

Wednesday 12 October 2016

At Sea

Sunrise 7.36am

Sunset 6.28pm



# Daily Programme.

## Time Change Notice.



Please be advised that early tomorrow morning, the ship's time will be SET FORWARD ONE HOUR. Please set your watches FORWARD before retiring this evening, Wednesday 12 October.

## From the Navigator.



Departing yesterday afternoon Queen Elizabeth let go her lines and made her way out through the Bay of Palma, we then set south easterly courses and passed the Isla De Cabrera on our port side, shortly afterwards we altered course to the east which we will maintain throughout the day. Today we will pass the island of Sardegna on our port side and enter the Tyrrhenian sea, tonight we will be passing Sicilia on our starboard side as we head for the Messina strait which we will transit in the early hours of tomorrow morning.

## Nautical fact of the day.

### Wardroom.

The Wardroom originally was known as the Wardrobe Room, a place where officers kept their spare wearing apparel. It was also the space where any loot secured from enemy ships, was stored. In an effort to have some privacy on a crowded ship, officers would sometimes take their meals in the Wardrobe Room. Today, the wardroom aboard ship is where officers take their meals, relax, and socialize.

## Port Presentation: Cadiz

The sparkle in the air and the glittering ripples of the sea combine to nickname Cadiz 'the cup of silver'. Further afield, other attractions beckon; Vejer, one of the White Towns dating from the days of frontier clashes; Jerez, another frontier town well known for its sherry, and Seville which needs no introduction.

**At 10.00am**

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

## In Today's Discover...

A chance to treat yourself in the Royal Spa, start reading this voyages book club book, and take advantage of our benefits of booking on board...

## Cunard Insights Lecture.

### Nigel Vardy

"Writing for the Love of Mountains - Lost Communication."

**At 11.00am**

### Phil Holt

"Donald Campbell - Across The Lake."

**At 12.15pm**

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

## Cooking Demonstration.



Join our Executive Chef Trevor Connolly, as he prepares two mouth watering dishes from his recipe book.

**At 11.00am,**

**Grand Lobby, Deck 1 Midships**

## Tanzanite Seminar.

Join our on board Jeweller Dean for a fascinating talk about this rare African gem. We reveal the history and some little known facts surrounding this beautiful stone. Join us afterwards in the fine jewellery store for a free glass of champagne and come view one of the most beautiful collections at sea.



**At 11.00am**

**Queens Room, Deck 2**

## Tonight's Entertainment: Back with a brand new show 60s & 70s Rock n' Roll and Country Zach Winningham.



Recently Zachary moved to Las Vegas, where he can routinely be found performing on various stages of the famous Las Vegas Strip. He plays an outstanding variety of music and cites his biggest musical influences as The Beatles, Elvis, Sam Cooke, Ricky Nelson, The Beach Boys, Jim Croce, and Roy Orbison. He is excited to be performing a brand new show tonight. Presented by Entertainment Manager, Amanda Reid.

**At 8.30pm & 10.30pm**

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

## Celestial Nights.



Join us this evening for songs inspired by the sun, moon, sea and sky with the Queens Room Orchestra featuring vocalist Thomas Harris under the musical direction of Harry Nijkamp.

**9.15pm to 12.00am**

**Queens Room, Deck 2, Midships.**



# Today's activities.

6am

**6.00am GOOD MORNING QUEEN ELIZABETH**  
With Entertainment Manager Amanda Reid and guests (until 12.00pm), Followed by the Movie 'Eddie The Eagle' 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)

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.)

**8.45am SIGN UP FOR FOIL FENCING**  
A beginners' fencing class. Spaces limited to 12 per class. Class starts at 9.00am.  
Queens Room, Deck 2 (until 9.45am)

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**  
Classes run in sequence.  
Card Room, Deck 3, Midships (until 10.30am)

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

10am

**10.00am PORT PRESENTATION: CADIZ**  
Royal Court Theatre, Decks 1, 2 & 3

**10.00am YOM KIPPUR DAY SERVICE**  
With Rabbi Charles Sherman, all are welcome.  
Yacht Club, Deck 10, Forward (until 10.45am)

**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 (until 11.00am)

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

**10.00am ARTHRITIS & BACK PAIN SOLUTIONS**  
Acupuncture treats aches and pains from head to toe. Safe, effective, and time tested. Start feeling better today. Health is the best souvenir of all. Conducted by our internationally qualified Acupuncturist, Amanda.  
Royal Spa, Deck 9, Forward

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

11am

**11.00am DETOX FOR HEALTH AND WEIGHT LOSS**  
Join our personal trainers and learn about what toxins are, how they affect your body and how you can detox your body and boost your health and energy.  
Royal Spa Fitness Centre, Deck 9, Forward (until 11.00am)

