

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** "Food for Thought" can be obtained from the Bookchest.
- ♥ 9:00 a.m. Trapshooting with Security Officer Tony and Alex.
- 9:00 a.m. - 4:00 p.m. Books and Indoor Games are available in the Bookchest.
- ♥ 9:30 a.m. Stay in shape with Low Impact Aerobics. Admiral's Lounge.
- 9:30 a.m. Facial and Skincare demonstration. Piet Hein Lounge.
- 9:45 a.m. Trivial Pursuit Challenge with mastermind Steve. Crow's Nest.
- 10:00 a.m. Junior Cruisers meet Tricia in the Lido.
- 10:00 a.m. - 10:30 a.m. Hostess Chat Time and Morning Coffee in the Explorers Lounge.
- 10:30 a.m. Pictionary is the name of the game with Jennifer in the Piet Hein Lounge.
- 10:30 a.m. - 11:00 a.m. Hot Cider is served on the outside decks.
- 10:45 a.m. Arts and Crafts with Cruise Staff Suebee in the Crow's Nest.
- 11:00 a.m. Scrabble anyone? Meet Cruise Staff Carrie, Piet Hein Lounge.
- 11:15 a.m. **Snowball Cash Prize Bingo**, with Bingo King, Steve. Admiral's Lounge.
- 11:15 a.m. - 12:00 noon. Passport to Fitness rewards for disembarking guests. De Halve Mean.
- ♥ 11:15 a.m. Mixed Doubles Shuffleboard with Richard on Sun Deck.
- ♥ 11:15 a.m. Sit and be fit with Kinsa in the Horn Pipe Club.
- 11:30 a.m. Mileage Pool. Guess the miles sailed from noon yesterday until 12:00 noon today. Place your bets with Angela. Lido Deck.
- 12:00 noon. (precisely) The ship's whistle will be tested.
- 12:45 p.m. "The Voice From The Bridge".
- ♥ 1:30 p.m. Dance Class with Suebee and Freddie. Admiral's Lounge.
- 2:00 p.m. Welcome to San Francisco.
- ♥ 2:00 p.m. - 2:30 p.m. Walk-A-Mile with Kinsa on Upper Promenade Deck Aft.
- 3:30 p.m. Afternoon Tea is served in the elegant Explorers Lounge.
- 3:30 p.m. - 4:00 p.m. Iced Tea is available on the outside decks.
- 8:15 p.m. Showtime for 1st Sitting Passengers. Admiral's Lounge.
- 9:30 p.m. - 10:00 p.m. Dance to the Noordam Orchestra. Admiral's Lounge.
- 10:30 p.m. Showtime for 2nd Sitting Passengers. Admiral's Lounge.
- 10:30 p.m. All Aboard! The gangway will be raised.

Dress Code At A Glance

September 25	San Francisco	Casual	October 4	At Sea	Informal
September 26	At Sea	Informal	October 5	Panama Canal	Informal
September 27	San Diego	Casual	October 6	Cartagena	Casual
September 28	At Sea	Formal	October 7	At Sea	Formal
September 29	Cabo San Lucas	Casual	October 8	Willemstad	Casual
September 30	At Sea	Informal	October 9	At Sea	Formal
October 1	Acapulco	Casual	October 10	Montego Bay	Informal
October 2	At Sea	Formal	October 11	At Sea	Formal
October 3	At Sea	Informal	October 12	At Sea	Casual

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. - arrival.

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

(Nav. Deck) 7:00 a.m. - 9:00 p.m.

SWIMMING POOLS

7:00 a.m. - 7:00 p.m.

MINT CASINO (Upper Prom. Deck)

Closed.

SHORE EXCURSION OFFICE

(Prom. Deck) 10:00 a.m. - 12:00 noon

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.

PHOTO SHOP (Promenade Deck)

9:00 a.m. - 12:00 noon.

Dining Hours

Lido Restaurant (Prom. Deck)

Early Coffee and Rolls: 7:00 a.m.

Breakfast: 7:30 a.m. - 10:00 a.m.

Lunch: 12:00 noon. - 2:00 p.m.

Ice Cream Parlor: 12:00 noon - 2:30 p.m. & 5:30 p.m. - 7:30 p.m.

Lido Dinner: 5:30 p.m. - 7:30 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, Deli Bar and the Railroad 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

