

## SHIPBOARD INFORMATION

### MEDICAL SERVICES

The Medical Centre will be open from 9.00am-11.00am and 4.30pm-6.30pm today. In an emergency only dial '999'.

### RESPONSIBLE SERVING OF ALCOHOL

It is our policy to refuse to serve alcohol to any passenger who we believe to be intoxicated.

When the ship is at sea or in port we still abide by the UK legislation on smoking and alcohol age limits. Cigarettes, other tobacco goods and alcohol will not be sold to under 18's. Beer, cider or wine may be bought for 16 and 17 year olds to drink with their meal in the restaurants when accompanied by an adult, but they cannot drink alcohol in any of the bars. With this exception, we do not allow under 18's to be in possession of alcohol and we do not allow adults to buy alcohol for anyone under 18 in any of the bars on board. We may therefore ask some passengers to verify their age with formal identification.

COCKTAIL OF THE DAY

BAHAMA MAMA

MOCKTAIL OF THE DAY

CRANAPPLE COOLER



## battle of the sexes

Join Entertainment Officer, Matt for day two of this fun progressive quiz.

Who will be the victorious sex this cruise?

Noon The Exchange (Deck 6) Forward

## internet extravaganza

If you bring a receipt from any purchase you have made on board this cruise you will receive up to 20 minutes free internet time when you buy a new time plan today.

Open 24 hours Cyb@Centre (Deck 5) Atrium

## snowball jackpot bingo

Throughout your cruise we will be running snowball jackpot bingo. Avoid the queues for game cards by visiting the Casino cashier desk 30 minutes before the first call. Don't forget your lucky dabber.

11.15am & 4.00pm The Exchange (Deck 6) Forward



WHITEWALL  
GALLERIES

## Bella Toscana'

Timeless, romantic Tuscan scenes represent the Italian rural idyll - be inspired by the stunning scenery of idyllic summer landscapes as we explore vibrant palettes redolent of the heat and dazzling light of the most irresistible regions.

10.00am-10.00pm The Gallery (Deck 5) Atrium



## ultimate deluxe Oxyjet facial

Europe's number one anti-ageing facial! This unique corrective facial will leave you with radiant, glowing skin and actually slows down the ageing process. Instant results in just 2 minutes! This treatment can reduce the appearance of fine lines and wrinkles.

8.00am-8.00pm Oasis Spa (Deck 16) Forward

## guest speaker Mike Harvey

America's Next President - This November the people of America will elect a new President. Following eight years of George W Bush the decision they make will be critical for America and the rest of the world. In today's talk Mike Harvey, who was in the US at the time of the 2004 election, discusses his experiences of the election; the American presidential election process and how it differs from Britain; the contenders, Barack Obama and John McCain, and the possible outcome of the 2008 election.

1.00pm Arena Theatre (Deck 7) Forward



## east

Ventura's contemporary pacific-rim restaurant, East, offers a fusion of Asian style dishes tailored to the British palate. Open from 6.30pm to 10.30pm (last orders at 10.00pm).

Reservations can be made in person during opening hours or by phoning 5566. A cover charge per person will apply.

WEATHER:

SEA STATE: MODERATE  
SUNDAY 3 AUGUST 2008

SUGGESTED

DRESS CODE: FORMAL



# horizon

## TODAY'S HIGHLIGHTS

### enhance...

Join Michael Bedenham as he presents part two of "Discover your ports of call". The medieval town of Korcula, Corfu, the most lush and verdant of the Greek Isles and Gibraltar a little piece of Britain in the Mediterranean.

11.00am The Tamarind Club (Deck 7 Midship)

### PORT PRESENTATION



### learn...

Join your guest Opal Jeweller Rocky Carbone as he presents his first lecture on Opals - Australia's national gemstone. Rocky is only on board for this cruise so do not miss out on this great opportunity to learn all about Opals and their amazing qualities.

