



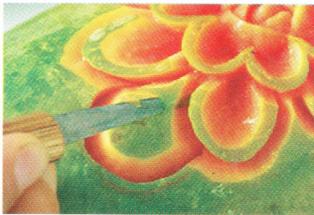
# Daily Programme.

## From the Navigator.



Today Queen Elizabeth will transit down the western coastline of Portugal, passing the Portuguese capitol of Lisbon down the Port side. As we proceed onwards towards the southern tip of Portugal, we will pass around Cabo de St Vincente utilising the Trafalgar Traffic Separation Scheme, before turning eastwards towards the Gibraltar strait which we will transit late tonight and into the morning.

## Fruit And Vegetable Carving



Join Queen Elizabeth's food artists as they create these beautiful works of art from simple fruits and vegetables.

**11.00am, Grand Lobby, Deck 1 Midships**

## Exclusive Event Rolex Launch Seminar



We are pleased to announce the arrival of a very special collection of fine watches here on board. Join us today at 11.00am for the official launch Seminar of our range of Pre-owned Rolex watches from the leaders in fine watch restoration, Ponte Vecchio Time. Our Watch Experts will lead the seminar, telling you all you need to know about this exclusive range and the intricate restoration process each timepiece undergoes.

Following the Seminar, relax with a complimentary glass of champagne as we unveil the full range of these prestige watches in store with savings of up to 35% off price at new.

**At 11.00am Queens Room, Deck 2**

# At sea en route to Palma de Mallorca.



## Captain's Welcome Reception.



Captain Aseem A. Hashmi MNM cordially invites those guests dining in the Britannia and Britannia Club Restaurants to join him and his officers for cocktails in the Queens Room.

**Guests dining on the early seating**  
5.15pm to 6.00pm

**Guests dining on the late seating**  
7.45pm to 8.30pm.

The Captain will be receiving guests on the starboard side entrance to the Queens Room, Deck 2 Midships. Alternatively, guests not wishing to join the receiving line may enter the party on Deck 2 forward past the Golden Lion, please use stairway A.

**Dress code: Formal**  
**Queens Room, Deck 2 Midships**



## Cunard Insights Lecture.

**Phil Holt**

"The Red Arrows - 50 Fantastic Years."  
**At 11.00am**

**Nigel Vardy**

"Over The Horizon."  
**At 12.15pm**

**Royal Court Theatre, Decks 1, 2 & 3.**

## Port Presentation: Heraklion & Katakolon

Heraklion is the gateway to amazing Knossos archaeological site, proving the existence of the Minoan civilisation. Lying only a few miles from Katakolon is the world famous site of Olympia where ancient Greeks locked every four years for more than a millennium to celebrate the sacred games dedicated to the Greek God Zeus.

**At 2.00pm**

**Royal Court Theatre, Decks 1, 2 & 3.**

## Traditional Maritime Church Service

Conducted by Captain Aseem A. Hashmi MNM.

**At 10.00am Royal Court Theatre,  
Decks 1, 2 & 3, Forward**

## Tonight's Featured Showtime.



**VANITY FAIR**

The Royal Cunard Singers & Dancers Present:

## Vanity Fair.

Popular music, dance and culture of a bygone era, with a touch of the Avant Garde.

**At 8.30pm and 10.30pm**  
**Royal Court Theatre, Decks 1, 2 & 3**

## Cunard Ball.

Enjoy an evening of elegance and grandeur with the Queens Room Orchestra under the musical direction of Harry Nijkamp and featuring vocalist Thomas Harris. At 10.15pm enjoy a special dance appearance from international dance couple Sergey and Olga.  
**From 9.15pm, Queens Room, Deck 2**





# Today's activities.

6am

**6.00am GOOD MORNING QUEEN ELIZABETH**  
With Entertainment Manager Amanda Reid and guests (until 12.00pm). Followed by the Movie 'Dear Eleanor' which will be repeated continuously throughout the day.  
Stateroom TV, Channel 22

**6.00am CUNARD INSIGHTS LECTURE**  
An opportunity to see a lecture presented by speaker, Nigel Vardy and Phil Holt from earlier this voyage.  
Stateroom TV, Channel 44 (repeated continuously)

