

## Shipboard Information

### Your Cruise Card

The magnetic strip on your cabin key card is susceptible to information loss when placed near a magnetic source such as cameras and mobile phones. To avoid the inconvenience of being locked out of your cabin, please do not keep your key card next to these items.

### Today's Promotional Drinks

Cocktail	Miami vice on Ice	£3.00
Mocktail	Tropical Fruit Punch	£1.85
Coffee	Royal	£3.50
Buffet Special*	Alisios Temranillo 175ml	£2.35

Please ask your bartender for ingredients and details.

\*Available only from the Conservatory.



## Spa Terrace

The Spa Terrace is Adonia's very own private haven, with sumptuous loungers, great views of the ocean and an intimate setting, open daily from 9.00am-6.30pm. Port Day £6, Sea Day £10. Spaces are limited so book early to avoid disappointment.

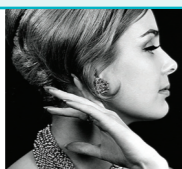
The Spa Terrace (Deck 9) Forward



## Formal Fantasy

Be ready for Black Tie night and accessorise your outfit with our stunning costume jewellery, bags and pashminas. All at tax and duty free prices.

9.00am-10.00pm Mayfair Shops (Deck 5) Atrium



## Cookery Demonstration

Come along to see our Sous Chef whip up a culinary storm. Hosted by Cruise Director Christine.

9.45am Crow's Nest (Deck 10) Forward



## Compact Camera Basics

Today we introduce you to the features and functions of compact digital cameras.

10.00am Anderson's (Deck 5) Forward



## Guest Speaker Peter Varley

After graduating, Peter spent 3 years conducting oceanographic research. He then spent the next 18 years as a Meteorological and Oceanographic specialist in the Royal Navy, serving at sea, in the UK and overseas. In 1995, Peter left the Royal Navy to establish a meteorological and oceanographic consultancy. Do whales need ear defenders? The effect of sound on whales and what we can do to protect them.

11.00am Curzon Lounge (Deck 5) Forward



## Wine Talk

Discover the wonderful world of wine in this informative presentation and tasting with Adonia's Head Wine Stewardess Cristina Casaña. (A nominal fee of £7.50 applies) For bookings, please dial 2713.

11.15am Crow's Nest (Deck 10) Forward, Port Side



## Spa Foot Soak

Tired, swollen feet? Treat them today with some Elemis seaweed soak goodness. Start today with our 30 minute session for only £20, include a heavenly foot and ankle massage for only £10.

3.00pm Oasis Spa Gym (Deck 9) Forward



## Restaurant Opening Times

### The Conservatory

Continental Breakfast	6.30am - 7.00am
Full English Breakfast	7.00am - Noon
Lunch	Noon - 3.00pm
Afternoon Snacks	3.00pm - 5.00pm
Late Night Snacks	10.00pm - Midnight

### Pacific Restaurant

Breakfast	8.00am - 9.30am
Lunch	12.15pm - 1.45pm
Afternoon Tea	4.00pm - 4.45pm
Dinner 1st Sitting	6.30pm
Dinner 2nd Sitting	8.45pm

Lido Café	11.00am - 6.00pm
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### Select Dining (cover charge applies)

Ocean Grill	6.00pm - 10.00pm (With reservations)
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Sorrento	6.00pm - 9.30pm (With reservations)
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For reservations please call 2701

## Bar Opening Times

Crow's Nest	10.30am - Late
Pool Bar*	10.00am - 7.00pm
Conservatory Bar	12.00pm - 3.00pm
Ocean Grill Bar	6.00pm - 10.30pm
Sorrento Bar	6.00pm - 10.30pm
Curzon Bar	9.00pm - Late
Anderson's Bar	11.00am - 1.00pm
	5.30pm - Late
Raffles Bar	10.00am - Late

\*Weather Permitting

## Department Opening Times & Offers

### Loyalty & Cruise Sales (Deck 5) Aft

In 2012 P&O Cruises have 215 cruise holidays travelling to 255 ports in 84 countries as well as 13 new destinations. See your Loyalty and Cruise Sales Manager to make your next cruise booking.

9.00am-Noon & 2.00pm-6.00pm

### The Library (Deck 10) Aft

Get useful information on the ports you will visit. Use the internet to check train timetables, local events and more.

9.00am-Noon, 1.00pm-5.00pm & 6.00pm-8.00pm

### Oasis Spa & Health Club (Deck 9) Forward

8.00am-10.00pm

### The Spa Terrace (Deck 9) Forward

9.00am-6.30pm

### Photo Gallery (Deck 5) Forward

Purchase both of your embarkation photographs, a photograph of the ship and an Adonia logo photo album for just £24.95. Save £19.95. Ask one of our photographers for more details.

