swim Special Event: Gingerbread Reception 6pm-9pm	8-10 am - Adult Swim 8:30am-Gentle Yoga Tones 9am - Aquafit 3 pm - Cooking Demonstration with OH Chefs 3 pm - Afternoon Refreshments 4-6 pm - Adult Swim Special Event: Gingerbread House Workshop 3:30pm-4:30pm	8-10 am - Adult Swim 8:30 am- Stretch Flex & Core 3 pm-Cooking Demonstration with Pastry Chef Adam Young 3 pm - Afternoon Refreshments 4 pm - Farm + Vine Class: "How to Make a Mean Martini" 4 - 6 pm - Adult Swim Special Event: 5pm Christmas in Song Watch Hill Chapel	8-10 am - Adult Swim 9 am - Yoga 2pm - Guided Tour of the Ocean House 3pm-Afternoon Refreshments 4pm- Farm and Vine Class-Southern Italian Red Wines 4-6 pm - Adult Swim Special Event: 3-5pm Egg Nog Competition	8-10 am - Adult Swim 8:30 am- Stretch Flex & Core 2 pm- Guided Tour of the Ocean House 3pm- Farm + Vine Class - Specialty Mustard Making 3pm- Afternoon Refreshments 3-5 pm - Afternoon Tea 4pm- Spirits 101 4-6pm Adult Swim 6-7pm-Vine to Wine Class: Holiday Wines 6:30 pm- Pianist Nicholas Lind Special Event: 3:30pm- 4:45pm Cookie and Cupcake decorating	8-10 am - Adult Swim 8 am- Tai Chi 9am Yoga 11am-Ipm- Vine to Wine Class: Holiday Wines 2 pm- Guided Tour of the Ocean House 3pm- Farm + Vine Class Cheeses of New England 3 pm - Afternoon Refreshments 3-5 pm - Afternoon Tea 4-6 pm - Adult Swim 6:30 pm- Pianist Nicholas Lind Special Event: 7pm- Salt Marsh Opera in Seasons



FARM + VINE	Resort	Spa
Cooking Demonstration: Our Ocean House Chefs will showcase their culinary skills as they reflect the seasonal flavors of New England. How to Make a Mean Martini: Learn how to make the classic cocktail with a Club Room Bartender. Specialty Mustards and Cheese Tasting: Join Food Forager Janice McEachen in Seasons as she prepares unique mustards and samples Cheeses of New England (separate classes)! Sunday Jazz Brunch: The Ocean House features an à la carte menu of classic breakfast items and lunch fare, plus a variety of additional buffet items. The Greg Piccolo Trio performs in the hotel lobby. Wine Tasting: Sommelier Jonathan Feiler guides you through a tasting of wines. Spirits 101-Enjoy an educational experience in our Club Room as our Wine Director, Jonathan Feiler, discusses the origins and uses of a particular spirit.	Afternoon Tea: Enjoy tea in the Living Room while listening to Faith Leitner performing on the harp. \$24/Afternoon Tea, \$38/Royal Tea; Reservations required. Afternoon Refreshments: Join us in Seasons each day for complimentary hot chocolate and hot cider for Clydes Cider Mill. Chef Adam has also prepared afternoon treats for you to enjoy. Bridge: Bridge is complimentary for hotel guests and members. There is a \$7 charge for all outside guests. Join Seasons for a special luncheon menu, which changes weekly. Lunch is \$18 per person; reservations are not required but strongly recommended. Guided Tour of the Ocean House: Take a guided tour of the property with Guest Experience Manager Mark Szaro. Pianist: Pianist Nicholas Lind performs in the lobby.	Adult Swim: Adult's swim time daily from 8am to 10am, along with 4pm to 6pm at the pool. Stretch Flex & Core: Join our OH! Spa fitness instructor and focus on stretching and toning your muscles while focusing on your core. Tai Chi & Qi Cong: As the most well-known of China's martial arts, the slow, circular-focusing movements relax muscles while promoting proper core alignment and balance. Total Body Workout: Give your body a jump start with this full body cardio and toning class. Gentle Yoga Tones: a restorative type yoga class focusing on just a few modified poses at a time along with exercises designed to increase toning and strength.