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

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

11am

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

**11.00am LOVE YOUR LIPS**  
Have you always wanted fuller, naturally smooth, subtle lips. Join in to find out how Dr. Eduardo Ramirez successfully completes this treatment with great results.  
Royal Spa, Deck 9, Forward

**11.00am INSIGHTS LECTURE: NIGEL VARDY**  
"Writing for the Love of Mountains - Lost Communication." At times we expect a reply that never comes. During a tough Himalayan climb, I was reported lost in an avalanche, purely because I did not reply to a message. I wonder how many of us loose hope when our loves do not reply?  
Royal Court Theatre, Decks 1, 2 & 3

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

**11.15am INTERACTIVE GAMES COMPETITION**  
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 BACK BY POPULAR DEMAND: LADIES PAMPER PARTY**  
Join us for some "me time" and learn how to pamper yourself whilst enjoying a collagen eye treatment, sunglow application and neck and bust lifting treatment all complimentary. In order to attend reservation is needed as there is limited space. Contact the Spa reception to book your attendance. Call 36001.  
Yacht Club, Deck 10, Forward (until 12.45pm)

**12.15pm INSIGHTS LECTURE: PHIL HOLT**  
"Donald Campbell - Across The Lake." "I'm just a man that passes water faster than anyone else." Charismatic, daring, brave. There is much more to be told about Donald Campbell than the events at Coniston Water.  
Royal Court Theatre, Decks 1, 2 & 3

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

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

**12.30pm COCKTAIL PIANIST PAT PATTON**  
Golden Lion Pub, Deck 2 (until 1.15pm)

1pm

**1.00pm BLACKJACK TOURNAMENT**  
Empire Casino, Deck 2

**1.00pm LEARN HOW TO REVITALISE YOUR LEGS**  
Always suffered from water retention? Need some relief? Find out how our body specialist, Rachel, can help and advise according to your specific concerns.  
Royal Spa, Deck 9, Forward

**1.00pm QUEEN ELIZABETH HARMONY CHOIR**  
Yacht Club, Deck 10, Forward

**1.00pm WATERCOLOUR ART CLASS**  
Art kits are available for \$35.00.  
Britannia Restaurant, Deck 3, Aft (until 2.00pm)

2pm

**2.00pm GUESS THE MELODY**  
Lido Pool deck 9 aft

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

**2.00pm INTRODUCTION TO ACUPUNCTURE**  
Ever tried Acupuncture, wanted more information in regards to how it work and what conditions this could treat?  
Royal Spa Fitness Centre, Deck 9, Forward





# Tonight's Entertainment.

2pm

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

**2.00pm SHUFFLEBOARD COMPETITION**  
Deck 10, C Stairway



**2.00pm MOVIE: 'THE JUNGLE BOOK'**

A panther leads a human boy on a trek through the jungle in order to reunite him with his kind. Along the way, the boy encounters a lazy bear, a devious snake and an orangutan who dreams of controlling fire. Starring Neel Sethi, Bill Murray, Ben Kingsley, Idris Elba, Scarlett Johansson, Christopher Walken. Rated: PG.  
(Repeated continuously tomorrow on Channel 22 from 12.00pm)  
Royal Court Theatre, Decks 1, 2 & 3 (Duration: 106 minutes)

**2.15pm INTEREST CORNER: VETERANS GET TOGETHER**  
Admiral's Lounge, Deck 10 (until 3.00pm)

**2.45pm BRAND NEW DOUG HYDE COLLECTION SHOWCASE**  
Clarendon Fine Art Gallery, Deck 3, Midships (until 3.30pm)

3pm

**3.00pm QUIZZICAL CORNER**  
With a member of the Entertainment Team.  
Lido Pool deck 9 aft



**3.00pm HOW TO LOSE UP TO 8 INCHES**  
Ionithermie: Offers wellness solutions for women and men. Ionithermie is a clinically-trialed treatment. 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

**3.00pm HOSTESS CORNER: NEEDLEWORK & KNITTING**  
Bring your own knitting and needlework projects for an informal gathering with Social Hostess Janice.  
Yacht Club, Deck 10, Forward (until 3.45pm)

**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 USING YOUR iPad - THE BASICS**  
Bring your own iPad and learn how to use it efficiently. Booking required via Purser's office, or iStudy Manager, a nominal fee of \$15 applies.  
ConneXions 1, Deck 1 Grand Lobby (until 4.00pm)