11.00am Arena Theatre (Deck 6 & 7) Forward

### OPAL TALK



### enjoy...

Tara Stafford Allen and Angie Fisher adopt the roles of Frida and Agnetha to recreate that unique ABBA sound that became synonymous with its two leading ladies. They are widely recognised as the leading tribute to the ABBA girls and have performed all over the world with the ABBA Eyes show. (This show will be repeated tomorrow)

9.00pm & 11.00pm Havana (Deck 7) Aft

### ABBA EYES

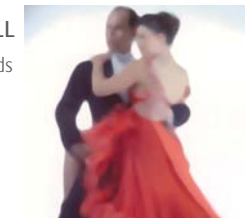


### dance...

Join us tonight for a chance to dance around the floor to the live sounds of Inspiration. Hosted by Dance Instructors, James & Kelly.

9.30pm-Midnight The Tamarind Club (Deck 7) Midship

### VENTURA'S GALA BALL



### entertain...

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-12.30am The Exchange (Deck 6) Forward

### ADULT KARAOKE SPOTLIGHT



JEFF STEVENSON

Jeff is a professional comedian having worked in most areas of the business including theatre, cabaret and corporate functions as an after dinner entertainer. His many TV appearances include productions such as: Barrymore, Fives Company, Des O'Conner Tonight, Live from Her Majesty's, Stand and Deliver, Win Lose or Draw, Talking Telephone Numbers and many more. Hosted by Cruise Director Nigel Travis.

7.00pm, 9.00pm & 11.00pm

Arena Theatre (Deck 6 & 7) Forward

## NOTICES

### RESERVATION OF SUN LOUNGERS

Please do not reserve sun loungers with books, towels, etc. As a general rule we would class a sun lounger reserved for more than 30 minutes to be inconsiderate. Sun loungers are not policed by ship's staff hence passengers are free to use their own judgment if wishing to use any lounger. Reservation of sun loungers does cause a great deal of resentment amongst fellow passengers and we would ask everyone to respect this guidance.

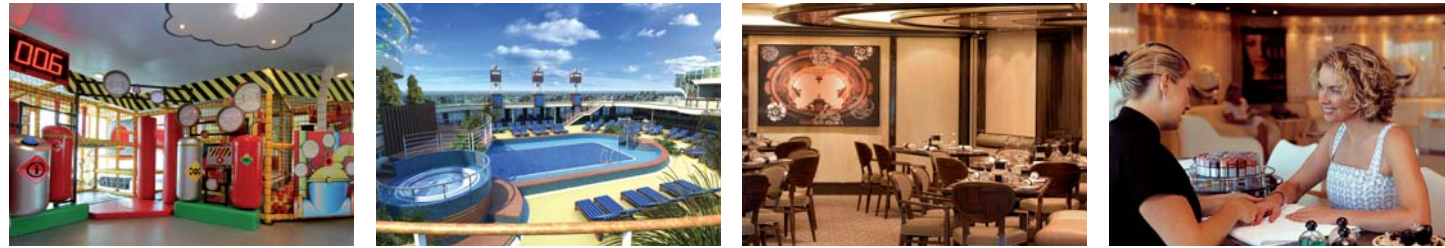
### SUNBATHING

Please ensure you use appropriate sun protection and head covering when in direct sunlight. These are available to purchase from the Emporium (Deck 6) Atrium. Topless sunbathing is only permitted on Deck 17.

FOR FURTHER INFORMATION ON THE SERVICES AND FACILITIES ON BOARD VENTURA, PLEASE REFER TO YOUR INTERACTIVE TV SYSTEM.



ON YOUR HORIZON...



- Cruisetone
- Learn Something New
- Entertainment
- Relaxing
- Try Something New
- The Reef
- Music

OPENING TIMES

**CELEBRATIONS (DECK 7) FORWARD STARBOARD SIDE 8.00AM-NOON & 3.00PM-7.00PM**  
Send a bouquet to a loved one or a friend.

**CHAPTER ONE (DECK 5) ATRIUM 9.00AM-8.00PM**  
A great selection of fiction, non-fiction and romance books.

**CYB@CENTRE (DECK 5) ATRIUM 24 HOURS**  
All prices and login information can be found in the Cyb@Centre.

**EMPORIUM (DECK 6) ATRIUM 9.00AM-10.00PM**

**ESSENCE & ETERNITY (DECK 7) ATRIUM 9.00AM-10.00PM**

**EXPLORERS (DECK 5) ATRIUM 9.00AM-6.00PM**  
Port talks can be viewed at a touch of a button on your interactive TV.

**FORTUNES CASINO (DECK 6) FORWARD 10.00AM-LATE SLOTS, NOON-5.00PM & 8.00PM-LATE TABLES**

**FUTURE CRUISE SALES (DECK 5) ATRIUM 9.00AM-NOON & 2.00PM-5.00PM**  
Visit Gemma to find out the benefits of booking your next cruise whilst on board.