9.00am-2.00pm

### Mayfair Shops (Deck 5) Atrium

9.00am-10.00pm

### Mayfair Jewellery (Deck 5) Atrium

Mayfair is the destination store for jewellery. Our expert jeweller presents an unmatched range of fine jewellery with Tanzanite, Diamonds, Emeralds, Rubies and more set in 9ct or 18ct white or yellow gold.

9.00am-10.00pm

### Emporium (Deck 5) Atrium

We have a wonderful selection of books on offer, from autobiographies and travel guides, to the latest paperback novels. Perfect for those days at sea.

9.00am-10.00pm

### Explorers (Deck 4) Aft

Bookings for tours in Skjolden will close at 6.00pm today. If you need help with your choice of tours please have a chat with Marian or Claire who will be happy to help you.

9.00am-6.00pm

## Shipboard Services

Reception (Deck 4) Atrium, Open from 7.00am-11.00pm. Reception can be contacted by dialling 2500 on any of the ship's telephones. For non-emergency services after this time contact the Duty Hotel Manager by dialling 4552 and follow the instructions.

The Medical Centre will be open from 9.00am-11.00am & 4.00pm-5.00pm. In an emergency only dial '999'.

# Horizon

Wednesday 17 August 2011

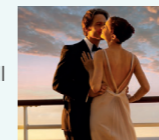
Sunrise: 6.41am Sunset: 9.12pm

58°58'N

### Tonight's dress code:

#### Black Tie

Dinner Jacket, Tuxedo or dark suit and tie for gentlemen, ball gown, trouser suit or cocktail dress for ladies.



## Port Talk - Bodo

This morning, Michael, will be introducing you to Bodo, the capital of the county of Nordland.

Bodo is located on an unsheltered peninsula on one of the world's most beautiful coastlines.

10.00am Curzon Lounge (Deck 5) Forward

## Port Talk - Honningsvaag

Michael our on board Port Presenter will introduce you to the port of Honningsvaag.

This is the land of endless tundra, dotted by plants dwarfed in their efforts to grow in such an environment. Here the midnight sun usually shines from mid May to the end of July, and the winter darkness adds to the region's mystique.

2.00pm Curzon Lounge (Deck 5) Forward

### Indulge...

## Thai Poulitice Massage

Thai Poulitice Massage is a rhythmic massage utilising scented herbal poultices that are heated and applied to the body at pressure points to relax the muscles and release tension. Your therapist then follows with massage and acupressure movements combined with essential oils that will relax and de-stress the body.

8.00am-10.00pm Oasis Spa (Deck 9) Forward



### Informative...

## Diamond & Coloured Gemstones Talk

A fun and informative talk by our on board Jeweller, Jerry. Are Diamonds an investment? How do you know if you are getting value for money? Learn everything there is to know about Diamonds and many other coloured gemstones from around the world.

3.00pm Crow's Nest (Deck 10) Forward, Port Side



### Hilarious...

## Mike Doyle

Multi-talented Mike Doyle excels at everything he does. His television performances always command top viewing figures and he is one of Wales' favourite radio presenters. Mike is a West End singer and award winning comic who leaves his audiences spellbound.

9.15pm & 10.45pm Curzon Lounge (Deck 5) Forward



### Fascinating...

## Guest Speaker Mike Harvey

### Barak Obama's Performance as America's President

Barak Obama came to the US Presidency in 2009 promising much. Now well over halfway through this presidency he has disappointed many people. Political commentator and guest speaker, Mike Harvey, considers why expectations have not been fulfilled and looks forward to what can be expected of Obama in the future, including his chances of re-election in 2012.

3.15pm Curzon Lounge (Deck 5) Forward



### Challenge...

## Classic Movie Challenge

Do you remember going to the flicks? If you enjoy the old movies, then Join Entertainment Officer Jane for this fun interactive quiz.

9.30pm Crow's Nest (Deck 10) Forward



### Ship's clock

Ship's clocks were put forward one hour at 2.00am this morning to UTC + 2 (Universal Time Co-ordinated).





**From 8.00am**

**8.00am – EARLY MORNING STRETCH CLASS**  
Join your Personal Trainer for a stretch class; it's the healthy way to start your day. (This class is complimentary)  
[Oasis Spa Gym \(Deck 9\) Forward](#)

**8.30am – INDOOR CYCLING**  
Aletta will be helping you keep fit with this great cardiovascular workout. (A nominal fee applies)  
[Oasis Spa Gym \(Deck 9\) Forward](#)

**From 9.00am**

**9.45am – COOKERY DEMONSTRATION**  
Come along to see our Sous Chef whip up a culinary storm. Hosted by Cruise Director Christine.  
[Crow's Nest \(Deck 10\) Forward](#)

