


SUNDAY, 9 MAY 2010

WEATHER:  SEA STATE: MODERATE

SUNRISE: 5.57AM SUNSET: 9.49PM

DRESS CODE: FORMAL

Dinner jacket, tuxedo or dark suit and tie for gentlemen, cocktail dress, long or short evening wear for ladies. For a more detailed description please refer to your cruise overview.

horizon



ART TALK - MODERN MASTERS

Whitewall Galleries Present Rolf Harris, Jack Vettriano & Fabian Perez - Modern Masters

Join your art consultants as they present the life and works of the most enduringly popular & successful artist at work in the UK. An exciting showcase for Rolf's collectors and admirers.

Ignite your imagination and enjoy the power, mystery, passion & intrigue as Whitewall Galleries compare the works of Scotland's most successful artist in history alongside Argentinian sensation & official artist to the Latin Grammys & 2012 Olympic Games, Fabian Perez..

Rolf Harris Art Talk - 11.00am The Arena Theatre (Deck 6 & 7) Forward

Jack Vettriano V Fabian Perez - Modern Masters - 3.00pm The Gallery (Deck 5) Atrium

A SELECTION OF TODAY'S HIGHLIGHTS

Win...

SNOWBALL JACKPOT BINGO

Join us today for an exciting game of bingo. You can purchase your bingo tickets from the cashier desk or from The Exchange 45 minutes before the start of the session. Remember to get your lucky dabber.

11.00am & 4.00pm The Exchange (Deck 6) Forward



relax...

ROYAL HAIR & MAKEOVER

The experts from the Oasis Spa will be completing glamorous makeovers. Participants from the audience will be re-styled in front of your eyes by our internationally trained stylists and beauticians.

11.15am Atrium (Deck 5) Midship



sensational...

MIKE DOYLE

Mike is one of the UK's leading West End singers and Award Winning Comics. Mike's career has spanned everything from playing 'The Big Bopper', in the West End Musical 'Buddy', to having his own television series, 'The Mike Doyle Show' for BBC1 Wales.

7.30pm, 9.00pm & 11.00pm Arena Theatre (Deck 6 & 7) Forward



tribute...

'RED MICK' - TRIBUTE TO SIMPLY RED

From 1985's Picture Book to 2007's Stay Now, this is your chance to hear Mick Hucknall's back catalogue faithfully recreated by Red Mick, the only Simply Red tribute in the UK performing all the top 10 hits, including 'You Make Me Feel Brand New', 'Stars', 'Fairground' and many more!

9.00pm & 11.00pm Havana (Deck 7) Aft



SECRETS TO A FLATTER STOMACH

Lost weight but gained it again? Drop a dress size and find out why and how to avoid it happening again.

11.00am Health Club (Deck 16) Forward

classical...

HELEN REID

An American in Paris.
Satie, Debussy and Gershwin.

4.30pm The Tamarind Club (Deck 7) Midship



SHIP'S CLOCKS

Ship's clocks were put forward one hour at 2.00am today (9 May) to GMT+2.



ON YOUR HORIZON...



- Family Fun
- Dancing
- Quiz
- Films
- The Reef
- Relaxing
- Active
- Learn Something New