**OASIS SPA & SALON (DECK 16) FORWARD 8.00AM-8.00PM**

**PHOTO GALLERY (DECK 7) AFT 9.00AM-5.00PM**  
Last night's Semi Formal Portraits will be available tonight.

**PORTUNUS DESK (DECK 5) ATRIUM 10.00AM-11.00AM & 4.00PM-5.00PM**

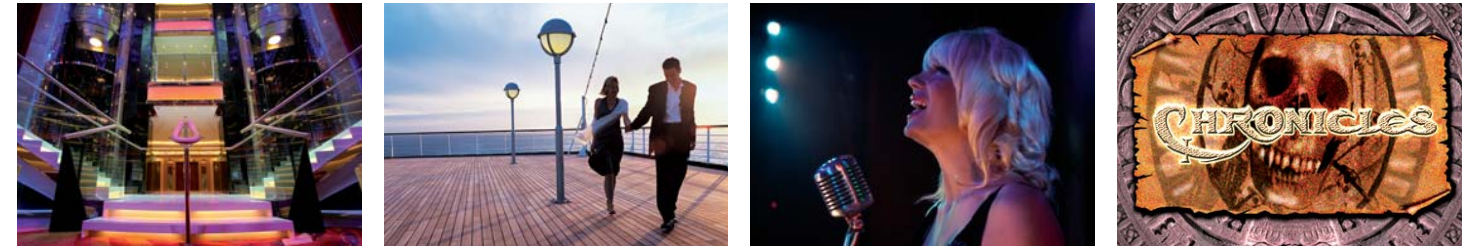
**REGALIA & WARDROBE (DECK 6) ATRIUM 9.00AM-10.00PM**

**THE GALLERY (DECK 5) ATRIUM 10.00AM-10.00PM**  
Timeless, romantic Tuscan scenes that represent the rural idyll.

- 8.00AM FITNESS CENTRE (DECK 16) FORWARD PILATES PROGRAMME** (A nominal fee applies)
- 8.00AM ATRIUM (DECK 5) MIDSHIP WALK A MILE**
- 8.30AM IN-CABIN TV CHANNEL 22 GOOD MORNING VENTURA LIVE**  
Cruise Director Neil Oliver invites you to tune in for half an hour of chat and general information.
- 8.30AM ATRIUM (DECK 5) MIDSHIP CRUISETONE ORIENTATION AND REGISTRATION**   
Meet your Cruisetone Ambassador and collect your complimentary Cruisetone Passport.
- 8.30AM-10.00AM SPORTS COURT (DECK 17) FORWARD NON HOSTED SOCIAL TENNIS**

