

Carnival **Capers**

Your daily guide to FUN.



Enjoy a RELAXING & FUN day at Sea!

Sunday, December 7th, 2008

Tonight is Elegant Night

Captain: Orazio D'Aita / Hotel Director: Kevin Thorogood / Cruise Director: Todd Wittmer

Sunrise 6:30am / Sunset 5:00pm

Remember, The Carnival Freedom is a moving ship.

Please be careful, watch your step and use the handrails at all times. Also Please use Caution and be aware when walking on Lido that Floors may be Slippery when wet! Your safety is our concern.

Photo Gallery

9:00am - 11:00pm Atlantic Deck 4 Forward
Tonight is **CRUISE ELEGANT** night. Have your portraits taken tonight by our team of professional photographers. Take as many photos as you like, there is no obligation to buy.

Tonight's Portraits: 4:30pm to 6:15pm, 7:15pm to 8:30pm & 9:30pm to 10:30pm on Lobby deck 3 and Promenade Deck 5.

Take advantage of our **NEXT DAY PHOTO FINISHING SERVICE** from pictures taken with your own camera.

For Digital prints, bring your digital card during opening hours and use our self service kiosks located around the photo gallery.

Formalities

Need a tuxedo for tonight? How about a cake or flowers for that special someone?

Visit our new Pick & Mix candy store.

Open from 10:00am - 11:00pm, located on Deck 5 Fwd.

Shore Excursions

We suggest you wait until after **Todd's** Travel Talk, before deciding which tours are best for you in our Ports of Call! You may then order through your stateroom television by pressing the menu button. You can also visit the Shore Excursion Desk where you find our dedicated staff to assist you. The desk is open today from 10:00am - 2:00pm, 4:00pm - 6:00pm and is located in the lobby on Deck 3 forward.

Carnival's SeaMiles!

Apply today and get **INSTANTLY APPROVED** for your No Annual Fee Carnival SeaMiles MasterCard. Earn **DOUBLE** SeaMiles on all onboard purchases, plus receive an extra 5,000 Bonus SeaMiles and a **GIFT!** Visit **Valeria** for details on free cruises, discounted cruises, flights, and 5 Star Resort stays! Located on Deck 5, . Open 10:00am - 1:00pm & 4:00pm - 8:00pm.

LET THE FUN CONTINUE.....

Book your next Carnival Vacation onboard and receive **up to \$200 On Board Credit** on your future cruise. Take advantage of this exclusive on board promotion and speak to a Loyalty & Cruise Expert located Promenade deck mid-ship next to the café deck 5.

Shops On Board

Open - 9:00am - 10:30pm - Promenade Deck 5

Inch of Gold

Sale - 9:00am - 11:00am

First 100 guests will receive 2 FREE bracelets with every purchase of 21 inches or more.

Deck 9 Forward - (2 hours only)

Diamond Sale & Raffle at 2:30pm

Save 40% PLUS an additional 25% (For One Hour Only)

You must be present for the raffle.

Elegant Night Specials -

Designer Cocktail Rings 2 for \$39.99

&

Swarovski Jewelry 10% Off Duty Free retail.



Slots Open at 9:00am - Tables Open at 10:00am

GAMING LESSONS 10:30 am

Come and meet your Casino Host for Complimentary Gaming Lessons

Slot Tournament

First prize of \$500!!! Qualifying rounds from 12:30pm until 3:00pm. The final at 3:15 pm.

Free Raffle draw for ALL tournaments

entrants for a wild card entry into the final!

You must be 18 years old or over to enter the casino. A 3% surcharge will apply to all Sail & Sign transactions, except for tournament tickets & at **Slot Machines**. Please ~ No Cigar/ Pipe Smoking, or Chewing Tobacco!

Champagne Auction

Today is the Huge Art Auction! Free Champagne, Free Raffles, Free Artwork for attending! We are featuring over 500 artworks from leading artists such as Tarkay, Peter Max, Britto, Picasso, Rembrandt, etc. This is not an event you can miss! It is going to be Fast, Fun and Informative at the same time. Artworks are going to be up to 40% off land gallery prices and are tax & duty free! You auctioneer Kris English is going to be auctioning off art works at 100 miles an hour and giving you the best prices on the 7 seas! Get there early to get the best seats and pre-confirm your bids!!! **12:30pm Preview & Request / Auction to follow! International Lounge, Deck 5, Aft**

Internet Cafe

INTERNET DISCOUNTS! Have you checked to see if you are the winner of 500 FREE minutes? Take advantage of our discounted Internet Time Plans and save as much as 47% off the pay as you go rate - Your Laptop or ours!! Wireless access available EVERYWHERE on the ship! Chat with family or friends online on MSN, AOL, and Yahoo Messenger. If you do not want your child to have Internet Access then please see the Internet Manager to deactivate their account. The Internet Café is located on Deck 4 Aft, inside the Habana Bar. Open 24 Hours.

