

Sunny • Tempature: Low 12°C/24°F. High 20°C/64°F.

Sunday .	July 22nd 2024 S	unrise 4:12 am	Sunset	10:12 pm At Sea	
Today (Onboard				
Today Onboard Crosswords and Sudoku will be available from Guest Services.			2.00pm, 5.00pm & 9.30pm	Film: See film box for details.	Neptune Lounge (Deck 5) Forward
All Day	Jigsaw Puzzle & Paperback Books Paperbacks to swap are available	The Library, (Deck 5) Midship	2.00pm	Bridge Club Join fellow residents for a game of bridge.	The Library, (Deck 5) Midship
All Day	and the current Jigsaw is to be found on the Library table. Sport 24	Mike's Bar (Deck 8)	2.30pm	Interactive Bowling How many pins can you clear in this	Coral Club, (Deck 5) Aft
3:00 am	Today's Olympic Coverage. Morning Stretch	Aft Fitness Centre	3.00pm	fun interactive game? Pickle Ball Tournament Mixed doubles tournament.	Marquee Pool (Deck 8) Forward
5.00 dili	Join Fitness Instructor Sheraaz for a great start to your sea day.	(Deck 7) Aft	3.00pm	Book Club All welcome.	Observatory (Deck 8) Forward
2:00 am	Walk A Mile Meet at Reception to do four times round the deck. You never know who else might be there?	Promenade (Deck 5) Aft	3.00pm	Gym Orientation Fitness Instructor Sheraaz will be on hand to show you how to use gym equipment.	Fitness Centre (Deck 7) Aft
9:00 am	Yoga Join Fitness Instructor Sheraaz for this free class on deck.	Fitness Centre (Deck 7) Aft	3.30pm	Golf Chipping Competition 2With Golf Pro Steve.	Golf Simulator, (Deck 5) Aft
2:30 am	Solo Residents Get-Together Meet for a morning coffee.	Morning Light Cafe (Deck 5) Forward	4.30pm	Individual Quiz 20 tea time teasers but you must play on your own.	Coral Club, (Deck 5) Aft
2:30 am	Christian Fellowship get-Together Meet fellow residents for worship this morning.	Observatory (Deck 8) Forward	5.00pm	Early Evening De-Stress Join fitness Instructor Sheraaz to shake off the stressof the day.	Fitness Centre (Deck 7) Aft
0:00 am	Craft & Chat Bring your current craft projects.	Morning Light Cafe (Deck 5) Forward	5.15pm- 6.00pm	Early Evening Melodies Dave tinkles the ivories before dinner.	Observatory (Deck 8) Forward
0:00 am	Golf Driving Competition With Golf Pro Steve.	Golf Simulator, (Deck 5) Aft	5.30pm	Port Talk See advert for details.	Coral Club, (Deck 5) Aft
0.00am	Pilates Join Sheraaz for this great class.	Fitness Centre (Deck 7) Aft	6.00pm	Scripted Meditation with Fitness Instructor Sheraaz.	Fitness Centre (Deck 7) Aft
0.30am	Pickle Ball Tournament Rackets at the ready for a mixed doubles tournament.	Marquee Pool (Deck 8) Aft	8.30pm- 9.15pm	Dance Date Ballroom classics for your dancing pleasure.	Coral Club, (Deck 5) Aft
0.30am	Morning Challenge Join Voyage Director, Jane for this morning's quiz.	Coral Club, (Deck 5) Aft	9.15pm	Syndicate Quz Teams of no more than 6 compete in	Coral Club, (Deck 5) Aft
1.15am	Party Dance Class Join Voyage Director, Jane to learn some party dances.	Coral Club, (Deck 5) Aft	9.30pm - 11.15pm	this ultimate quiz challenge. Traverse '89 Great live music for your dancing and	Coral Club, (Deck 5) Aft
1.30am	The Gentlemen's Club Calling all male residents! This is your	Mike's Bar (Deck 8) Aft	9.15pm -	listening pleasure. An Evening With Cocktail Pianist	Observatory
oon	chance to get-together. Odyssey Choir Join Dave for our very own choir. We	Coral Club, (Deck 5) Aft	Midnight	Dave Adey Join Dave for classic tunes in the beautiful room with a view.	(Deck 8) Forwar
.00pm- .00pm	don't care if you can't sing - just come and have a good sing! Help Desk With Jane Voyage Director, Jane will be available to chat.	Shore Ex Desk (Deck 5) Aft	11.15pm - Late	Late Night Sounds Join your DJ in Odyssey's nightclub until late. Requests welcome.	Coral Club, (Deck 5) Aft
	avaliable to chat.		Driverto Los	cons are currently available for Gym	Instruction

Coral Club,

(Deck 5) Aft

1.30pm

Jukebox Hero

Enjoy this lunchtime music quiz. How

tunes will you recognise?

Private Lessons are currently available for Gym Instruction, Golf,

Singing, Speech & Drama and Piano. Please enquire with Voyage

Director, Jane in the first instance.

Opening Hours

Services

Fitness Center (Deck 7)Aft	24 hours	Spa (Deck 3) Midship	9.00am- 8.00pm
Golf Simulator (Deck 5) Aft	9.00am-9.00pm	Medical Center (Deck 2)Forward	8.00am-10.00am & 5.00pm - 6:00 pm
Shop (Deck 5) Aft	10.00am-Noon & 4.00pm- 6.00pm	Tour Desk (Deck 5) Aft	9.00am - 11:00 am & 2.00pm - 4.00pm

Restaurants

	Breakfast	Lunch	Dinner
Thistle (Deck 4)Aft	8:00 am - 10:00 am	12 noon - 2:00 pm	6:00 pm - 8:30 pm
Grampian Deck 8)Aft	7:30 am - 9:30 am	11:30 am - 1:30 pm	6:00 pm - 8:30 pm
Palms Café Deck 6)Aft	8:30 am - 11:30 am	1:00 pm - 3:00 pm	6:30 pm - 9:00 pm
The Poolside (Deck 8) Aft	8:00 am - 10:00 am	1:00 pm - 3:00 pm	
The Grill (Deck 6) Aft			6:30 pm - 8:30 pm
		Afternoon Tea	Supper Club
Palms Café (Deck 6) Aft		3:30 pm - 4:30 pm	11:00 pm - Midnight

Bars

Bookmark Café, (Deck 5) Midship	7:30 am - 11:00 pm	The Observatory, (Deck 8) Forward	1:00 pm - 1:00 am
Coral Club, (Deck 5)Aft	12 noon - 2:00 am	Mikes Bar, (Deck 8) Pool Deck	10:00 am - 9:00 pm
Morning Light Pub, (Deck 5)Forward	10:00 am - 1:00 am		





Polite Notice

Whilst the gym is open 24 hours a day, please be mindful of your safety when the Fitness Instructor is unavailable.

The International Convention for the Prevention of Pollution from Ships (MARPOL) and various domestic laws prohibit the discharge of garbage from ships into the sea. All garbage is to be retained on board and placed in the bins provided. Violation of these requirements may result in penalties.