TODAY'S ACTIVITIES


- 8 AM
- 8.00AM HEALTH CLUB (DECK 16) FORWARD**
STRETCH & RELAXATION
Join Ventura's Fitness Directors for a passport to wellbeing.
 - 8.00AM METROPOLIS (DECK 18) AFT**
PIANO BACKGROUND
 - 8.30AM-10.00AM SPORTS COURT (DECK 19) AFT**
NON HOSTED ADULT SOCIAL TENNIS
- 9 AM
- 9.00AM-10.30AM CIRQUE VENTURA (DECK 19) AFT**
CIRQUE VENTURA WORKSHOP (8YRS+)
 - 9.45AM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE**
INTRODUCTION TO DIGITAL LIVING
Come along to a 15 minute complementary presentation and find out all about what Digital Living has to offer this cruise!
 - 10.00AM THE TAMARIND CLUB (DECK 7) MIDSHIP**
COOKERY DEMONSTRATION
Come along to see our Sous Chef whip up a culinary storm.
 - 10.00AM HAVANA (DECK 7) AFT**
DANCE CLASS WITH PAUL AND JEAN DURHAM
Don't miss a great start to your holiday with the lively Salsa.
 - 10.00AM METROPOLIS (DECK 18) AFT**
TOUR OF THE SHIP
Join one of the Entertainment Officers for an informative and interesting tour of Ventura.
 - 10.00AM ATRIUM (DECK 5) MIDSHIP**
TANZANITE TALK
Join our jeweller for his most popular talk: the Tanzanite experience. Discover why its time was so limited and why it's renowned for being the jewel of Africa.
 - 10.00AM HEALTH CLUB (DECK 16) FORWARD**
INDOOR CYCLING
(A nominal fee applies)
 - 10.00AM OASIS SPA (DECK 16) FORWARD**
BACK CARE CLINIC
If you suffer from back pain or general stiffness, acute or chronic, where they will guide you to the right treatment or solution in this informative seminar.
- 10 AM
- 10.00AM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE**
THE HEALING ART OF REFLEXOLOGY
Live a pill free life with the art of Reflexology. Free 15 minute treatment for all who attend.
 - 10.00AM THE IVORY SUITE (DECK 16) FORWARD**
WALKING ON AIR
Do you suffer with dry cracked heels, swollen ankles or discoloured toe nails? If so then you won't want to miss this workshop.
 - 10.15AM ARENA THEATRE (DECK 6 & 7) FORWARD**
TRADITIONAL MARITIME CHURCH SERVICE
Captain Alistair Clark will conduct this morning's service. There will be a collection at the conclusion with donations to Marine Charities.
 - 10.15AM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE**
DIGITAL PHOTO PRESENTATION
Would you like to learn how to confidently use that fancy new camera? Or maybe you want to learn how to add a missing person to a photo? Or maybe you would just like to learn how to confidently transfer your photos from camera to computer? Bring along your cameras to this fascinating presentation.
 - 10.15AM THE EXCHANGE (DECK 6) FORWARD**
THEME QUIZ - ALPHABET
With Entertainment Officer Sara.
 - 10.15AM THE REEF (DECK 16) AFT**
COFFEE MORNING
A chance to meet other families travelling with under two year olds this cruise, and a visit from Noddy who will come and say hello!