- 9.00AM FITNESS CENTRE (DECK 16) FORWARD GYM ORIENTATION AND INDUCTION**
- 9.00AM-5.00PM PHOTO GALLERY (DECK 7) AFT NIKON CAMERAS**  
Capture your holiday with a brand new Nikon digital camera. Available for purchase from the Photo Gallery.
- 9.00AM-8.45PM REGALIA & WARDROBE (DECK 6) ATRIUM OPAL MANIA**  
Today we have our Opal exhibition with Opal jewellery from Australia at affordable prices.
- 9.00AM-9.00PM ESSENCE & ETERNITY (DECK 7) ATRIUM 60% OFF FINE JEWELLERY**  
Today we have our promotion of Mystic Topaz and more at 60% off. Do not miss out!
- 9.00AM-11.00PM CYB@CENTRE (DECK 5) ATRIUM RAFFLE WINNER**  
Are you the winner of our Raffle? Check today inside the Cyb@Centre. The Ventura offers wireless access in all public areas. Speak to Jacques during posted hours if you require assistance.
- 9.30AM FITNESS CENTRE (DECK 16) FORWARD CRUISETONE TRIXTER BIKE CHALLENGE**
- 9.30AM-11.00AM BEACHCOMBER POOL (DECK 15) MIDSHIP SWIMMING LESSONS WITH THE REEF TEAM** (A nominal fee applies)
- 9.30AM-NOON CIRQUE VENTURA (DECK 19) AFT BUNGEE**   
Get the best view anywhere on the ship! Bounce on the Bungee Trampoline high above deck 19 - the views will be amazing! (A nominal fee applies)
- 10.00AM PHOTO GALLERY (DECK 7) AFT GET INSPIRED**   
Join Martin as he passes on ten 'Tips To Improve Your Photography'.
- 10.00AM IVORY SUITE (DECK 16) FORWARD MAKE-UP WITH A DIFFERENCE**   
Find out why everyone is talking about Colour Carmel and how to look your best no matter what time of day it is.
- 10.00AM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE COMPUTERS FOR THE TERRIFIED - THE BASICS**   
A friendly and interactive computer workshop for absolute beginners. With more information and reliance on computers we'll get you started and show you how to surf the internet. (A nominal fee applies)
- 10.00AM THE TAMARIND CLUB (DECK 7) MIDSHIP GUEST SPEAKER MICK TESTONI**   
The Story of the R.N.L.I. The set up of the of the organisation; details of the boats; the crews; the commitment to the service; the costs involved and the future. This Power Point presentation covers the period from the inception of the R.N.L.I. in 1824 until the present day, including my 23 year service at Aldeburgh Lifeboat station in Suffolk.

ON YOUR HORIZON...



- 4PM 4.15PM JUMPING JACKS (DECK 16) AFT VENTURA FETE STARRING MR BUMP**
- 5.00PM 5.00PM DECIBELS (DECK 16) AFT DJ FOR A DAY**  
Learn the tricks of the trade with Youth DJ Kev.
- 5.00PM SPORTS COURT (DECK 17) FORWARD SPORTS SPOT - 13-17 YEARS**
- 5.00PM FITNESS CENTRE (DECK 16) FORWARD YO-FIT**   
(A nominal fee applies)
- 5.30PM-9.30PM PHOTO GALLERY (DECK 7) AFT & ATRIUM FORMAL PORTRAITS**  
Let our professional photographers capture the essence of your cruise experience as you pose for a formal portrait this evening.
- 5.45PM-6.30PM RAMBLAS (DECK 7) FORWARD NAZZARENO**   
Relaxing acoustic melodies.
- 6.00PM SPORTS COURT (DECK 17) FORWARD SPORTS SPOT - 9-12 YEARS**
- 6.00PM THE GALLERY (DECK 5) FORWARD ART TALK BELLA TOSCANA**
- 6.00PM HAVANA (DECK 7) AFT & ATRIUM GALA RECEPTION**
- EVENING ENTERTAINMENT**   
Please note: Lighting effects may be used throughout performances in Arena Theatre, The Tamarind Club and Havana.
- 6PM 6.00PM-6.30PM METROPOLIS (DECK 18) AFT THE NEIL SHAW TRIO**  
Relaxing melodies to start off your evening.
- 6.00PM-7.00PM THE EXCHANGE (DECK 6) FORWARD JANGO**  
Start your night off with live music from our duo.
- 6.00PM-1.00AM METROPOLIS (DECK 18) AFT PARIS**  
Visit the bar at the top this evening as its plasma screen wall displays views of the romantic city of Paris. The Neil Shaw Trio will be there playing relaxing music throughout the night.
- 7.00PM 7.00PM SPORTS COURT (DECK 17) FORWARD SPORTS SPOT - 5-8 YEARS**
- 7.00PM ARENA THEATRE (DECK 6 & 7) FORWARD JEFF STEVENSON**  
(Repeated at 9.00pm & 11.00pm)
- 7.45PM-8.30PM RAMBLAS (DECK 7) FORWARD NAZZARENO**  
Gentle acoustic melodies.
- 8PM 8.00PM THE GALLERY (DECK 5) FORWARD ART TALK BELLA TOSCANA**
- 8.00PM-8.30PM METROPOLIS (DECK 18) AFT THE NEIL SHAW TRIO**  
More music in the room at the top.
- 8PM 8.00PM-9.00PM THE EXCHANGE (DECK 6) FORWARD JANGO**  
Live music from John and Hanna.
- 8.15PM HAVANA (DECK 7) AFT & ATRIUM GALA RECEPTION**
- 9.00PM ARENA THEATRE (DECK 6 & 7) FORWARD JEFF STEVENSON**  
(Repeated at 11.00pm)
- 9.00PM HAVANA (DECK 7) AFT ABBA EYES**  
(Repeated at 11.00pm tonight and tomorrow at 8.45pm & 10.45pm)
- 9.30PM-MIDNIGHT THE TAMARIND CLUB (DECK 7) MIDSHIP VENTURA'S GALA BALL**
- 9PM 9.30PM-1.00AM METROPOLIS (DECK 18) AFT THE NEIL SHAW TRIO**  
Enjoy the romantic atmosphere with music from the boys.
- 9.45PM-12.30AM THE RED BAR (DECK 7) MIDSHIP AGNES TOTH**  
Gentle piano favourites.
- 9.45PM-12.30AM THE EXCHANGE (DECK 6) FORWARD ADULT KARAOKE SPOTLIGHT**
- 10.00PM HAVANA (DECK 7) AFT SINGLED OUT - 13-17 YEARS**
- 10PM 10.00PM-11.15PM RAMBLAS (DECK 7) FORWARD NAZZARENO**  
Sensational Spanish guitar.
- 11.00PM ARENA THEATRE (DECK 6 & 7) FORWARD JEFF STEVENSON**
- 11PM 11.00PM HAVANA (DECK 7) AFT ABBA EYES**  
(Repeated tomorrow at 8.45pm & 10.45pm)
- 11.00PM CINNAMON RESTAURANT (DECK 5) MIDSHIP SYNDICATE QUIZ**  
Join members of the Entertainment Team for tonight's general knowledge quiz.
- 12AM MIDNIGHT HAVANA (DECK 7) AFT FAMILY DISCO**
- 12AM MIDNIGHT-LATE THE TAMARIND CLUB (DECK 7) MIDSHIP CLUB TAMARIND**  
The party starts here! Tonight DJ Dean will be playing some of the best music from the past to the present day.