**6.00am LIVE F1 GRAND PRIX JAPAN**  
Garden Lounge, Deck 9, Midships

7am

**7.00am FITNESS: STRETCH & RELAX**  
Royal Spa Fitness Centre, Deck 9

**7.30am FITNESS: FAB ABS CLASS**  
Royal Spa Fitness Centre, Deck 9

8am

**8.00am FITNESS: YOGA CLASS**  
Royal Spa Fitness Centre, Deck 9 (A fee applies.)

9am

**9.00am FITNESS: INDOOR CYCLING**  
Royal Spa Fitness Centre, Deck 9 (A fee applies.)

**9.00am CROSSWORD PUZZLES & QUIZZES AVAILABLE**  
Library, Deck 2, Midships

**9.30am BEGINNERS BRIDGE LESSON**  
Card Room, Deck 3, Midships (until 10.30am)

**9.30am INTRODUCTION TO SKYPE**  
No booking required seats are on a first come first seated basis.  
ConneXions 1, Deck 1 Grand Lobby. (until 10.30am)

**9.30am HOOPLAH COMPETITION**  
Deck 10, B Stairway 

10am

**10.00am TRADITIONAL MARITIME CHURCH SERVICE**  
Conducted by Captain Aseem A. Hashmi MNM.  
Royal Court Theatre, Decks 1, 2 & 3, Forward (until 10.30am)

**10.00am LINE DANCING**  
Hosted by the Cunard Dancers.  
Queens Room, Deck 2, Midships

**10.00am FITNESS: BODY SCULPT BOOT CAMP**  
Royal Spa Fitness Centre, Deck 9, Forward (A fee applies.)

**10.00am WATERCOLOUR ART CLASS**  
Art kits are available for \$35.00.  
Britannia Restaurant, Deck 3, Aft

**10.00am MORNING TRIVIA**  
With a member of the Entertainment Team.  
Golden Lion Pub, Deck 2, Forward 

**10.00am HOW TO LOSE UP TO 8 INCHES**  
Ionithermie: Offers wellness solutions for women and men. It is the first noninvasive detoxification, firming and toning treatment. This is an instant result driven treatment where you can loose up to 8 inches in 1 session.  
Royal Spa, Deck 9, Forward

**10.30am INTERMEDIATE BRIDGE LESSON**  
Card Room, Deck 3, Midships (until 11.30am)

11am

**11.00am INSIGHTS LECTURE: PHIL HOLT**  
"The Red Arrows – 50 Fantastic Years." In the height of the "swinging sixties" the RAF formed an aerobatic team that would win the hearts of a nation. Today he takes us through the events that led to the creation of the world's best loved aerobatic team and speak about their early years.  
Royal Court Theatre, Decks 1, 2 & 3

**11.00am FRUIT AND VEGETABLE CARVING**  
Grand Lobby, Deck 1 Midships

**11.00am HOW TO INCREASE YOUR METABOLISM**  
Royal Spa Fitness Centre, Deck 9, Forward

11am

**11.00am SECRETS TO A FLATTER STOMACH**  
Join our Personal Trainers as they demonstrate tried and tested ways of losing abdominal fat.  
Royal Spa, Deck 9, Forward

**11.00am ROLEX SEMINAR**  
Queens Room, Deck 2, Midships

**11.00am SOCIAL TABLE TENNIS**  
Deck 9, A Stairway

**11.00am SOLO TRAVELLER'S COFFEE MORNING**  
Meet Janice, your Social Hostess, for an informal get together.  
Lido Buffet, Deck 9 Aft, Starboard Side

**11.00am HAIR SHOW "THE ULTIMATE CUT"**  
Join our international hair stylists for this spectacular hair show where one lucky winner will be chosen to receive a free cut and style live on stage.  
Yacht Club, Deck 10, Forward (until 12.00pm)

**11.15am INTERACTIVE GAMES COMPETITION**  
With a member of the Entertainment Team.   
Golden Lion Pub, Deck 2, Forward

12pm

**12.00pm NAVIGATIONAL ANNOUNCEMENT**  
Information from the bridge over the public address system.

**12.00pm LOW LIMIT GAMING**  
Empire Casino, Deck 2 (until 5.00pm)

**12.00pm STRESS, LONGEVITY & DIGESTION: CHINESE MEDICINE**  
Herbal remedies are natural solutions to your common health conditions. They can be used to treat digestive problems, stress, insomnia and maintain good health.  
Royal Spa, Deck 9, Forward (until 12.45pm)