- 10 AM
- 10.30AM RAMBLAS (DECK 7) FORWARD**
OXYJET - THE POWERFUL ALTERNATIVE TO BOTOX
Looking younger has never been easier. Oxyjet is a pain free, relaxing treatment giving instant results which are long lasting. Complimentary £30 eye treatment for all those who attend.
 - 10.30AM SUN DECK (DECK 16) AFT**
NON HOSTED DECK QUILTS AND SHUFFLEBOARD
 - 10.30AM SPORTS COURT (DECK 19) AFT**
CIRCUS SKILLS WORKSHOP (8YRS+)
 - 10.45AM-11.45AM WHITEWALL GALLERY (DECK 5) ATRIUM**
JACK VETTRIANO v FABIAN PEREZ
Join Whitewall Galleries as they compare the works of two outstanding figurative artists: Scotland's most popular living artist Jack Vettriano with the passion of Buenos Aires' artist Fabian Perez. Ignite your imagination!
 - 11.00AM ATRIUM (DECK 5) MIDSHIP**
SPA RAFFLE
Meet the Oasis Spa therapists as they give you the chance to win Spa treatments worth over £500.
 - 11.00AM THE EXCHANGE (DECK 6) FORWARD**
MORNING SNOWBALL JACKPOT BINGO
Tickets are on sale from 10.00am in Fortunes Casino.
 - 11.00AM ARENA THEATRE (DECK 6 & 7) FORWARD**
ART TALK - ROLF HARRIS CBE - A YEAR OF CELEBRATION
As Rolf Harris celebrates 50 successful years at the forefront of art in the UK, Whitewall Galleries present the first two fabulous Limited Editions from an exclusive collection devoted to his life in art. These releases are now available and show why Rolf is the most enduringly popular and successful artist at work in the UK. Join your art consultants as they show you why the making of this year's output is an exciting one for Rolf's collectors and admirers. Rolf's new work will be on show in the gallery after this talk.
 - 11.00AM BEACHCOMBER POOL (DECK 15) MIDSHIP**
ADULT TABLE TENNIS COMPETITION
 - 11.00AM HEALTH CLUB (DECK 16) FORWARD**
SECRETS TO A FLATTER STOMACH
Lost weight but gained it again? Drop a dress size and find out why and how to avoid it happening again.
 - 11.00AM METROPOLIS (DECK 18) AFT**
TRAVELLING ALONE GET TOGETHER
If you are travelling alone why not come for an informal meeting and meet others.
 - 11.15AM ATRIUM (DECK 5) MIDSHIP**
ROYAL HAIR & MAKEOVER
The experts from the Oasis Spa will be completing glamorous makeovers. Participants from the audience will be re-styled in front of your eyes by our internationally trained stylists and beauticians.
 - 11.15AM HAVANA (DECK 7) AFT**
LINE DANCING
With Entertainment Officer 'Giddy-Up' Greer.
 - 11.15AM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE**
BEGINNERS GUIDE TO EBAY (PART 1) REGISTER, SEARCH AND PAYPAL
Are you intrigued by eBay and the potential bargains to be found? Or do you have a garage full of stuff that you've never got round to selling? This seminar will talk you through the basics of eBay, how to register, search, use PayPal safely and much more. Includes detailed presentation notes. (A £5 fee applies, booking advised)
 - 11.30AM SPORTS COURT (DECK 19) AFT**
ADULT TENNIS COMPETITION
 - 11.30AM THE TAMARIND CLUB (DECK 7) MIDSHIP**
GUEST SPEAKER - JIM MAYER
Daring Escapes in war-time Norway including The Longest WWII Escape across the Arctic.
Jim followed the footsteps of Jan Baalsrud as he escaped the Nazis across arctic Norway. Skiing, climbing and swimming 400km to freedom. Also using original sketch maps Jim skied the routes of the Telemark Heroes and takes you on both journeys with words and pictures.
- 11 AM

ON YOUR HORIZON...



11 AM

11.30AM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD BRAIN TEASER 

Join one of your Entertainment Officers to test your knowledge with today's picture round and question time. Beat the clock to fill in all the blanks.

11.45AM THE EXCHANGE (DECK 6) FORWARD BATTLE OF THE SEXES 

Join Entertainment Officers James and Jenny for this fun progressive quiz - who will win, the men or the women?

NOON ATRIUM (DECK 5) MIDSHIP LEARN TO MANAGE PAIN 

Do you suffer with pain in your neck, shoulder, back or legs? If so, join Karen Yang for this Thai Yoga demonstration and discover how to alleviate the pain.

NOON FORTUNES CASINO (DECK 6) FORWARD COMPLIMENTARY GAMING LESSONS


Come along and let us teach you how to play Blackjack, Poker and Roulette, then enjoy low table minimums until 9.00pm.

NOON

NOON-1.00PM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD

MIDDAY MUSIC CAFE WITH DJ GARETH

Enjoy the music out on deck with DJ Gareth.

12.30PM ARENA THEATRE (DECK 6 & 7) FORWARD FILM: INVICTUS 

Starring: Morgan Freeman, Matt Damon, Scott Eastwood
Directed by Clint Eastwood
Rated PG-13; 133 minutes; 2009
The inspiring true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team to help unite their country. Believing he can bring his racially and economically divided country together through the universal language of sport.

1.00PM THE EXCHANGE (DECK 6) FORWARD WIN, LOOSE OR DRAW

Join Entertainment Officer Laura and Assistant Cruise Director Katie for their version of this classic game, will you be quick on the draw this afternoon?

1.00PM FORTUNES CASINO (DECK 6) FORWARD COMPLIMENTARY SLOT LESSONS

Join Nasser, your friendly Slots Manager, and learn all there is to know about hitting the big jackpots!