ON YOUR HORIZON...



**10.00AM HAVANA (DECK 7) AFT ADULT SCALEXTRIC**  
Join members of the Entertainment Team for this addictive, speedy activity.

**10.00AM-10.45AM SPORTS COURT (DECK 17) FORWARD FOOTBALL COACHING – 5-8 YEARS**

**10.00AM-NOON CIRQUE VENTURA (DECK 19) AFT CIRQUE VENTURA WORKSHOP**   
Choose any three of the following workshops; Flying Trapeze, Acro-Balance, Clowning/Improvisation and Stilts/Tight Wire. (A nominal fee applies)

**10.15AM ARENA THEATRE (DECK 6) FORWARD TRADITIONAL MARITIME CHURCH SERVICE**  
Captain Keith Dowds will conduct this morning's service. There will be a collection at the conclusion with donations to Marine Charities.

**10.30AM THE EXCHANGE (DECK 6) FORWARD THEME QUIZ – TV AND FILM**   
Join Entertainment Officer James for today's fun quiz.

**10.30AM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD 30 MINUTE BRAINTEASER – COUNTRIES AND PLACES**   
Join Entertainment Officer Emma to test your knowledge with today's picture round and question time. Beat the clock to fill in all the blanks.

**11.00AM IVORY SUITE (DECK 16) FORWARD EAT MORE TO WEIGH LESS**   
This amazing seminar will show you how eating more actually helps you to lose weight!

**11.00AM PHOTO GALLERY (DECK 7) AFT GET INSPIRED**   
Join Mitchell as he presents to you 'Compact Cameras for Beginners.'

**11.00AM ARENA THEATRE (DECK 6) FORWARD OPAL - AUSTRALIA'S NATIONAL GEMSTONE**   
Opal lecturer from Australia, Rocky Carbone will be presenting his one and only lecture today on the history of Opal's from Australia and around the world.