**3.15pm CROQUET COMPETITION**  
Deck 11, A Stairway



**3.30pm QUEENS ROOM AFTERNOON TEA**  
Featuring the Eos String Quartet.  
Queens Room, Deck 2, Midships (until 4.30pm)

4pm

**4.00pm COLLAGEN BOOST FACE AND BODY WITH THERMAGE**  
Restore facial contours and put your best face forward. Get a smoother, tighter and younger appearance with Thermage  
Royal Spa, Deck 9, Forward (until 5.00pm)

**4.00pm FITNESS: PILATES CLASS**  
Royal Spa Fitness Centre, Deck 9, Forward (A fee applies.)

**4.15pm AFTERNOON TRIVIA**  
With a member of the Entertainment Team.  
Golden Lion Pub, Deck 2, Forward



**4.30pm DECK QUILTS COMPETITION**  
Deck 10, B Stairway



5pm

**5.00pm FRIENDS OF DOROTHY**  
Commodore Club, Deck 10, Forward, Starboard Side (until 6.00pm)

**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 HARPIST LARA SZABO**  
Midships Bar, Deck 3 (until 6.30pm)

6pm

**6.00pm FRIENDS OF BILL W**  
Admiral's Lounge, Deck 10 (until 7.00pm)

**6.45pm EOS STRING QUARTET**  
Cafe Carinthia, Deck 2, Grand Lobby (until 7.30pm)

7pm

**7.00pm PICTURE THIS**  
Golden Lion Pub, Deck 2, Forward



**7.30pm PIANO ENTERTAINER GRAHAM WELLARD**  
Commodore Club, Deck 10, Forward (until 8.30pm)

**7.45pm EOS STRING QUARTET**  
Cafe Carinthia, Deck 2, Grand Lobby (until 8.30pm)

**7.45pm HARPIST LARA SZABO**  
Garden Lounge, Deck 9, Midships (until 8.30pm)

**7.45pm BALLROOM, LATIN & SEQUENCE DANCE MUSIC**  
Queens Room, Deck 2 Midships (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: ZACH WINNINGHAM**  
Royal Court Theatre, Decks 1, 2 & 3 Forward

9pm

**9.15pm CELESTIAL NIGHTS**  
Join us this evening for songs inspired by the sun, moon, sea and sky with the Queens Room Orchestra featuring vocalist Thomas Harris under the musical direction of Harry Nijkamp.  
Queens Room, Deck 2, Midships (until 12.00am)

**9.15pm PIANO ENTERTAINER PAT PATTON**  
Golden Lion Pub, Deck 2, Forward (until 9.45pm)

**9.15pm REQUEST EXPRESS WITH RESIDENT DJ**  
Yacht Club, Deck 10, Forward (until 9.45pm)

**9.30pm COCKTAIL PIANIST DAVID CRATHORNE**  
Midships Bar, Deck 3 (until 10.30pm)

**9.30pm MOON RIVER AND ME - SONGS OF JOHNNY MERCER**  
With Pianist Graham Wellard.  
Commodore Club, Deck 10, Forward (until 10.15pm)

**9.30pm HARPIST LARA SZABO**  
Garden Lounge, Deck 9, Midships (until 10.15pm)

**9.45pm BLANK SPACES**  
Fill in the missing words to try to match the Entertainment Host, it might be harder than you think!  
Golden Lion Pub, Deck 2, Forward (until 10.30pm)

**9.45am LIVE MUSIC WITH CHANGEZ**  
Yacht Club, Deck 10, Forward (until 10.30pm)

10pm

**10.30pm SHOWTIME: ZACH WINNINGHAM**  
Royal Court Theatre, Decks 1, 2 & 3 Forward

**10.30pm PIANO ENTERTAINER GRAHAM WELLARD**  
Commodore Club, Deck 10, Forward (until 11.15pm)

**10.30pm REQUEST EXPRESS WITH RESIDENT DJ**  
Yacht Club, Deck 10, Forward (until 11.15pm)

**10.45pm COCKTAIL PIANIST DAVID CRATHORNE**  
Midships Bar, Deck 3 (until 11.30pm)

**10.30pm PIANO ENTERTAINER PAT PATTON**  
Golden Lion Pub, Deck 2, Forward (until 1.00am)

11pm

**11.15am LIVE MUSIC WITH CHANGEZ**  
Yacht Club, Deck 10, Forward (until 12.15am)

**11.30pm 3D TRIBUTE WITH GRAHAM WELLARD & BILL GIBSON**  
Commodore Club, Deck 10, Forward (until late)

12am

**12.15am LATE NIGHT DANCING WITH RESIDENT DJ**  
Yacht Club, Deck 10, Forward (until late)