1.00PM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE WHO DO YOU THINK YOU ARE? FAMILY HISTORY PRESENTATION 

A short presentation showing you some amazing techniques that we can use to build our family tree on the computer. Including simple techniques to search for missing records, create organised family trees with photos and methods of viewing and printing certain parts of the tree will all be explained.

1 PM

1.00PM THE IVORY SUITE (DECK 16) FORWARD HEALING ART OF CHINESE ACUPUNCTURE 

Why not live a pill free life with the healing art of chinese medical acupuncture. Tired of all the medications? not ready for surgery? Are you looking for a preventative way to care for your health. Free 15 minute acupuncture health check for all those who attend.

1.00PM THE TAMARIND CLUB (DECK 7) MIDSHIP LOYALTY PRESENTATION

Join Ellie today at her presentation to find out about our Portunus Club. We will detail information about all of our ships, the destinations we sail to and the fantastic benefits you gain for booking whilst on board. See you there


1.00PM-2.00PM RAMBLAS (DECK 7) FORWARD AMIGO

Relaxing afternoon Spanish melodies from Amigo.

2.00PM HEALTH CLUB (DECK 16) FORWARD EAT MORE TO WEIGH LESS

Let our personal trainers show you how eating more can actually help you to lose weight!

2 PM

2.00PM OASIS SPA (DECK 16) FORWARD COUPLES MASSAGE WORKSHOP 

This complimentary workshop gives you the knowledge and tools to take a little of the Spa experience home with you. Your Spa therapists will teach you how to deliver effective and pleasurable massages at this informative class.

2.00PM EAST RESTAURANT (DECK 7) AFT PORT SIDE NON HOSTED BRIDGE GET TOGETHER

2.00PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE NON SURGICAL LIPOSUCTION

Our body corrective specialist will be talking you through this ground breaking new spa treatment that will not only help you lose inches but also increase your metabolism and help kick start your weight loss.

2.00PM SPORTS COURT (DECK 19) AFT ADULT TENNIS COMPETITION 

2.00PM THE EXCHANGE (DECK 6) FORWARD FOUR LIVE

Live music with our fantastic on board guest band, Four Live.

2.00PM THE TAMARIND CLUB (DECK 7) MIDSHIP DANCE CLASS WITH PAUL AND JEAN DURHAM 

Paul & Jean revise this morning's Salsa class and add a few more moves.

2 PM

2.00PM-2.45PM BEACHCOMBER POOL (DECK 15) MIDSHIP SCUBA SWIM - 9-12 YEARS 

2.15PM HAVANA (DECK 7) AFT SCALEXTRIC FOR ALL AGES 

For adults, families and the young at heart.

2.15PM EAST RESTAURANT (DECK 7) AFT STARBOARD SIDE WHIST DRIVE

2.30PM ATRIUM (DECK 5) MIDSHIP WHERE ON VENTURA?

How well do you know P&O Cruises' superliner - Ventura? The hunt is on to find the fifty images located around the ship. Join Entertainment Officer Jenny for this intriguing discovery.

2.30PM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE INTRODUCTION TO WINDOWS 7 

We have lift off. Yes, the new Windows operating system has finally arrived. Should we update our computers now or wait a while? What advantages does Windows 7 have over XP and Vista? Come along and find out more. (A £5 fee applies booking advised)

2.30PM SUN DECK (DECK 16) AFT NON HOSTED DECK QUILTS AND SHUFFLEBOARD

3.00PM HEALTH CLUB (DECK 16) FORWARD INTRODUCTION TO PILATES

Find out if this strengthening exercise is for you.

3.00PM BEACHCOMBER POOL (DECK 15) MIDSHIP H2O SWIM - 13-17 YEARS 

Join The Reef this afternoon for games and races in the pool.

3.00PM OASIS SPA (DECK 16) FORWARD COSMEDIX FACIALS

Reveal a healthy glowing complexion with superior skin renewal. Cosmédix facial peels are a gentle natural and effective method to restore your skin to its natural beauty. Complimentary personalised skin assessment by our on board cosmetologist Sheena.