**11.00AM THE REEF (DECK 16) AFT ARTS AND CRAFTS – 5-8 YEARS**

**11.00AM THE DEN (DECK 16) AFT ARTS AND CRAFTS – 9-12 YEARS**

**11.00AM THE TAMARIND CLUB (DECK 7) MIDSHIP PORT PRESENTATION - ADRIATIC ADVENTURES PART TWO**

**11.00AM HAVANA (DECK 7) AFT FAMILY SCALEXTRIC**

**11.00AM BEACHCOMBER POOL (DECK 16) MIDSHIP ADULT TABLE TENNIS COMPETITION**

**11.00AM-11.45AM SPORTS COURT (DECK 17) FORWARD FOOTBALL COACHING – 9-12 YEARS**

10AM

11AM

**11.15AM THE EXCHANGE (DECK 6) FORWARD SNOWBALL JACKPOT BINGO**  
Tickets are on sale from 10.00am.

**11.15AM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE**   
**GRAPE EXPECTATIONS – WINE TALK**  
Come along and learn more about the wonderful world of wine with this informative presentation with Ventura's Head Wine Steward.

**11.30AM FITNESS CENTRE (DECK 16) FORWARD LEARN AND LISTEN TO YOUR BODY WITH THAI YOGA**   
Fast becoming the most requested massage treatment on board. Great for boosting energy and improving flexibility.

**11.30AM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD MUSIC MASTER ROUND TWO – TV THEMES**   
Pit your musical wit against DJ Dean and the Entertainment Team in this progressive competition. There is a daily prize for the best team and a grand prize for the highest-scoring team at the end of the eight rounds.

**NOON HAVANA (DECK 7) AFT FAMILY SCALEXTRIC – 9-12 YEARS**

**NOON THE EXCHANGE (DECK 6) FORWARD BATTLE OF THE SEXES**

**NOON-12.45PM SPORTS COURT (DECK 17) FORWARD FOOTBALL COACHING – 13-17 YEARS**

**NOON-1.00PM THE RED BAR (DECK 7) MIDSHIP AGNES TOTH**   
Piano music fills the heart of Ventura.

**NOON** **NOON-5.00PM FORTUNES CASINO (DECK 6) FORWARD LOW LIMIT GAMING**

**12.30PM THE TAMARIND CLUB (DECK 7) MIDSHIP LINE DANCING WITH ENTERTAINMENT OFFICER KATY**

**12.30PM-1.30PM BEACHCOMBER POOL (DECK 15) MIDSHIP C'EST LA VIE**  
Live music around the pool.

**12.45PM-1.45PM THE EXCHANGE (DECK 6) FORWARD JANGO**   
A mixture of music at lunchtime.

**1.00PM ARENA THEATRE (DECK 7) FORWARD GUEST SPEAKER – MIKE HARVEY**

**1.00PM PHOTO GALLERY (DECK 7) AFT GET INSPIRED**   
Join Luke as he presents to you all the basic knowledge that will help you to 'Know Your SLR'.

**1PM** **1.00PM FITNESS CENTRE (DECK 16) FORWARD BACK CARE CLINIC**   
If you suffer from back pain or general stiffness, acute or chronic, this is one seminar you won't want to miss.

11AM

NOON

1PM

ON YOUR HORIZON...



**1.00PM SPORTS COURT (DECK 17) FORWARD FAMILY CRICKET**

**1.00PM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE DIGITAL PHOTOGRAPHY BASICS**   
During this interactive workshop you'll learn how to download your own photographs onto your computer, copy them onto CD and find out how to make amazing slideshows and fun projects with them. (A nominal fee applies)

**1.00PM-2.15PM RAMBLAS (DECK 7) FORWARD NAZZARENO**   
Authentic Spanish atmosphere as you enjoy a tapas lunch.

**1.30PM THE TAMARIND CLUB (DECK 7) MIDSHIP DANCE CLASS - SALSA**   
Join Dance Instructors James and Kelly for their second dance class. You've heard about it, you've probably seen it on the TV, now have a go yourself! An easy, fun and active routine to get you going and to continue the latin flavour on our way to the Mediterranean.