Carnivalgolf.com

Free Golf Seminar @ 11:00am Swingtime Lounge, Deck 5 Aft with Michael, your Onboard Golf Professional. Also sign up for a private lesson package using video analysis and learn about the amazing golf excursions offered on this fantastic cruise!
1:00pm-5:00pm.....Golf Cage, Deck 11 Aft.

Destination Shopping Specialist

Make sure to attend the Shopping Talk taking place at 9:30am in the Victoriana Lounge on deck 3 forward. Learn all about shopping in the ports of St. Thomas, Antigua & Tortola. Savings in the Caribbean are up to 70% off U.S. retail. Find out where to get the best bang for your buck! Be sure to bring the raffle tickets for the shopping talk that have been delivered to your staterooms for your chance to win a diamond & sapphire pendant!

Also receive a free diamond charm bracelet just for attending courtesy of Diamonds International.

Shopping Talk - 9:30am - Victoriana Lounge
Desk Hours - 7-9pm - Deck 5 forward

Activities Galore:

- Library Opens for Books, Games & Puzzles
9:00am - 11:00am Atlantic Deck 4
- Carnival's Bean Bag Toss
9:00am Lobby Deck 3
- Trivia Fun
9:30am Habana Bar Deck 4
- Win, Lose or Draw
10:00am Habana Bar Deck 4
- \$500 + Prize Bingo For Just \$10**
One card for only \$10 or the special 3 cards for \$20.
10:30am Victoriana Lounge
- Water Aerobics with Steve
10:30am Lido Deck Main Pool
- Name That Tune Trivia
11:00am Casino Bar Deck 5
- What's My Line (Occupational Guessing Game)
11:30am Casino Bar Deck 5
- Sports Free Play Meet & Greet
Basketball - Volley Ball - Ping Pong - Mini Golf
12:00pm - 12:30pm Lido Deck 9 by the Towel Stand
- Fact or Fiction Tournament
12:30pm Casino Bar Deck 5
- Ice Carving Demo & Ship Building Sign-ups
1:00pm Lido Deck 9
- Hairy Chest Contest - Need we say more ?
1:30pm Lido Deck 9
- Afternoon Trivia Fun
1:30pm Habana Bar Deck 4
- Sea Feud Matching Game
2:00pm Habana Bar Deck 4
- Water Wars - Adult Break - (18yrs and Older)
2:00pm - 2:45pm Deck 12 Forward
- Scattergories
3:00pm Casino Bar Deck 5
- Afternoon Big Screen Trivia Fun
3:00pm Lido Deck 9
- 3 Game Progressive Prize Bingo**
One card for only \$10 or the special 3 cards for \$20.
3 Straight Games where the Prize Value Increases!
3:30pm Lido Deck 9
- Sports Trivia
5:00pm Habana Bar Deck 4

SPA CARNIVAL®

Spa, Salon & Boutique open from 8.00am to 8.00pm. Gym opens from 6.00am to 8.00pm

IONITHERMIE

5 in 1 Figure Corrective Treatment

*reduce cellulite *firm and tone *detoxify

* stimulate metabolism *increase your circulation

*lose 1 to 8 inches ~ Usually \$159 / today \$139

Elegant night special:

Captains cocktail party Up style ~

Bronzing make up ~ Includes free gift ~ Only \$85

DON'T MISS YOUR COMPLIMENTRY SPA SEMINARS

Fitness Classes & Seminars (Deck 11 Fwd)

7:30am - Stretch & Relax

8:00am - Pathway To Yoga (\$10 Fee)

9:00am - Power Pilates (\$10 Fee)

10:00am - Detox for Health & Weight Loss

10:45am - Introduction to Acupuncture

12:00pm - FREE FACIAL BAR

1:00pm - Secrets To A Flatter Stomach

4:00pm Indoor Cycling (\$10 Fee)

Main Show

Jump, Jive & Wail

Starring the

Carnival Freedom Dancers!

Craig (Dance Captain), Dmitry, Mihai,
Tommy, Anatoly, Lauren, Nicola,
Meredith, Laura, Lacy, Breanna
Jane, Samantha & Irina

Featured Vocalists

Chelsea Phillips Reid & Jason Allen

Music by

Larry Burroughs and the
Freedom Orchestra

Lighting by Dave, Sound By James
Backstage Management by Julie & Liz.