**From 10.00am**

**10.00am – DECK SPORTS EXPLANATION**  
One of the Entertainment Officers, Jane will be there to show you how to play all of our deck sports.  
[Deck Quoits \(Deck 11\) Forward](#)

**10.00am – PORT TALK ON BODO**  
[Curzon Lounge \(Deck 5\) Forward](#)

**10.00am – TAP CLASS**  
Have you ever wanted to learn how to tap dance? Then now is the chance. Join Entertainment Officer Sarah as she starts at the very beginning and teaches you how.  
[Oasis Spa Gym \(Deck 9\) Forward](#)

**10.00am – GET INSPIRED: COMPACT CAMERA BASICS**  
Today we introduce you to the features and functions of compact digital cameras.  
[Anderson's \(Deck 5\) Forward](#)

**10.00am – CALIFORNIAN GLOW MAKE OVER**  
Join Beth to find out more about this amazing all in one bronzer and makeup, which has lots of great uses.  
[Card Room \(Deck 9\) Forward](#)

**10.00am-10.30am – TRAVELLING ALONE GET TOGETHER**  
Join members of the Entertainment Team for a coffee and a chat.  
[Ocean Grill \(Deck 10\) Aft, Starboard Side](#)

**10.30am – DECK QUOITS COMPETITION**  
[Deck Quoits \(Deck 11\) Forward, Port Side](#)

**10.30am – THE PERFECT HAIRCUT**  
Join our international stylists as they explain how to achieve the perfect haircut that will suit your face shape. Today we will be giving complimentary consultations to those who attend.  
[Card Room \(Deck 9\) Forward](#)

**From 11.00am**

**11.00am – INCREASE YOUR METABOLISM**  
As we grow older our metabolism becomes more sluggish, this can lead to health problems. In this complimentary talk we show you what can be done to improve your metabolism, health and overall well being.  
[Card Room \(Deck 9\) Forward](#)



**From 11.00am**

**11.00am – GUEST SPEAKER PETER VARLEY**  
[Curzon Lounge \(Deck 5\) Forward](#)

**11.15am – WINE TALK**  
Discover the wonderful world of wine in this informative presentation and tasting with Adonia's Head Wine Stewardess Cristina Casaña. (A nominal fee of £7.50 applies) For bookings, please dial 2713.  
[Crow's Nest \(Deck 10\) Forward, Port Side](#)

**11.15am – LINE DANCING CLASS WITH CRUISE DIRECTOR CHRISTINE**  
[Oasis Spa Gym \(Deck 9\) Forward](#)

**11.15am – SHUFFLEBOARD COMPETITION**  
With Entertainment Officer, Jane.  
[Shuffleboard \(Deck 11\) Forward, Starboard Side](#)

**11.30am – TABLE TENNIS COMPETITION**  
With Entertainment Officer, Sarah.  
[Lido \(Deck 9\) Aft, Port Side](#)

**From 12.00pm**

**Noon – FILM: GET LOW**  
Starring: Robert Duvall, Sissy Spacek, Bill Murray & Lucas Black.  
Directed by Aaron Schneider  
Rated PG-13; 100 minutes; 2009  
A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive.  
[Curzon Lounge \(Deck 5\) Forward](#)

**12.30pm – NAME THAT TUNE WITH COCKTAIL PIANIST STEVE**  
With Cocktail Pianist Steve and Cruise Director Christine.  
[Crow's Nest \(Deck 10\) Forward](#)

**Noon – HOW TO COMBAT SWOLLEN ANKLES**  
Join the experts to find out what causes fluid retention, swollen ankles and poor circulation. Special offers on our exclusive leg therapy treatment to all who attend.  
[Card Room \(Deck 9\) Forward](#)

**From 1.00pm**

**1.00pm – SECRETS TO A FLATTER STOMACH**  
Struggling to lose those last few pounds off the stomach? Always hitting a plateau? Attend this very interesting and exciting seminar and learn the secrets to a flatter stomach.  
[Card Room \(Deck 9\) Forward](#)

**1.00pm-2.00pm – LUNCHTIME MELODIES**  
With Vision Duo.  
[Crow's Nest \(Deck 10\) Forward](#)

**From 2.00pm**

**2.00pm – CRAFT CLASS**  
Entertainment Officer Jane teaches you how to make your very own Dreamcatcher. (A nominal fee applies)  
[Crow's Nest \(Deck 10\) Forward, Starboard Side](#)

**2.00pm – PORT TALK ON HONNINGVAAG**  
[Curzon Lounge \(Deck 5\) Forward](#)

**From 2.00pm**

**2.00pm – CHESS GET-TOGETHER**  
If you would like a friendly game of 'Giant' chess, join saxophonist Michael on the top deck.  
[Shuffleboard \(Deck 11\) Forward, Starboard Side](#)