**1.45PM THE EXCHANGE (DECK 6) FORWARD HUNGARIAN GRAND PRIX**   
(Satellite Reception Permitting)

**2.00PM DECIBELS OUTSIDE AREA (DECK 16) AFT FAMILY TABLE TENNIS COMPETITION**

**2.00PM SPORTS COURT (DECK 17) FORWARD MR. BUMP'S OLYMPICS – 5-8 YEARS**

**2.00PM METROPOLIS (DECK 18) AFT TRAVELLING ALONE GET TOGETHER**

**2.00PM CINNAMON RESTAURANT (DECK 5) MIDSHIP NON HOSTED BRIDGE GET TOGETHER**

**2.00PM CINNAMON RESTAURANT (DECK 5) MIDSHIP WHIST DRIVE**

**2.00PM OASIS SPA (DECK 16) FORWARD LIE ABOUT YOUR AGE WITH CONFIDENCE**   
Find out what makes this all natural skin solution so effective in improving the appearance of fine lines and wrinkles, hyper pigmentation, skin tone and sun damage.

**2.00PM-2.45PM BEACHCOMBER POOL (DECK 15) MIDSHIP POOL OLYMPICS – 9-12 YEARS**

**2.00PM-6.00PM CYB@CENTRE (DECK 5) ATRIUM ATTENTION LAPTOP USERS**   
Purchased a Time Plan 1? Check availability for a router in your room. Note that numbers are limited. LAN cables also available for hire. See Jacques for more details.

**2.15PM PENINSULAR ROOM (DECK 6) FORWARD STARBOARD SIDE JEWELLERY CLASSES WITH BRENDA HARVEY**   
Join Brenda today for more creative fun in her enjoyable classes.

**2.30PM-6.00PM CIRQUE VENTURA (DECK 19) AFT BUNGEE**

1PM

2PM

**2.45PM FITNESS CENTRE (DECK 16) FORWARD PREVENTION AND CURE FOR FROZEN SHOULDER**   
Find out the cause, early warning signs, diagnosis and the alternative treatment approach for frozen shoulder otherwise known as overuse syndrome and rotator cuff tendonitis.

**2.45PM-5.00PM CIRQUE VENTURA (DECK 19) AFT 13-17 YEARS & FAMILY CIRQUE VENTURA WORKSHOP**   
Places are limited so please contact the Reef to book your place on this exciting workshop.

**3.00PM SPORTS COURT (DECK 17) FORWARD ADULT CRICKET**

**3.00PM ATRIUM (DECK 5) FORWARD CRUISETONE STAIR CLIMB CHALLENGE**

**3.00PM THE TAMARIND CLUB (DECK 7) MIDSHIP ART TALK BELLA TOSCANA**   
Join us as we present to you the vibrancy and warmth of talented Tuscan artist, Bruno Tinucci.

**3.00PM PENINSULAR ROOM (DECK 6) FORWARD PORTSIDE WHICH COMPUTER?**   
Are you thinking of buying you're first, or upgrading your present computer? Come along to this complimentary presentation about the latest computers and pitch questions at our Digital Living expert.

**3.00PM LAGUNA POOL & BREAKERS BAR (DECK 15 & 16) FORWARD WHERE ON VENTURA**   
How well do you know P&O's newest superliner – Ventura? The hunt is on to find the 50 images located around the ship, join Entertainment Officer Ben for this intriguing discovery.

**3.00PM-3.45PM BEACHCOMBER POOL & BAR (DECK 15) MIDSHIP H2O SWIM – 13-17 YEARS**

**3.30PM FITNESS CENTRE (DECK 16) FORWARD HEALING ART OF REFLEXOLOGY**   
The ancient Chinese art of reflexology works on specific pressure points on the feet. Our Reflexologist will explain how this ancient treatment works and will demonstrate some of the techniques.

**4.00PM THE TAMARIND CLUB (DECK 7) MIDSHIP NODDY'S FILM PREMIERE**

**4.00PM FITNESS CENTRE (DECK 16) FORWARD ZUMBA AEROBIC WORKOUT**   
(A nominal fee applies)

**4.00PM SPORTS COURT (DECK 17) FORWARD CRUISETONE – 5-A-SIDE FOOTBALL**

**4.00PM THE EXCHANGE (DECK 6) FORWARD JACKPOT BINGO**

**4.00PM PENINSULAR ROOM (DECK 6) FORWARD PORT SIDE ESSENTIAL DIGITAL PHOTO EDITING**   
Learn the essentials of digital photo editing in this interactive workshop. Improve the quality of your photos remove red-eye, wrinkles even make people look younger! This workshop is a must for those starting out in photo editing. (A nominal fee applies)

2PM

3PM

4PM