**12.15pm BALLROOM DANCE CLASS: SLOW WALTZ**  
With international ballroom instructors Sergey and Olga.  
Queens Room, Deck 2 (until 1.00pm)

**12.15pm INSIGHTS LECTURE: NIGEL VARDY**  
"What makes man want to look 'Over the Horizon?'" In this session I'll be exploring what takes the view of a child through to adulthood, and question what we see, our desires to see and explore more. Should we ever loose the joy of 'looking through the eyes of a child?'  
Royal Court Theatre, Decks 1, 2 & 3

**12.30pm LIVE MUSIC WITH CHANGEZ**  
Lido Pool, Deck 9, Aft (until 1.15pm)

1pm

**1.00pm QUEEN ELIZABETH HARMONY CHOIR**  
There is still room, so come along and enjoy this fun group with David.  
Yacht Club, Deck 10, Forward

**1.00pm WATERCOLOUR ART CLASS**  
Art kits are available for \$35.00.  
Britannia Restaurant, Deck 3, Aft

**1.00pm THERMAGE- LIVE BEAUTIFULLY**  
The best treatment to look younger and to show real results.  
Royal Spa Fitness Centre, Deck 9, Forward

2pm

**2.00pm DUPLICATE BRIDGE TOURNAMENT**  
Card Room, Deck 3, Midships (until 4.00pm) 

**2.00pm PORT PRESENTATION: HERAKLION & KATAKOLON**  
Royal Court Theatre, Decks 1, 2 & 3

**2.00pm RELIEVING BACK PAIN WITH GOOD FEET**  
Receive a complimentary foot analysis to address your individual concerns.  
Royal Spa, Deck 9, Forward

**2.00pm SOCIAL BRIDGE, WHIST AND CHESS**  
ConneXions 2, Deck 3, Midships (until 4.00pm)

**2.00pm WALKING IN COMFORT WITH GOOD FEET**  
Join us to learn about the biomechanics of walking and how the way your foot striking the ground can affect your whole body. Free Foot Print Analysis for all who attend.  
Royal Spa Fitness Centre, Deck 9, Forward

# Tonight's Entertainment.

2pm

## 2.00pm PUFFY LEGS?

Suffering from water retention? Tightness in the legs? Poor blood circulation? Find out how leg therapy can relieve these symptoms and how to maintain them whilst at home.  
Royal Spa, Deck 9, Forward

## 2.00pm PADDLE TENNIS COMPETITION

Deck 11, A Stairway



## 2.00pm CLASSICAL CONCERT

Featuring Geoffrey Haydock & Penelope Smith, Clarinet & Pianoforte duo.

Queens Room, Deck 2, Midships

## 2.00pm GUESS THE MELODY

Yacht Club, Deck 10, Forward



## 2.15pm MASONIC GATHERING

An informal gathering of Masonic Brethren.  
Admirals Lounge, Deck 10

3pm

## 3.00pm MOVIE: 'MAGGIE'S PLAN'

Maggie, a New York millennial, is desperate to find the man of her dreams and have a family. However, life becomes decidedly complicated when she falls for the very married anthropology professor, John. Starring Travis Fimmel, Ethan Hawke, Julianne Moore, Maya Rudolph, Bill Hader. Rated R.

(Repeated continuously tomorrow on Channel 22 from 12.00pm)

Royal Court Theatre, Decks 1, 2 & 3 (Duration: 98 minutes)

## 3.00pm HOSTESS CORNER: NEEDLEWORK & KNITTING

Cafe Carinthia, Deck 2, Grand Lobby (until 3.45pm)

## 3.00pm CLOSE UP MAGIC WORKSHOP WITH MARC OBERON

Come and learn some simple magic tricks to entertain your friends and family.

Garden Lounge, Deck 9, Midships

## 3.00pm QUIZZICAL CORNER

Lido Pool deck 9 aft



## 3.00pm PHOTOSHOP ELEMENTS: BASIC REPAIRS

Booking required via Purser's office, or iStudy Manager, a nominal fee of \$15 applies.

