

## 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** "Do You Know Alaska" 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 Piet Hein Lounge.
- 9:30 a.m. Silverware Demonstration with Hostess Pauline in the Explorers Lounge.
- 9:30 a.m. Firedrill for crew members only. Don't be alarmed by the ringing of the bells.
- 10:00 a.m. **"How To"... Photography with Kodak Ambassador George Butt in the Princess Theatre. Repeated at 11:15 a.m.**
- 10:00 a.m. **AAA Snowball Cash Prize Bingo**, with Bingo King, Steve. Admiral's Lounge.
- 10:00 a.m. - 10:30 a.m. Hostess Chat Time and Morning Coffee in the Explorers Lounge.
- 10:00 a.m. Junior/Teen Cruisers, meet Youth Counselors Niko and Tricia in the Big Dipper on Boat Deck and find out what's planned for today.
- 10:30 a.m. "Parisian Facial Demonstration" in the Piet Hein Lounge.
- 10:30 a.m. The watertight doors will be tested. Please stay clear of these doors.
- 10:30 a.m. Kitchen Tour. Meet at the entrance to the Amsterdam Dining Room.
- 10:45 a.m. Trivial Pursuit with Steve in the Crow's Nest.
- 11:00 a.m. - 11:45 a.m. Duncan McKenzie serenades in the Lido.
- ♥ 11:15 a.m. Mens Ping-Pong Tournament on Sun Deck with Richard.
- ♥ 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. AAA Triptik Mileage Pool. Guess the miles sailed from Vancouver until 12:00 noon today. Place your bets with Angela. Lido Deck.
- 11:30 a.m. Service Clubs Get-together with Michael in the Crow's Nest.
- 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. Ladies' Shuffleboard Tournament on Sun Deck with Michael.
- 1:30 p.m. and 2:30 p.m. Slide Presentation "Natural History of Southeast Alaska", join Naturalist Cindy Rogers in the Princess Theatre.
- ♥ 1:30 p.m. Dance Class with Freddie and Sue. Admiral's Lounge.
- 2:00 p.m. AAA Horse Racing in the Admiral's Lounge.
- 2:00 p.m. "Alaskan Jewelry". An informal presentation. Piet Hein Lounge.
- 2:15 p.m. Card players get together. Meet Cruise Staff Carrie in the Card Room.
- 2:30 p.m. Ice Carving Demonstration on the Lido Deck.
- ♥ 2:30 p.m. - 3:00 p.m. Walk-A-Mile with Kinsa on Upper Promenade Deck Aft.
- 2:45 p.m. "Let's Talk Scents" in the Piet Hein Lounge.
- 3:00 p.m. Blackjack, Craps and Roulette Lessons. Also sign up for the Blackjack Tournament. Mint Casino.
- ♥ 3:15 p.m. Ladies' Golf Putting Contest with Patrick. Upper Promenade Deck Balcony, next to the Mint Casino.
- 3:15 p.m. Port Information Talk with Shelly in the Admiral's Lounge.
- 3:15 p.m. Cruise Crafts with Claire in the Crow's Nest.
- 3:30 p.m. - 4:00 p.m. Afternoon Tea is served in the elegant Explorers Lounge.
- ♥ 3:45 p.m. Dynaband Workout with Kinsa. Piet Hein Lounge.
- 3:45 p.m. **AAA Snowball Cash Bingo!** With Bingo King Steve in the Admiral's Lounge.
- 5:00 p.m. Welcome Cocktail Party for 1st Sitting Passengers. Admiral's Lounge.
- 7:00 p.m. Welcome Cocktail Party for 2nd Sitting Passengers. Admiral's Lounge.
- 8:15 p.m. and 9:45 p.m. Showtime for 1st and 2nd Sitting Passengers. Admiral's Lounge.
- 9:15 p.m. and 10:45 p.m. **Sherlock Holmes Musical Murder**, for 1st and 2nd Sitting Passengers. Crow's Nest.
- 11:00 p.m. Karaoke Time 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**  
(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)  
Slot Machines: 8:30 a.m. - Close.  
Blackjack/Roulette/Poker  
10:00 a.m. - 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) 9:00 a.m. - 5:00 p.m.  
Last opportunity to book or cancel tours for Ketchikan.
- 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)  
Coffee & Tea: Available (24 hrs.)  
Early Coffee and Rolls: 6:30 a.m.  
Breakfast: 7:30 a.m. - 10:00 a.m.  
Brunch: 10:00 a.m. - 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: 10:45 p.m. - 11:45 p.m.
- Lido Deck**  
Hot Cider: 10:30 a.m. - 11:00 a.m.  
Hamburgers, Hot Dogs, Taco Bar and the Sandwich of the Day: 12:00 noon - 2:00 p.m.  
Hot Chocolate: 3:00 p.m. - 3:30 p.m.
- Amsterdam Dining Room**  
Breakfast: 7:30 a.m. - 9:00 a.m.  
Luncheon: 12:30 p.m. - 1:30 p.m.
- Captain's Dinner** ♥  
5:45 p.m. First Sitting.  
7:45 p.m. Second Sitting.