8:30pm & 10:30pm Victoriana Lounge

Due to international copyright laws and for safety of the performers, **NO Videotaping or Flash Photography** of our Main Shows.

PARENTS - PLEASE READ

While we consider this show to be for the entire family, it does contain "Showgirl" costumes. Therefore the show carries a P.G.13 RATING

For your convenience Bar Service will be available on Lower Level Deck 3.
We kindly ask that you do not save seats!

Music & Dancing

Great Piano Music with Milos

11:00am - 12:00pm & 2:00pm - 3:00pm Lobby Deck 3

Island Music On Deck Eclipse 1

11:00am - 1:00pm & 4:00pm - 6:00pm Lido Deck 9

Classical Music with Nathalie Trio

12:00pm - 2:00pm Lobby Deck 3

3:30pm - 4:30pm - *High Tea* Posh Dining Room Deck 4

Great Music on Deck with Rare Occasion

2:00pm - 3:00pm Lido Deck 9

Fun Piano Music with Brad

4:00pm - 4:45pm Lobby Deck 3

Classical Music with Nathalie Trio

5:00pm - 6:00pm & 7:30pm - 8:30pm Lobby Deck 3

Great Music and Easy Listening with Papa T.

5:00pm - 6:00pm & 7:30pm - 8:30pm Casino Bar

9:30pm - 12:30am Casino Bar

Wonderful Latin Music & Cigars with Salsa Nights

7:00pm - 8:30pm & 9:30pm - 12:30am Habana Deck 4

Great Music for Dancing with Rare Occasion

9:30pm - 10:30pm & 11:30pm - 1:00am Lobby Deck 3

Karaoke Party & Happy Hour with Yanti

9:00pm - 12:00pm (+18yrs) Swingtime Deck 5

Party Music & Dancing with Lifeline

9:00pm - 10:30pm & 11:00pm - 11:45pm International

Piano Bar Party with Brad

9:30pm - Late Scott's Piano Bar

Brads' Name That Tune (10:30pm) Scott's

70's Dance Club opens with DJ Eddy

10:30pm - Late 70's Dance Club Deck 5

Cooking Demonstration

Come and see our Chefs create something special and learn the secrets of their trade. Please call 1078 Or 1079 to make a reservation for this demonstration as seating is limited. 12:00pm....Sun King Supper Club

Wine Tasting

Learn more about wine with our Sommelier. Taste various wines and discover what wine you should order with which food. Reservations are suggested, please call 1078. A nominal fee applies. (\$10)
1:00pm.....Chic Dining Room Deck 3 Fwd

Smoking Areas

Guests are welcome to smoke in the following areas: Babylon Casino, Scott's Piano Bar, The 70's Dance Club, Players Sports Bar and the Starboard (right) Side of the Open Decks. Cigar smoking is only allowed in The Habana Cigar Bar located on Deck 4 Aft. *The Sports Deck is Non-Smoking!*

Medical Center- located on Deck 0 Forward

Over the counter items such as Tylenol, motion sickness pills and Band-Aids are available at the Purser's Information Desk, Gift Shop or Room Service. **The Medical Center is open from:**
8am - 7pm. (Dial 4444)
Doctor's Hours are : 8am - 11am & 4pm - 7pm.
In case of a **MEDICAL EMERGENCY**- Please dial **911** anytime. In case of need for **urgent** medical assistance between **7:00pm and 8:00am**, please call the information Desk on 7777.

Important: Please Read

It is important to note that the best defense against the spread of any stomach virus is the constant washing of your hands before eating!

Towels For Lido Deck / Sports Equipment

Towels, Mini Golf Clubs, Basketballs, Volleyballs & Shuffleboard Equipment are available from the Lido Deck towel station from 9:00am - 6:00pm. Sail & Sign # needed for Deposit!

Swimming Pools "Swim at your own risk"

8:00am - 8:00pm Fwd Pool, Lido Deck 9
8:00am - 8:00pm Midship Pool, Lido Deck 9
8:00am - 10:00pm (+18 Only) ...Aft Pool, Lido Deck

Whirlpools

8:00am - 8:00pm Spa Carnival, Deck 11 Fwd
8:00am - 10:00pm Lido Deck 9 Fwd
8:00am - 12:00am Lido Deck 9 Mid
8:00am - 12:00am (+18 Only) Lido Deck 9 Aft

The Aft pool & Spa are for ADULTS ONLY.

Reserving of Deck Chairs

As a courtesy to other guests, reserving of deck chairs is not permitted. Chairs left vacant for 30 minutes or longer will be reassigned by the Pool Attendant to waiting guests.