ConneXions 1, Deck 1 Grand Lobby (until 4.00pm)

## 3.00pm SNOWBALL JACKPOT BINGO

Tickets are on sale from 10.00am at the Casino cash desk, Deck 2.  
Golden Lion Pub, Deck 2, Forward

## 3.00pm ARTHRITIS & BACK PAIN SOLUTIONS

Royal Spa, Deck 9, Forward

## 3.15pm SHORT MAT BOWLS COMPETITION

Deck 11, A Stairway



## 3.30pm QUEENS ROOM AFTERNOON TEA

Featuring harpist Lara Szabo.

Queens Room, Deck 2, Midships (until 4.30pm)

4pm

## 4.00pm RESTORE FACIAL CONTOURS WITH DR LUIS

Experience the safe and effective, youth-enhancing benefits of targeted wrinkle treatments and instant dermal fillers. Complimentary consultations to all that attend.

Royal Spa, Deck 9, Forward

## 4.00pm FITNESS: PILATES CLASS

Royal Spa Fitness Centre, Deck 9, Forward (A fee applies.)

## 4.15pm AFTERNOON TRIVIA

Golden Lion Pub, Deck 2, Forward



## 4.30pm SHUFFLEBOARD COMPETITION

Deck 10, C Stairway



5pm

## 5.00pm FRIENDS OF DOROTHY

Commodore Club, Deck 10, Forward, Starboard Side (until 6.00pm)

## 5.00pm FRIENDS OF BILL W

Admiral's Lounge, Deck 10 (until 6.00pm)

5pm

## 5.00pm FITNESS: STRETCH AND RELAX

Royal Spa Fitness Centre, Deck 9

## 5.15pm PIANO ENTERTAINER PAT PATTON

Golden Lion Pub, Deck 2, Forward (until 6.00pm)

## 5.30pm COCKTAIL PIANIST DAVID CRATHORNE

Midships Bar, Deck 3 (until 6.30pm)

6pm

## 6.45pm COCKTAIL PIANIST DAVID CRATHORNE

Midships Bar, Deck 3 (until 7.30pm)

7pm

## 7.00pm BEAT THE CLOCK

Golden Lion Pub, Deck 2, Forward



## 7.30pm PIANO ENTERTAINER GRAHAM WELLARD

Commodore Club, Deck 10, Forward (until 8.30pm)

## 7.45pm COCKTAIL PIANIST DAVID CRATHORNE

Midships Bar, Deck 3 (until 8.30pm)

## 7.45pm RECORDED BALLROOM, LATIN & SEQUENCE DANCE MUSIC

Yacht Club, Deck 10, Forward (until 8.30pm)

8pm

## 8.00pm WIPEOUT TRIVIA

The trivia with a twist – will you keep all your points?

Golden Lion Pub, Deck 2, Forward



## 8.30pm SHOWTIME: VANITY FAIR

Royal Court Theatre, Decks 1, 2 & 3 Forward

9pm

## 9.00pm YOUNG ADULTS GET TOGETHER

Meet fellow guests, ages 18 - 25 for an informal get-together.  
Yacht Club, Deck 10, Forward

## 9.15pm CUNARD BALL

Queens Room, Deck 2 Midships (until 12.00am)

## 9.15pm REQUEST EXPRESS WITH DJ CLAIRE

Yacht Club, Deck 10, Forward (until 9.45pm)

## 9.30pm DIXIELAND JAZZ

Golden Lion Pub, Deck 2, Forward (until 10.15pm)

## 9.30pm SONGS OF NAT KING COLE

With pianist Graham Wellard.

