## Day at a Glance

	Day at a diamoc
7:00 am - 7:00 pm	Our Fitness Instructor is available Ocean Spa
	▼ Walk-a-Mile with our Fitness Instructor Lower Promenade Deck
8:30 am	◆ Low Impact Aerobics
8:30 am - 8:00 pm	Sports equipment is available Open Decks
9:00 am - 3:00 pm	Ray's Daily Quiz is available
9:00 am	♥ Awesome Abs Ocean Spa
9:00 am - 5:00 pm	The Reading Room is open with playing cards, indoor games and books. Playing cards are also available 24 hours at the Front Office.
9:30 am	Bridge Lecture with our expert Eileen Neisen
9:45 am	Just another Bad Hair Day Ocean Spa
10:00 am	Morning CoffeeExplorers Lounge
10:30 am	MANDATORY BOAT DRILL FOR ALL GUESTS. (Listen for announcement!)
10:30 am -11:00 am	Lemonade is served Open Decks
10:45 am -12:15 pm	Slots Tournament
10:45 am	♥ Sit and be Fit
11:00 am	Men's Shuffleboard Tournament with the Cruise Staff. Sports Deck, port side
11:00 am	Kitchen Tour Lower Level Rotterdam Dining Room
11:00 am - 3:00 pm	Easy steps to younger firmer skin Ocean Spa
11:30 am	SNOWBALL CASH BINGO with Todd.
	The jackpot stands over \$1,000.00 Van Gogh Lounge
11:30 am	Art and Antique Tour
11:30 am -12:30 pm	Mid-day music Lido Deck, poolside
11:45 am	Ship Building Competition Ocean Bar
11:45 am	◆ Ladies' Shuffleboard Tournament Sports Deck, port side
12:00 nn	The ship's whistle will be tested.
12:30 pm - 1:30 pm	Piano music for your listening and dining pleasure Lido Restaurant
1:00 pm	The Voice from the Bridge with weather information.
1:15 pm	Solo Traveller Get-together
1:30 pm	Scrabble Tournament
1:30 pm	♥ Pool Games. They're Wet! They're Wild! Lido Deck
2:00 pm	Duplicate Bridge with Eileen Neisen
2:00 pm	Slimmers Paradise
2:15 pm	Ice Carving Demonstration Lido Deck, Poolside
2:30 pm	Team Trivia with Jay Ocean Bar
2:45 pm	Wine Seminar Lower Level of Rotterdam Dining Room
3:00 pm	♥ Body Toning Ocean Spa
3:30 pm - 4:00 pm	Iced Tea is served Open Decks
3:30 pm	Horse Racing
3:30 pm	Afternoon Tea is served with Music Exporers Lounge
3:30 pm	♥ Stretch and Relax (1st sitting) with our Fitness Instructor Ocean Spa
3:45 pm	Pictionary (a lot like "Win, Lose or Draw") with the Cruise Staff Ocean Ba
4:00 pm	SNOWBALL CASH BINGO with Jay Van Gogh Lounge
4:00 pm	♥ Walk-a-Mile with our Fitness Instructor Lower Promenade Decl
4:30 pm	Friends of Bill W. meeting Piano Ba
4:30 pm	♥ Stretch and Relax (2nd sitting) with our Fitness InstructorOcean Sp
4:30 pm 6:45 pm	◆ Stretch and Relax (2nd sitting) with our Fitness InstructorOcean Sp. SHOWTIME for 2nd Sitting Guests
9 BM N M BM BM M	▼ Stretch and Relax (2nd sitting) with our Fitness InstructorOcean Sp. SHOWTIME for 2nd Sitting Guests
6:45 pm	◆ Stretch and Relax (2nd sitting) with our Fitness InstructorOcean Sp. SHOWTIME for 2nd Sitting Guests





## Service Hours

PHYSICIAN HOURS(A-Deck forward,port) 10:00 am - 11:00 am and 5:00 pm - 6:00 pm Nurse on Duty:

8:00 am - 12:00 nn and 2:00 pm - 6:00 pm

MEDICAL EMERGENCY ONLY dial 911

OCEAAN BOUTIQUES (Upper Prom. Deck) Gourmet Shop: 9:00 am - 10:30 pm All Shops: 11:00 am - 10:30 pm

SELF SERVICE LAUNDRY 8:00 am - 10:00 pm

▼MASSAGE & BEAUTY SALON (Lido Deck) 8:00 am - 8:00 pm

SAUNA & OCEAN SPA FITNESS CENTER (Lido Deck) 7:00 am - 9:00 pm

POOLS & JACUZZI(Lido Deck) 7:00 am - 9:00 pm

SHORE EXCURSION OFFICE (Prom. Deck) 10:00 am - 12:00 nn

Drop Box available when office is closed.

PHOTO GALLERY (Promenade Deck) 9:00 am - 9:00 pm

CASINO (Upper Prom. Deck)
Slot Machines: 9:00 am - closing
Tables: 11:00 am - closing
Dice: 9:20 pm - closing

INTERNATIONAL HOSPITALITY DESK (Atrium, Upper Promenade Deck) 9:30 am - 10:00 am & 5:30 pm - 5:30 pm

GUEST RELATIONS MGR. (Prom. Deck) 9:00 am - 11:00 am & 3:00 pm - 5:00 pm

ART GALLERY (Hudson Room, Prom. Deck) 7:00 pm - 12:00 mn

JAVA CAFE(Promenade Deck) 8:30 am - 12:00 nn & 2:30 pm - 5:00 pm

JUICE BAR (inside Ocean Spa) 8:00 am - 11:00 am & 2:30 pm - 5:00 pm

## **Dining Hours**

## BREAKFAST

Lido Restaurant

Continental Breakfast 7:00 am -11:00 am
Breakfast 7:30 am -10:00 am
Rotterdam Dining Room 8:00 am - 9:30 am
Express Breakfast is available on Promenade level of the Rotterdam Dining Room.

LUNCH

Lido Restaurant 11:30 am - 2:00 pm Poolside Lido Deck Food Corner Hamburgers Hot Doos & Strictor

Hamburgers, Hot Dogs, & Stirfry

11:30 am - 2:30 pm Rotterdam Dining Room 12:30 pm - 1:30 pm

DINNER

Rotterdam Dining Room

First Sitting Guests 5:45 pm Second Sitting Guests 8:00 pm

LATE SNACK: ORIENTAL STYLE

Lido Restaurant 11:15 pm -12:15 am

ICE CREAM PARLOR(Lido Restaurant)

11:30 am - 2:30 pm 4:00 pm - 5:00 pm

11:15 pm -12:15 am

Coffee and Tea are available 24 hours in the Lido Restaurant.