Sun	Мои	Tue	Wed	Тно	FRI	Sat
23	24	25	26	27	28	29
8 – 10 am - Adult Swim 8 am - Tai Chi and Qi Gong 8 am - 2:30 pm - Sunday Jazz Brunch 2 pm - Guided Tour 3pm - Afternoon Refreshments 3 – 5 pm - Afternoon Tea 4 – 6 pm - Adult Swim Special Event: 10am- 2pm Brunch with Santa in Seasons	8 – 10 am - Adult Swim 9 am – Total Body Workout 2 pm – Guided Tour 3 pm – Afternoon Refreshments 4 – 6 pm - Adult Swim	8-10 am - Adult Swim 8:30am- Gentle Yoga Tones 9am-Aquafit 3 pm - Cooking Demonstration with OH Chefs 3 pm - Afternoon Refreshments 4-6 pm - Adult Swim	8-10 am - Adult Swim 8:30 am- Stretch Flex & Core 3 pm - Cooking Demonstration with Pastry Chef Adam Young 3 pm - Afternoon Refreshments 4 pm - Farm + Vine Class: "How to Make a Mean Martini" 4 - 6 pm - Adult Swim	8-10am- Adult Swim gam-Yoga 2pm- Guided Tour of the Ocean House 3pm- Afternoon Refreshments 4pm-Farm and Vine Class: Wine Tasting- Sparkling from Around the World 4-6pm-Adult Swim	8-10am -Adult Swim 8:30am-Stretch, Flex and Core 2pm-Guided Tour of the Ocean House 3pm- Farm and Vine Class- Spiced up Cranberry Sauce 3pm- Afternoon Refreshments 3-5pm- Afternoon Tea 4pm- Spirits 101 4-6pm- Adult Swim 6:30pm- Pianist Nicholas Lind	8-10am- Adult Swim 8am- Tai Chi 9am- Yoga 2pm- Guided Tour of the Ocean House 3pm- Farm and Vine Class: Cheeses of New England 3pm- Afternoon Tea 3pm- Afternoon Refreshments 4-6pm- Adult Swim 6:30pm- Pianist Nicholas Lind
30	31					
8-10am_ Adult Swim 8am- Tai Chi & Qi Gong 8am-2:30pm- Sunday Jazz Brunch 2pm- Guided Tour of the Ocean House 3pm- Afternoon Tea 3pm-Afternoon Refreshments 4-6pm- Adult Swim	8-10am- Adult Swim 9am- Total Body Workout 2pm- Guided Tour of the Ocean House 3pm- Afternoon Refreshments 4-6pm- Adult Swim Special Event: 7:30pm New Year's Eve Gala					



DECEMBER 23-31, 2012 FARM + VINE RESORT SPA Adult Swim: Adult's swim time daily from 8am to 10am, Afternoon Tea: Enjoy tea in the Living Room while listening Cooking Demonstration: Our Ocean House Chefs will along with 4pm to 6pm at the pool. to Faith Leitner performing on the harp. \$24/Afternoon showcase their culinary skills as they reflect the seasonal Tea, \$38/Royal Tea; Reservations required. flavors of New England. Stretch Flex & Core: Join our OH! Spa fitness instructor and focus on stretching and toning your muscles while Afternoon Refreshments: Join us in Seasons each day for How to Make a Mean Martini: Learn how to make the classic focusing on your core. complimentary hot chocolate and hot cider for Clydes Cider cocktail with a Club Room Bartender. Mill. Chef Adam has also prepared afternoon treats for you Tai Chi & Qi Gong: As the most well-known of China's Specialty Mustard Making and Cheese Tasting - Join Food to enjoy. martial arts, the slow, circular-focusing movements relax Forager, Janice McEachen at the Chefs Counter in Seasons muscles while promoting proper core alignment and balance. Bridge: Bridge is complimentary for hotel guests and as she makes unique mustards and samples Cheeses of New members. There is a \$7 charge for all outside guests. Join England (separate classes)!! Total Body Workout: Give your body a jump start with this Seasons for a special luncheon menu, which changes weekly. full body cardio and toning class. Lunch is \$18 per person; reservations are not required but Sunday Jazz Brunch: The Ocean House features an à la carte strongly recommended. menu of classic breakfast items and lunch fare, plus a variety Gentle Yoga Tones: a restorative yoga type class focusing on of additional buffet items. The Greg Piccolo Trio performs just a few modified poses at a time along with exercises in the hotel lobby. Guided Tour of the Ocean House: Take a guided tour of the designed to increase toning and strength property with Guest Experience Manager Mark Szaro. Wine Tasting: Sommelier Jonathan Feiler guides you Pianist: Pianist Nicholas Lind performs in the lobby. through a tasting of wines. Spirits 101- Enjoy an educational experience in our Club Room as our Wine Director, Jonathan Feiler, discusses the origins and uses of a particular spirit.