3.00PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE SECRETS TO BEAUTIFUL SKIN

Are you using the correct skin care range, do you think your skin looks the best it could be? Free mini facials for all who attend.

3 PM

3.00PM SPORTS COURT (DECK 19) AFT ADULT CRICKET WITH DJ GARETH 

3.00PM THE IVORY SUITE (DECK 16) FORWARD LA-SMILE MAKE OVER

Would you like to have a brilliant Hollywood smile? Have you ever wondered how they do what they do? Join our on board Dentist today as she tells you how.

3.00PM-4.00PM WHITEWALL GALLERY (DECK 5) ATRIUM JACK VETRIANO v FABIAN PEREZ

Join Whitewall Galleries as they compare the works of two outstanding figurative artists: Scotland's most popular living artist Jack Vetriano with the passion of Buenos Aires' artist Fabian Perez. Ignite your imagination!

3.15PM HEALTH CLUB (DECK 16) FORWARD PILATES

(A nominal fee applies)

SHIPBOARD INFORMATION

PORT INFORMATION

To access all the information for your ports of call push the green button on your remote control and select Explore Ashore. You can view any port at any time from the comfort of your cabin.

HAND WASHING

In a confined environment such as a ship, viruses can be easily transferred. Hand washing is a simple and effective method of reducing the risk of contamination. In addition we ask you to make use of the alcohol hand gel offered to you prior to entering our food service areas.

BRITAIN TODAY

A daily satellite newspaper will be available from the Tazzine Bar on deck 5 from 10.30am each morning (Satellite signal permitting).



celebrate nikon day

Celebrate Nikon Day! Meet our friendly team and learn more about how your digital camera works by attending our free seminar at 11am this morning and 2pm this afternoon in the Photo Gallery, 9.00am-10.00pm Photo Gallery (Deck 7) Aft



complimentary gaming lessons

Come along and let us teach you how to play Blackjack, Poker and Roulette, then enjoy low table minimums until 9.00pm.

Noon Fortunes Casino (Deck 6) Forward

SUDOKU 02 - VERY HARD

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				4			2	
	1		9			8		4
1			5			6		8
6	9				1			5
3		7			4		6	
	9			7				
2					3		4	

Answers are available at the Library (Deck 5) Midship. Crosswords are also available at the Library.

TODAY'S DINNER BUFFET

SEAFOOD

A chance to sample a selection of delicious Seafood cuisine.

6.00PM-9.30PM THE WATERSIDE (DECK 15) AFT



TODAY'S PROMOTIONAL DRINKS

COCKTAIL	BLUE LAGOON	£2.75
MOCKTAIL	VENTURA SEA BREEZE	£1.80
COFFEE	BLUE CHOCOLATE (NON ALCOHOLIC)	£2.55
	CALYPSO (ALCOHOLIC)	£2.90

Please ask your bartender for ingredients and details.



introduction to digital living

Come along to a 15 minute complementary presentation and find out all about what Digital Living has to offer this cruise!

9.45am Peninsular Room (Deck 6) Forward Port Side

gala ball

Join us tonight for a chance to dance around the floor to the live sounds of Four Live. Hosted by Dance Instructors Paul & Jean.

9.45pm-12.30am The Tamarind Club (Deck 7) Midship



adult karaoke spotlight

It's your chance to be a 'star' for the night. Whether it's Robbie Williams, Madonna, Frank Sinatra or the Spice Girls, the choice is yours and the list is long.

9.45pm-10.45pm & 11.30pm-Late
The Exchange (Deck 6) Forward



musicalities

Join Entertainment Officer Sara for this evening's quiz on all things musical. From Broadway to the West End and more

10.45pm The Exchange (Deck 6) Forward

cookery demonstration

Come along to see our Sous Chefs whirl up a culinary storm! With some help from their talented teams, they will create mouth-watering dishes from the White Room, East and Ramblas restaurant menus.

Hosted by your Cruise Director Leon de ste. Croix,

10.00am The Tamarind Club (Deck 7) Midship



TODAY'S OPENING TIMES...