Carnival Twister Water Slide Hours

10:00am - 5:00pm on Sea Days (Conditions Permitting)

Complimentary Cabin Movie on Channel 33

The Spiderwick Chronicles

Shown At: 8:00am, 11:00am, 2:00pm, 5:00pm, 8:00pm, 11:00pm, 2:00am, 5:00am.

Complimentary Cabin Movie on Channel 34

What Happens In Vegas

Shown At: 9:00am, 12:00pm, 3:00pm, 6:00pm, 9:00pm, 12:00am, 3:00am, 6:00am.

Travel & Adventure Talk

HOSTED BY YOUR CRUISE
DIRECTOR **TODD**

Todd will share the following with you:
THE SHIPS ITINERARY, HOW TO GET ASHORE,
SAFETY TIPS AND MOST IMPORTANTLY,

THE FANTASTIC SHORE EXCURSION PROGRAM.

San Juan - St. Thomas - Antigua - Tortola

11:00am - VICTORIANA LOUNGE

PLEASE ATTEND AS TODD WILL
**DISCUSS WHY ITS SAFER TO
TAKE A TOUR IN PORT**

You will find your tour description
booklet in your Stateroom.

*The Shore Excursion desk is open today from
10:00am - 2:00pm, 4:00pm - 6:00pm and is located
in the lobby on Deck 3 forward.*

Captain's Welcome Aboard Reception

CAPTAIN ORAZIO D'AITA

Invites You For Complimentary
Drinks, Hors D'Oeuvres, Music and Dancing.

5:00pm - For Guests With a
6:00pm Dinner Reservation

7:15pm - For Guests With a
8:15pm Dinner Reservation.

*The receptions are held in the International,
Scott's Piano Bar & The 70's Club
on Promenade Dk 5 Aft*

Carnival's Seaside Theatre ^(SM)

Lido Deck 9

Big Screen Events: Information & Dedications

Live Morning Show ~ 9:30am

Video Concerts:

James Brown ~ 6:00pm

Special NFL Sports Event - 8:00pm

Washington Redskins vs Baltimore Ravens

Carnival Cruise Lines Environmental Compliance Hotline

For all concerns related to Carnival please contact 1-305-406-5863 (International); 1-888-290-5105 (North America) or 4ENV (4368) From your ship phone / Environmental Compliance web site www.carnivalcompliance.com

"Carnival's Goal is To Be The Industry Leader For Environmental Excellence"

 **Carnival**

Today-At-A-Glance

Sunday's Education & Seminars

- 9:30am Shopping Talk Victoriana Deck 3 Fwd
10:00am Detox for Health & Weight Loss Spa Deck 11
10:30am Casino Gaming Lessons Casino Deck 5 Fwd
10:45am Acupuncture Seminar Spa Deck 11
11:00am Travel and Port Talk.....Victoriana Deck 3 Fwd
Free Golf Clinic.....Swingtime Deck 5
11:30am Lose 1- 8 Inches in an Hour Spa Deck 11
12:00pm Cooking Demonstration Supper Club Deck 10
FREE FACIAL BAR.....Spa Deck 11 Fwd
1:00pm Wine Tasting (\$10 fee).....Chic Dining Room
Secrets To a Flatter Stomach Spa Deck 11

Sunday's Highlights At A Glance

- 6:00am Gym Opens Spa Deck 11
8:00am Spa Opens Spa Deck 11
9:00am The Library Opens till 11:00am.....Atlantic Deck 4
Bean Bag Toss Challenge Lobby Deck 3
9:30am Shopping Talk Victoriana Deck 3 Fwd
Trivia Fun Habana Bar Deck 4
10:00am Win, Lose or Draw.....Habana Bar Deck 4
Future Cruise Vacations Desk Open Deck 5
SeaMiles/FREE Cruise Desk Opens By Casino
10:30am \$500 Bingo..... Victoriana Lounge
Water Aerobics Lido Deck Main Pool
11:00am Travel & Adventure Talk.....Victoriana
Name That Tune Trivia Casino Bar
11:30am What's My Line Casino Bar
12:00pm Sports Players Meet & Greet .. Lido Deck 9 Fwd
12:30pm Fact Or Fiction Tournament Casino Bar
12:30pm Art Auction Preview International Lounge
AUCTION TO FOLLOW
Slot Tournament.....Babylon Casino Deck 5
1:00pm Ice Carving Demonstration.....Lido Deck 9
1:30pm Hairy Chest Competition.....Lido Deck 9
Afternoon Trivia Swingtime Deck 5
2:00pm Sea Feud Matching Game Swingtime Deck 5
Water Wars (Adult Break) Deck 12 Fwd
3:00pm Big Screen Trivia. Lido Deck 9
Scategories Casino Bar
3:15pm Slot Tournament Final.....Casino Deck 5
3:30pm 3 Games Of Bingo for \$10 Lido Deck 9
Classical Music and Tea Time...Posh D/R Deck 4
Friends of Dorothy (GLBT) Scott's Piano Bar
4:00pm SeaMiles/FREE Cruise Desk Opens By Casino
5:00pm Captain's Reception (Early)...Promenade Deck 5
Sports Trivia Habana Bar Deck 4
7:15pm Captain's Reception (Late)...Promenade Deck 5
7:30pm Friends Of Bill W meet....Drawing Room Deck 4
8:30pm Showtime.....Victoriana Lounge
10:00pm Brad's Famous Name That Tune Piano Bar
10:30pm Showtime.....Victoriana Lounge

