

Day at a Glance

- ♥ 7:45 a.m. - 8:15 a.m. Join the Walk-A-Mile with our Fitness Instructor Kinsa on the Upper Promenade Deck.
- ♥ 8:30 a.m. Exercise the easy way with Kinsa in the Admiral's Lounge.
- 9:00 a.m. - 6:00 p.m. Sports equipment is available on Sun Deck.
- 9:00 a.m. **Susan's Daily Quiz** "Who's Who" can be obtained from the Bookchest.
- 9:00 a.m. - 5:00 p.m. Books and Indoor Games are available in the Bookchest.
- ♥ 9:15 a.m. Sit and Be Fit in the Horn Pipe Club.
- TV 9:30 a.m. **Shore Excursion Talk** with Lisa in the Admiral's Lounge.
- 9:30 a.m. Fire drill for crew members only.
- 10:00 a.m. - 10:30 a.m. Hostess Chat Time and Morning Coffee in the Explorers Lounge.
- ♥ 10:00 a.m. Fast and Fizz Aerobics with Kinsa on Sun Deck.
- 10:00 a.m. Beauty Demonstration by the Steiner Staff in the Crow's Nest.
- 10:00 a.m. Fun for our Junior Cruisers in the Horn Pipe Club.
- 10:30 a.m. **Snowball Cash Prize Bingo**, with Bingo King, Steve. Admiral's Lounge.
- 10:30 a.m. - 11:00 a.m. Hot Cider is available on the outside decks.
- 10:30 a.m. Bridge Class meet our experts in the Card Room
- 10:45 a.m. Ship's Tour with Hostess Pauline. Meet in the Crow's Nest.
- 11:00 a.m. The watertight doors will be tested. Please stay clear of these doors.
- 11:00 a.m. - 11:45 a.m. Duncan McKenzie serenades in the Lido.
- ♥ 11:15 a.m. Work out in the Ocean Spa Gym with Fitness Instructor Kinsa.
- ♥ 11:15 a.m. Volleyball get-together with Patrick on Sun Deck.
- 11:30 a.m. Mileage Pool. Guess the miles sailed from Vancouver until 12:00 noon today. Place your bets with Angela. Lido Deck.
- 12:00 noon. Singles Party in the Piet Hein Lounge.
- 12:00 noon. (precisely) The ship's whistle will be tested.
- 12:45 p.m. "The Voice From The Bridge".
- ♥ 1:30 p.m. Single's Shuffleboard Tournament on Sun Deck, with Mike.
- ♥ 1:30 p.m. Dance Class with Suebee and Freddie in the Admiral's Lounge.
- 2:00 p.m. Junior Cruisers fun and festivities on Sun Deck by the Ping Pong tables.
- 2:15 p.m. Bridge players get together. Meet in the Card Room.
- 2:15 p.m. Vegetable Carving Demonstration in the Crow's Nest.
- ♥ 2:30 p.m. - 3:00 p.m. Walk-A-Mile with Kinsa on Upper Promenade Deck Aft.
- TV 2:45 p.m. **Disembarkation Talk** with Cruise Director Susan in the Admiral's Lounge.
- 3:00 p.m. Learn to play Blackjack, Roulette, Caribbean Stud Poker. Mint Casino.
- 3:00 p.m. Silverware Demonstration in the Crow's Nest, meet Hostess Pauline.
- ♥ 3:15 p.m. Mixed Golf Putting Contest with Mike. Upper Promenade Deck Balcony, next to the Mint Casino.
- 3:30 p.m. - 4:00 p.m. Afternoon Tea is served in the elegant Explorers Lounge.
- 3:30 p.m. Iced Tea is available on the outside decks.
- 3:30 p.m. Trivial Pursuit with Steve in the Admiral's Lounge.
- 4:00 p.m. **Snowball Cash Bingo!** With Bingo King Steve in the Admiral's Lounge.
- 5:30 p.m. Welcome Aboard Champagne Party for 1st Sitting. Admiral's Lounge.
- 7:30 p.m. Welcome Aboard Champagne Party for 2nd Sitting. Admiral's Lounge.
- 8:45 p.m. Showtime for 1st Sitting Passengers. Admiral's Lounge.
- 10:15 p.m. Showtime for 2nd Sitting Passengers. Admiral's Lounge.
- 11:30 p.m. 50's and 60's night in the Horn Pipe Club.

Service Hours

- INFIRMARY** (A-Deck Aft - Phone 1400) 8:00 a.m. - 12:00 noon, 2:00 p.m. - 6:00 p.m. A fee is charged for consultation by physician and/or nurse.
- PHYSICIAN'S HOURS**
10:00 a.m. - 11:00 a.m.
5:00 p.m. - 6:00 p.m.
For Medical Emergency Dial 7555.
- SHOPS ON BOARD** (Prom. Deck)
9:00 a.m. - 10:30 p.m.
- BEAUTY PARLOR** (Main Deck)
8:00 a.m. - 8:00 p.m. (dial 7502)
- MASSAGE** (Navigation deck)
8:00 a.m. - 8:00 p.m. (dial 7502)
- OCEAN SPA, SAUNA & JACUZZI**
(Navigation Deck) 7:00 a.m. - 9:00 p.m.
- SWIMMING POOLS**
7:00 a.m. - 7:00 p.m.
- MINT CASINO** (Upper Prom. Deck)
Slot Machines: 8:30 a.m. - Close.
Blackjack/Roulette/Poker
12:00 noon. - Close. Craps tables open in the evening only.
- LOTTO DRAWING**
1:00 p.m., 5:30 p.m. & 10:30 p.m.
- SHORE EXCURSION OFFICE**
(Prom. Deck) 10:00 a.m. - 4:00 p.m.
Last opportunity to book tours for San Francisco.
- RADIO STATION** (Navigation Deck)
24Hour dialing from your cabin. Fax, Cable and Telex services available from the Radio Station. 8:00 a.m. - 12:00 noon, 2:00 p.m. - 6:00 p.m. & 7:00 p.m. - 9:00 p.m.

Dining Hours

- Lido Restaurant** (Prom. Deck)
Early Coffee and Rolls: 7:00 a.m.
Breakfast: 7:30 a.m. - 10:00 a.m.
Brunch: 10:00 a.m. - 2:00 p.m.
Ice Cream Parlor: 12:00 noon - 2:30 p.m. & 4:30 p.m. - 5:30 p.m.
Late Buffet: 11:30 p.m. - 12:30 a.m.
- Lido Deck**
Hot Cider: 10:30 a.m. - 11:00 a.m.
Hamburgers, Hot Dogs, Taco Bar and the Alaskan Sandwich: 12:00 noon - 2:30 p.m.
Iced Tea: 3:30 p.m. - 4:00 p.m.
- Amsterdam Dining Room**
Breakfast: 8:00 a.m. - 9:30 a.m.
Luncheon: 12:30 p.m. - 1:30 p.m.
- Dinner** ♥
6:15 p.m. First Sitting
8:15 p.m. Second Sitting