Commodore Club, Deck 10, Forward (until 10.15pm)

## 9.30pm HARPIST LARA SZABO

Midships Bar, Deck 3 (until 10.30pm)

## 9.45pm LIVE MUSIC WITH CHANGEZ

Yacht Club, Deck 10, Forward (until 10.30pm)

10pm

## 10.30pm GUESS THE MELODY

Golden Lion Pub, Deck 2, Forward

## 10.30pm REQUEST EXPRESS WITH DJ CLAIRE

Yacht Club, Deck 10, Forward (until 11.15pm)

## 10.30pm SHOWTIME: VANITY FAIR

Royal Court Theatre, Decks 1, 2 & 3 Forward

## 10.30pm PIANO ENTERTAINER GRAHAM WELLARD

Commodore Club, Deck 10, Forward (until 1.00am)

## 10.45pm HARPIST LARA SZABO

Midships Bar, Deck 3 (until 11.30pm)

11pm

## 11.15am LIVE MUSIC WITH CHANGEZ

Yacht Club, Deck 10, Forward (until 12.15am)

## 11.30pm DIXIELAND JAZZ

Golden Lion Pub, Deck 2, Forward (until 12.15am)

12am

## 12.15am LATE NIGHT DANCING WITH DJ CLAIRE

Yacht Club, Deck 10, Forward (until late)

## 12.15am PIANO ENTERTAINER PAT PATTON

Golden Lion Pub, Deck 2, Forward (until 1.00am)

## Queens Grill, Princess Grill & Britannia Club.

Breakfast:.....	8.00am to 9.30am
Lunch:.....	12.30pm to 2.00pm
Dinner:.....	6.30pm to 9.00pm

## Britannia Restaurant.

Breakfast:.....	8.00am to 9.30am
Lunch:.....	12.30pm to 2.00pm
Early Sitting Dinner:.....	6.00pm
Late Sitting Dinner:.....	8.30pm

## Lido Restaurant.

Continental breakfast:.....	4.00am to 6.30am
Breakfast:.....	6.30am to 11.30am
Lunch:.....	11.30am to 3.00pm
Snack:.....	3.00pm to 6.00pm
Dinner Buffet:.....	6.00pm to 11.00pm
Late Snack:.....	11.00pm to 4.00am

## Lido Alternative.

*Please dial 14315 between 7.00am to 5.00pm or by visiting the Lido Buffet during opening hours to make a reservation.*

Smokehouse .....	6.30pm to 9.00pm
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*The classic American Smokehouse delivers a delicious and distinctive style of barbecuing. A \$17.50 charge per person will apply.*

## The Verandah.

*Dial 14319 between 10.00am to 5.00pm to book or visit the Verandah during opening hours.*

Lunch .....	12.00pm to 1.30pm
Dinner: .....	6.30pm to 9.00pm

*Featuring contemporary French Cuisine with ingredients freshly sourced in France. Cover charges apply, \$25 per person for Lunch and \$35 per person for dinner.*

## Afternoon Tea.

Queens Room:.....	3.30pm to 4.30pm
Queens Grill Lounge (for Grills Guests only) .....	3.30pm to 4.30pm

*Out of respect for our fellow guests - Short shorts, sandals and sleeveless tops (for men) are not considered appropriate attire during Afternoon Tea Time.*

## Bars & Lounges.

Café Carinthia:.....	7.00am to 12.00am
Commodore Club:.....	10.00am to 1.00am
Garden Lounge:.....	9.00am to 11.00pm
Golden Lion: .	10.00am to 1.00am /Pub Lunch 12.00pm to 2.30pm
Lido Bar (weather permitting):.....	10.00am to 10.00pm
Midships Bar:.....	5.00pm to 12.00am
The Yacht Club:.....	9.30pm to late
Queens Grill Lounge .....	10.00am to 2.30pm & 5.30pm to 11.00pm