CARNIVAL YOUTH EXPERIENCE - Highlights

Club O2™ (For Guests 15 - 17 yrs Old)

- 1:00pm Girls vs. Guys Face Off.....Club O2 Deck 5

Circle C™ (For Guests 12 - 14 yrs Old)

- 9:00pm Dress To Impress Disco.....70's Dance Club

Camp CarnivalSM (Cruises 11yrs & Under)

- 6:15pm Kid's Fun Party (6-11yr olds)....70's Dance Club

As a consideration to your fellow guests please be quiet in the hallways. Some guests might like to sleep late, take a nap or go to bed early. Thanks for your understanding!

Adult Comedy Showtime - (Rated R +18)

Starring Top Comedian ~ Happy Cole

*10:30pm (Early Seating Guests)..International
Midnight (Late Seating Guests)..International*

Food & Drink Showcase

Breakfast

Continental Breakfast	
6:00am - 8:00am	Lido Deck 9
Breakfast On Lido	
8:00am - 10:30am	Lido Deck 9
Open Seating Breakfast	
8:00am - 10:00am	Posh Dining Room
Breakfast for Late Risers	
10:30am - Noon	Lido Deck Fwd Port Side

Lunch

Grand Buffet (Noon - 2:30pm)	Lido Deck 9
Taste of the Nations today serving "Mexican"	
Deli	11:00am - 11:00pm
Forward Grill	12:30pm - 2:30pm
Aft Grill (Lido Deck Aft)	11:30am - 6:00pm
Fish & Chips Deck 10 Aft	12:00pm - 2:30pm
Mongolian Corner.....	12:00pm - 2:30pm
Tandoor Station	12:00pm - 2:30pm
Mexican Corner	12:00pm - 2:30pm

Open Seating Lunch

12:00pm - 1:30pm	Posh Dining Room
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Dinner - Dress code tonight is: **Cruise Elegant**

Early Seating Dinners

6:00pm	Posh Dining Room & Chic Dining Room
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Late Seating Dinners

8:15pm	Posh Dining Room & Chic Dining Room
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Posh is Located Deck 3 and 4 Aft

Chic is Located Deck 3 and 4 Forward

Alternative Dining

We are pleased to offer a casual alternative dining venue with varied selections from the bistro and salad bar.

6:00pm - 9:30pm	Lido Deck 9 Aft
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Midnight Bites

11:30pm - 1:00am	Promenade Deck 5 Midship
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Open 24 Hours

Pizzeria	Lido Deck 9 Aft
Room Service	Stateroom Predial

Bar Manager's Daily Drink Specials:

"Goombay Smash"

only \$6.95 in a colorful souvenir glass.

Bloody Marys, Mimosas & Screwdrivers

only \$3.95. Available from the Lobby, Pool and Casino Bars from Morning - 12:00pm.

Viennese Cafe

Try the best specialty coffee at sea. Enjoy a freshly made ice cream shake or a tasty pastry or chocolate covered strawberries. Nominal charges apply.

7:00am - 5:00pm.....	Lido Deck 9 Aft Starboard Side
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7:00am - 1:00am.....	Promenade Deck 5
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"Sun King" Supper Club

A cruise on the Carnival Freedom is not Complete without a visit to Sun King, the best Fine Dining Restaurant at sea. For a nominal fee of \$30, we assure you of the finest steaks, Sea food and luxurious desserts. All of this, is Complemented by Five star service & a world Class selection of wine. Music With Dana & Tony!

For a reservation, please call 1078 between 10am & 10pm. Dress code: Cruise Elegant. Please allow 2 ½ hours for your dining experience. Located on Panorama Deck 10

***United States Department Of Public Health has determined that eating uncooked or partially cooked poultry, meat, fish, eggs or seafood may present a health risk to the consumer, particularly those who may be more vulnerable*