RESTAURANT OPENING TIMES

WATERSIDE



Full English Breakfast	8.00am	-	Noon
Lunch	Noon	-	2.30pm
Afternoon Snacks	3.00pm	-	5.00pm
Noddy's Teas	5.00pm	-	6.30pm
Buffet Dinner	6.00pm	-	9.30pm
Late Snacks	9.30pm	-	6.00am

BEACH HOUSE



Continental Breakfast	6.30am	-	7.00am
Full English Breakfast	7.00am	-	10.00am
Lunch	Noon	-	3.00pm
Beach House Diner (Stbd. Side)	6.30pm	-	9.30pm

SAFFRON RESTAURANT



Breakfast	8.00am	-	9.30am
Lunch	12.15pm	-	1.45pm
Afternoon Tea	4.00pm	-	4.45pm
Dinner 1st Sitting	6.30pm	-	
Dinner 2nd Sitting	8.45pm	-	

BAY TREE RESTAURANT



Breakfast	8.00am	-	9.30am
Dinner 1st Sitting	6.30pm	-	
Dinner 2nd Sitting	8.45pm	-	

CINNAMON RESTAURANT (FOR PASSENGERS ALLOCATED FREEDOM DINING)



Dinner	6.00pm	-	9.30pm
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FRANKIE'S



Frankie's Grill	11.00am	-	6.00pm
Frankie's Pizzeria	11.00am	-	6.00pm

SELECT DINING (A PER PERSON COVER CHARGE APPLIES)

white room	£25	6.00pm	-	10.00pm
east	£20	6.30pm	-	9.30pm
Rambles	£5	11.00am	-	11.00pm

BAR OPENING TIMES

Tazzine	7.30am	-	Midnight
Beachcombers	8.00am	-	11.00pm
Laguna Bar	9.00am	-	7.00pm
Breakers Bar	9.00am	-	7.00pm
Terrace Bar	9.00am	-	11.00pm
The Exchange	10.00am	-	Late
Rambles	10.00am	-	Late
Frankie's Sundaes	10.30am	-	6.30pm
The Red Bar	5.00pm	-	Late
The Tamarind Club	6.30pm	-	Late

Metropolis - SYDNEY 11.00am - Late
Visit the bar at the top from 6.00pm this evening as its plasma screen wall displays stunning scenes of Sydney.

DEPARTMENT OPENING TIMES & OFFERS

CHAPTER ONE (DECK 5) ATRIUM 8.30AM

A book for everyone, curl up and enjoy.

CRUISE SALES & PORTUNUS DESKS (DECK 5) ATRIUM 10.00AM-6.00PM

P&O Cruises First Edition Brochure for 2011/12 is out now! Book onboard and receive triple onboard credit as well as the usual early bird savings and Free Car parking on Southampton cruises 7 days or more. Speak to Ellie and Helen and we will even contact your current travel agent for any further discounts and benefits.

CYB@CENTRE (DECK 5) ATRIUM 24 HOURS

The embarkation special has been extended. Purchase an Internet Time Plan and receive up to twenty additional minutes. Parents who wish to disable their children's accounts should meet with the Internet Manager.

EXPLORERS (DECK 5) ATRIUM 9.00AM-6.00PM

Come and see us at the Explorers desk for Shore Excursion bookings and help with deciding which tour is the best for you in our upcoming fabulous ports of call. We have tours to suit all ages and abilities and the Explorers team will be happy to assist you with all of your tour questions. Bookings close for Olden at 6pm this evening.

FLORIST CART (DECK 5) ATRIUM 10.00AM-NOON & 3.00PM-7.00PM

Adorn your cabin with a spectacular floral display created by our on board florists.

PHOTO GALLERY (DECK 7) AFT 9.00AM-10.00PM

Celebrate Nikon Day! Meet our friendly team and learn more about how your digital camera works by attending our free seminar at 11am this morning and 2pm this afternoon in the Photo Gallery.

WHITEWALL GALLERY (DECK 5) ATRIUM 10.00AM-LATE

Take a closer look at another major British artist in the works of the high profile Scot Jack Vettriano, famed for mystery and intrigue. Also showcased will be Argentinian sensation Fabian Perez: always one for the people watchers.

