

## 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. Flex and stretch 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** "General Knowledge" can be obtained from the Bookchest.
- ♥ 9:00 a.m. Trapshooting with Security Officer Tony and Alex. Lido Deck.
- 9:00 a.m. - 5:00 p.m. Books and Indoor Games are available in the Bookchest.
- ♥ 9:15 a.m. Work out in the gym with Fitness Instructor Kinsa. Navigation Deck.
- 9:45 a.m. Gin Rummy Tournament with Cruise Staff Carrie, Crow's Nest, Sun Deck.
- ♥ 9:45 a.m. Gent's Southbound Ping Pong Competition. Meet Jennifer, Sun Deck.
- 10:00 a.m. - 10:30 a.m. Hostess Chat Time and Morning Coffee in the Explorers Lounge.
- 10:00 a.m. Junior Cruiser's get together in the Lido ( port side), Promenade Deck.
- 10:30 a.m. **BOAT DRILL** for newly embarked guests.
- 10:30 a.m. - 11:00 a.m. Refreshing lemonade is served on the outside decks.
- 10:45 a.m. Bridge class with the experts. Card Room.
- ♥ 10:45 a.m. Dynaband workout with Kinsa in the Horn Pipe Club.
- 11:00 a.m. **Snowball Cash Prize Bingo**, with Bingo King, Steve. Admiral's Lounge.
- 11:00 a.m. Cheese Fondue Demonstration in the Piet Hein Lounge.
- 11:00 a.m. All watertight doors will be tested. Please stay clear of these doors.
- ♥ 11:15 a.m. Ladies' Southbound Shuffleboard Competition. Join Mike on the Sun Deck.
- 11:30 a.m. Beginner's Backgammon with Freddie in the Crow's Nest.
- 11:30 a.m. Mileage Pool. Guess the miles sailed from San Francisco until 12:00 noon today. Place your bets with Angela. Lido Deck.
- 11:45 a.m. Disembarkation Talk for guests leaving in San Diego. Admiral's Lounge.
- 12:00 noon. (precisely) The ship's whistle will be tested.
- 12:45 p.m. "The Voice From The Bridge".
- ♥ 1:45 p.m. Dance Class with Suebee and Freddie in the Admiral's Lounge.
- 2:00 p.m. Bridge anyone? There's Party and Duplicate Bridge in the Card Room.
- ♥ 2:00 p.m. Sports Quiz and Beer Bash with Steve. Piet Hein Lounge.
- ♥ 2:30 p.m. Work off lunch in "Tone and Trim". Admiral's Lounge.
- 2:30 p.m. Juniors Cruiser's activities continue with Tricia in the Big Dipper.
- 2:45 p.m. Arts and Antiques Tour. Meet at the Front Office. Main Deck.
- ♥ 3:15 p.m. Mixed Volleyball with Cruise Staff Patrick. Sun Deck.
- 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.
- ♥ 3:45 p.m. Walk-A-Mile with Kinsa. Upper Promenade Deck.
- 4:00 p.m. Horse Racing Action at the Noordam Downs. Admiral's Lounge.
- 4:30 p.m. **Snowball Cash Bingo!** With Bingo King Steve in the Admiral's Lounge, also Mr. and Mrs. Noordam will be revealed.
- 5:00 p.m. - 6:00 p.m. Passport To Fitness Rewards for guests who have earned more than 15 stamps and are leaving us tomorrow. Main Deck Square.
- 7:15 p.m. - 8:00 p.m. Dance Time in the Admiral's Lounge with the Noordam Orchestra.
- 8:15 p.m. Showtime for 1st Sitting Passengers. Admiral's Lounge.
- 9:30 p.m. and 11:15 p.m. **Sherlock Holmes Musical Murder**. Crow's Nest.
- 10:15 p.m. Showtime for 2nd Sitting Passengers. Admiral's Lounge.

## 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**  
(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)  
Due to California Laws, the Casino must remain closed today.
- SHORE EXCURSION OFFICE**  
(Prom. Deck) 10:00 a.m. - 12:00 noon and 3:00 p.m. - 5:00 p.m.  
Last opportunity to book or cancel tours for San Diego.
- 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.  
Lunch: 12:00 noon - 2:00 p.m.  
Ice Cream Parlor: 10:00 a.m. - 2:30 p.m. & 4:30 p.m. - 5:30 p.m.  
Late Buffet: 11:30 p.m. - 12:30 a.m.
- Lido Deck**  
Lemonade: 10:30 a.m. - 11:00a.m.  
Hamburgers, Hot Dogs, Oriental Stirfry and the B.L.T. 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.
- Bon Voyage Dinner** ♥  
6:15 p.m. First Sitting  
8:15 p.m. Second Sitting