**2.00pm – NON HOSTED BRIDGE**  
[Card Room \(Deck 9\) Forward](#)

**2.15pm – WHIST DRIVE COMPETITION**  
[Card Room \(Deck 9\) Forward](#)

**2.30pm – DECK QUOITS COMPETITION**  
With Entertainment Officer Sarah.  
[Deck Quoits \(Deck 11\) Forward](#)

**From 3.00pm**

**3.00pm – DIAMOND & COLOURED GEMSTONES TALK**  
[Crow's Nest \(Deck 10\) Forward](#)

**3.00pm – SPA FOOT SOAK**  
Cleansing and detoxifying Elemis foot soak. Start today with our 30 minute session for only £30, include a heavenly foot and ankle massage for only £10.  
[Oasis Spa Gym \(Deck 9\) Forward](#)

**3.15pm – GUEST SPEAKER MIKE HARVEY**  
Barak Obama's Performance as America's President  
[Curzon Lounge \(Deck 5\) Forward](#)

**3.30pm – SHUFFLEBOARD COMPETITION**  
With Entertainment Officer Jane.  
[Shuffleboard \(Deck 11\) Forward, Starboard Side](#)

**From 4.00pm**

**4.00pm – FITNESS CLASS: PATHWAY TO PILATES**  
A great class for beginners that will increase your flexibility and tone your body. Our fitness instructor will take you through a series of Pilates exercises. Sign up is essential and can be done via the Oasis Spa Gym. (A nominal fee applies)  
[Oasis Spa Gym \(Deck 9\) Forward](#)

**4.30pm – Wii SPORTS**  
Join Entertainment Officer Jane at this time for this interactive challenge.  
[Crow's Nest \(Deck 10\) Forward, Port Side](#)

**4.30pm – TABLE TENNIS COMPETITION**  
With Entertainment Officer Sarah.  
[Lido \(Deck 9\) Aft, Port Side](#)

**From 5.00pm**

**5.00pm – FITNESS CLASS: FAB ABS**  
Get that holiday six pack with this fantastic workout, involving high intensity abdominal training to some great dance classics. This class is complimentary, so no excuses.  
[Oasis Spa Gym \(Deck 9\) Forward](#)

**5.30pm – INDIVIDUAL QUIZ**  
Join one of the Entertainment Officers for today's twenty teasers.  
[Crow's Nest \(Deck 10\) Forward](#)

**From 5.00pm**

**5.45pm & 8.00pm – TRAVELLING SOLO PRE PARTY GET TOGETHER**  
Meet one of the Entertainment team who will escort you to this evenings party.  
[Anderson's \(Deck 5\) Forward](#)

**From 8.00pm**

**8.15pm-9.00pm – COCKTAIL PIANIST STEVE LOWDELL**  
Enjoy a tittle and a tune to the sounds of Cocktail Pianist Steve.  
[Atrium \(Deck 5\) Midship](#)

**From 9.00pm**

**9.15pm – MIKE DOYLE**  
[Curzon Lounge \(Deck 5\) Forward](#)

**9.30pm – CLASSIC MOVIE CHALLENGE**  
With Entertainment Officer Jane.  
[Crow's Nest \(Deck 10\) Forward](#)

**9.45pm-Midnight – COCKTAIL PIANIST STEVE LOWDELL**  
Cascading keys from Cocktail Pianist Steve.  
[Atrium \(Deck 5\) Midship](#)

**From 10.00pm**

**10.15pm-10.45pm – WELCOME ABOARD DANCE DATE**  
One of the Entertainment Team hosts this glamorous evening of dancing so take to the floor as Vision Duo will be playing all of your ballroom, Latin and sequence favourites.  
[Curzon Lounge \(Deck 5\) Forward](#)

**10.30pm-Midnight – KARAOKE SPOTLIGHT**  
[Crow's Nest \(Deck 10\) Forward](#)

**10.45pm – MIKE DOYLE**  
[Curzon Lounge \(Deck 5\) Forward](#)

**10.45pm – SYNDICATE QUIZ**  
Join one of the Entertainment Team for tonight's general knowledge team quiz.  
[The Conservatory \(Deck 9\) Aft](#)

**From 11.00pm**

**11.45pm-12.30am – WELCOME ABOARD DANCE DATE**  
Continue dancing in this evenings welcome aboard dance, with music from Vision Duo.  
[Curzon Lounge \(Deck 5\) Forward](#)

**Not to miss!**

**10.30pm-Midnight – KARAOKE SPOTLIGHT**  
Your chance to 'sing like a diva'! Come along and choose your song, and let us hear your star performance. Hosted by your Deputy Cruise Director, Liam and Entertainment Officer, Jane.  
[Crow's Nest \(Deck 10\) Forward](#)