Shopping Centre (Deck 6 & 7) Atrium

CHIC BOUTIQUE 9.00AM-10.00PM

Incredible Venetian glass jewellery from Antica Murrina, hundreds of pieces to choose from for that perfect cruise memory.



EMPORIUM 9.00AM-10.00PM

Mars; Maltesers; M&Ms; which do you fancy today?



ESSENCE PERFUME 9.00AM-10.00PM

Harajuku Lovers by Gwen Stefani, only £16, while stocks last.



ETERNITY JEWELLERY 9.00AM-10.00PM

Visit Eternity this to see one of the rarest gems, Tanzanite, go on, treat yourself or someone special



REGALIA SHOPPING 9.00AM-10.00PM

Have you seen our fun range of singing, dancing, rolling, squawking toys? Visit Regalia today!



WARDROBE CLOTHING 9.00AM-10.00PM

Seasalt organic clothing is now available, a perfect addition to your summer wardrobe, prices from only £13.



SHIPBOARD SERVICES

Reception (Deck 6) Atrium is open 24 hours a day and can be contacted by dialling 6000 on any of the ship's telephones.

The Medical Centre will be open from 10.00am-Noon and 4.30pm-6.30pm today. In an emergency only dial '999'.

ON YOUR HORIZON THIS EVENING...



3 PM

3:15PM THE EXCHANGE (DECK 6) FORWARD MUSIC MASTER - THE SWINGING SIXTIES
Put your musical wit against Entertainment Officers Cora and James in this team quiz.



3:30PM BEACHCOMBER POOL (DECK 15) MIDSHIP ADULT TABLE TENNIS COMPETITION



4:00PM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE BEGINNERS GUIDE TO EBAY (PART 2) BIDDING, BUYING AND SELLING



Are you intrigued by eBay and the potential bargains to be found? Or do you have a garage full of stuff that you've never got round to selling? The second seminar will talk you through bidding, buying, selling and much more. Includes detailed presentation notes. (A £5 fee applies, booking advised)

4:00PM HEALTH CLUB (DECK 16) FORWARD SWOLLEN ANKLES? ACHING JOINTS?



Enjoy a herbal foot cleanse to shrink your swollen ankles and soothe your aching feet whilst re-energising your whole body for only £15. (No reservation required)

4:00PM SAFFRON RESTAURANT (DECK 6) MIDSHIP SOLO PASSENGERS AFTERNOON TEA

Solo passengers wishing to meet for afternoon tea can occupy table numbers 33 and 36.

4:00PM SPORTS COURT (DECK 19) AFT FAMILY BASKETBALL



Join the reef team for an entertaining game of Family basketball.

4 PM

4:00PM THE EXCHANGE (DECK 6) FORWARD SNOWBALL JACKPOT BINGO

Join us today for an exciting game of bingo. You can purchase your bingo tickets from the cashier desk or from The Exchange 45 minutes before the start of the session. Remember to get your lucky dabber.

4:00PM HAVANA (DECK 7) AFT NODDY & MR. BUMP'S WELCOME PARTY



4:00PM-6:00PM CIRQUE VENTURA (DECK 19) AFT CIRQUE VENTURA BUNGEE (4YRS+)

Get the best view anywhere on the ship. Bounce on the Bungee Trampoline high above deck nineteen. The views are amazing.

4:30PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE SHIRODOSHA

Discover one of the most unforgettable Oasis Spa treatments: ancient ayurvedic healing techniques used in a multi-sensory, full body treatment. Discover your dosha!

4:30PM THE TAMARIND CLUB (DECK 7) MIDSHIP CLASSICAL CONCERT WITH HELEN REID

An American in Paris, Satie, Debussy and Gershwin.

5 PM

5:30PM THE EXCHANGE (DECK 6) FORWARD INDIVIDUAL QUIZ



Join your Entertainment Officer for today's twenty teasers.

i Evening Entertainment: lighting effects may be used throughout performances in Arena Theatre, The Tamarind Club and Havana.