## Facility Hours.

Art Gallery:.....	10.00am to 9.00pm
Book Shop: .....	9.00am to 9.00pm
Casino Tables .....	11.00am to late/Slots 24 hours
Port Shop:.....	9.00am to 9.00pm
Royal Arcade: .....	9.00am to 9.00pm
Photo Gallery:.....	9.00am to 3.00pm
ConneXions 1 Deck 1:.....	Open 24 hours
Assistance Available .....	4.30pm to 6.00pm
Internet Library Deck 3:.....	9.30am to 12.00pm & 3.00pm to 4.30pm
Library:.....	9.00am to 6.00pm
Royal Fitness:.....	6.00am to 8.00pm
Spa & Salon:.....	8.00am to 8.00pm
Play Zone .....	9.00am to 12.00pm, 2.00pm to 5.00pm & 6.00pm to 11.00pm
Kids Zone.....	10.00am to 12.00pm, 2.00pm to 5.00pm & 6.00pm to 11.00pm
Teen Zone .....	10.00am to 12.00pm, 2.00pm to 5.00pm & 6.00pm to 11.00pm
Sports Equipment Available (open decks).....	9.00am to 6.00pm
Pavilion Pool (Deck 9 Stairway A) ....	(Weather permitting) 24 hours
Pavilion Jacuzzi (Deck 9, Stairway A) .....	7.30am to 9.00pm
Lido Pool (Deck 9 Stairway C) .....	(Weather permitting) 24 hours
Lido Jacuzzi (Deck 9 Stairway C) .....	7.30am to 9.00pm
Tour Office: .....	9.00am to 6.00pm
Voyage Sales: .....	9.00am to 12.00pm & 3.00pm to 6.00pm
Medical Centre:.....	9.00am to 11.00am and 4.00pm to 6.00pm

## Dress Requirement: Formal.

Formal: Dinner jacket, tuxedo or dark suit with tie for gentlemen. A range of gentlemen's formal wear is available to hire on board ship. Evening or cocktail dress for ladies. Please note that after 6.00pm, shorts and blue or worn denim (for men and women); sandals and sleeveless tops (for men) are not considered appropriate within the ship. On formal nights, any guests wishing to dress more casually are welcome to dine in the Lido buffet on deck 9 and relax in the Garden Lounge, but should not use other areas within the ship, including our Alternative Dining Restaurants, out of respect for their fellow guests.

## Alternative Lido Dining.

Our alternative dining theme this evening is 'Smokehouse' offering classical American Smokehouse cuisine. Smokehouse is located within the Lido Restaurant, deck 9, starboard side, open from 6.30pm - 9.00pm. Reservations can be made by dialling the Lido reservation line on 14315 between the hours of 7.00am and 5.00pm. Please note that a \$17.50 cover charge per person will apply.

## Theatre Box Programme.

Celebrate special evenings in the Royal Court Theatre with our Theatre Box Programme. You will be offered finger desserts and champagne cocktails in a private lounge area. At performance time, you will be guided to your private box, where bar staff will serve you chocolates and Veuve Clicquot champagne. Reservations may be made through the Purser's Office on extension 33000. Please note that reservations close at 3.00pm on the day of the performance. A charge of \$55 + 15% service charge per couple applies.

## Wheelchair Accessible Seating.

Guests are kindly reminded that Accessible Seating in the Royal Court Theatre is for the exclusive use of guests using mobility aids and their companions. Therefore, guests who do not require the use of such aids are requested to find alternative seating. We would also like to remind guests that Accessible Seating areas should not be used for storing mobility aids during the show; wheelchairs and scooters should never be left unattended in public areas.

## Water Conservation

Water is a very precious commodity on a ship. Fuel is consumed while running our sea water evaporators, therefore we ask you to take extra care in avoiding any wastage. Please do not let taps run unnecessarily and report any leakages to your stateroom staff. Please do not pour excess shampoos or detergents down the sinks or showers as all our grey water is discharged into the sea. Place all unused detergents in your stateroom bins.

## Smoking Policy.

In response to customer feedback we have recently updated our smoking policy. Smoking is therefore not permitted in staterooms, on balconies or in public areas. Designated areas of the open deck where smoking is permitted are on the starboard side of decks 3 & 10 only. Please be reminded smoking is not permitted on deck 10 aft. The area/walkway above the canvas canopy linking the port and starboard side is a no smoking zone. Thank you for your co-operation. Electronic cigarettes, including those which do not emit smoke, are not permitted in public areas but can be used in staterooms, on balconies and designated areas of the open deck. This change has been made for the safety and comfort of our guests and means that all will be able to enjoy full use of all areas of the ship, and their private balconies, without the effect of drifting smoke. Smoking in the Churchill's Cigar Lounge is designated for Cigar smokers only.

## Solo Travellers' Luncheon

If you are travelling solo and would like to join other solo guests for an informal lunch in the Britannia restaurant today Sunday 9 October at 1.15pm, please call the Purser's Office on 33000 to leave your name and stateroom number, no later than 11.00am today.