6:00PM ATRIUM (DECK 5) MIDSHIP GALA RECEPTION



6 PM

6:00PM METROPOLIS (DECK 18) AFT SYDNEY

6:00PM-6:30PM METROPOLIS (DECK 18) AFT JOHN WRIGHT

Join our cocktail pianist John Wright for some pre-dinner music.

6:00PM-6:45PM THE EXCHANGE (DECK 6) FORWARD GREG JARDINE

Pre dinner music with Greg Jardine in Ventura's local.

7 PM

7:15PM-8:00PM HAVANA (DECK 7) AFT THE ELECTRIX

Playing all the classic hits and more.

7:30PM ARENA THEATRE (DECK 6 & 7) FORWARD MIKE DOYLE

(Repeated at 9:00pm & 11:00pm)



8 PM

8:00PM-8:30PM THE EXCHANGE (DECK 6) FORWARD FAMOUS FACES
Can you guess who is who in this evening's picture quiz with one of your Entertainment Officers.

8:15PM ATRIUM (DECK 5, 6, & 7) MIDSHIP GALA RECEPTION



8:15PM-8:45PM METROPOLIS (DECK 18) AFT JOHN WRIGHT

John plays all of your favourite tunes on the piano.

8:30PM-9:00PM HAVANA (DECK 7) AFT WELCOME TO HAVANA

DJ Gareth plays all the best music in Ventura's nightclub.

8:30PM-9:45PM THE EXCHANGE (DECK 6) FORWARD GREG JARDINE

Enjoy music in our local with our fabulous piano man.

9:00PM HAVANA (DECK 7) AFT RED MICK AS SIMPLY RED

(Repeated at 11:00pm)



9:00PM ARENA THEATRE (DECK 6 & 7) FORWARD MIKE DOYLE

(Repeated at 11:00pm)



9:45PM-10:45PM THE EXCHANGE (DECK 6) FORWARD ADULT KARAOKE SPOTLIGHT

It's your chance to be a 'star' for the night. Whether it's Robbie Williams, Madonna, Frank Sinatra or the Spice Girls, the choice is yours and the list is long.

9 PM

9:45PM-11:00PM HAVANA (DECK 7) AFT SOUL & MOTOWN SESSION

DJ Gareth will be playing all of the best hits from the motor city.

9:45PM-12:15AM ATRIUM (DECK 5) MIDSHIP SOPHISTICATION

Enjoy an evening in Ventura's spectacular atrium with Sophistication.

9:45PM-12:30AM METROPOLIS (DECK 18) AFT JOHN WRIGHT

Night time piano music from Ventura's cocktail pianist.

9:45PM-12:30AM RAMBLAS (DECK 7) FORWARD AMIGO

Enjoy the ambience of Ramblas while listening to Amigo.

9:45PM-12:30AM THE TAMARIND CLUB (DECK 7) MIDSHIP GALA BALL

Join us tonight for a chance to dance around the floor to the live sounds of Four Live. Hosted by Dance Instructors Paul & Jean.



10 PM

10:00PM FORTUNES CASINO (DECK 6) FORWARD TEXAS HOLD'EM GAME

Join us today and play one of today's most popular card games. Tonight's game is £1-£2. Seats are limited so sign up early.

10:45PM THE EXCHANGE (DECK 6) FORWARD MUSICALITIES

Join Entertainment Officer Sara for this evening's quiz on all things musical. From Broadway to the West End and more



11:00PM HAVANA (DECK 7) AFT RED MICK AS SIMPLY RED



11:00PM ARENA THEATRE (DECK 6 & 7) FORWARD MIKE DOYLE



11:00PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE SYNDICATE QUIZ

Join members of the Entertainment Team for tonight's general knowledge team quiz.



11 PM

11:30PM-LATE THE EXCHANGE (DECK 6) FORWARD ADULT LATE NIGHT KARAOKE

11:45PM-LATE HAVANA (DECK 7) AFT LATE NIGHT DISCO

The music continues with DJ Gareth playing music for everybody's liking, from Soul & Motown classics right up to and including modern chart hits.