



Daily Programme.

At sea en route to Southampton.



From the Navigator.

Crossing the Golfe De Cadiz we proceed to sail West along the Portuguese coast and we rounded Cape Sao Vincente in the early hours of this morning. Today we shall steer Northerly headings to parallel the coast of Portugal before rounding Cape Finisterre in the early hours of tomorrow morning and entering the Bay of Biscay.

Ship's Galley Tour.

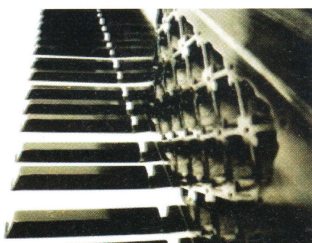


Take a tour behind the scenes and see where all that wonderful food comes from. Sensible non-slip footwear is recommended. Cameras are permitted.

Entry to the Britannia Restaurant will be at 10.30am.

Galley Tour starts at 10.45am, Entrance via Britannia Restaurant, Deck 2

Cruising Down Broadway With David Crathorne



Join David and fellow guests for a fun afternoon sing-a-long.

At 3.00pm Grand Lobby, Deck 1, Midships

Guests vs. Crew Table Tennis Tournament.

Come and join fellow guests and members of the ships company for a fun filled Table Tennis Competition - Guest vs. Crew. Sign up on from 10.00am. Whether you would like to cheer for the ships company players or fellow guest players or play in the competition come along and support our event, hosted by Your Sports Director Jackie.

At 10.15am Queens Room, Deck 2

Celebrity Speakers Margaret Gilmore

"Superpowers and Spies."

At 11.00am Royal Court Theatre, Decks 1, 2 & 3.



Cunard Insights Lecture.

John Sherlock

"Byzantine skill, Romanesque energy & Gothic glory."

At 10.00am

Dave Mallinder

"The Sammy Davis Jr. Story."

At 12.15pm

Royal Court Theatre, Decks 1, 2 & 3.

Classical Concert Geoffrey Haydock, clarinet & Penelope Smith, pianist

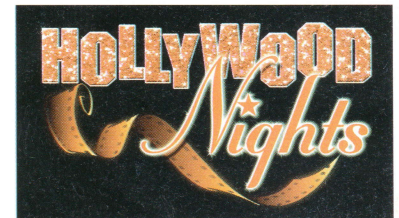


"Encore"

At 2.00pm Queens Room, Deck 2.

Tonight's Showtime. The Royal Cunard Singers And Dancers Presents...

'Hollywood Nights'



Join the Royal Cunard Singers and Dancers to experience a roller coaster ride through the history of the silver screen. See the movie icons of yesteryear get ready for their big moment, then journey through time before clicking your heels and arriving in the 21st century. Prepare to be astounded by this brilliant and spectacular must see show. Your Hollywood Night could be tonight - so be there!

8.30pm & 10.30pm

Royal Court Theatre, Decks 1, 2 & 3

Starlight Ball.

This evening get your dancing shoes on and get ready to face Queen Elizabeth's very own dance competition. (Sign up in the Queens Room from 9.30pm). Featuring a dance exhibition by international dance couple Sergey and Olga.

9.15pm Queens Room, Deck 2

Karaoke & Pat Patton

Throw your inhibitions overboard and sing your favourite karaoke classics.

9.45pm Golden Lion Pub, 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 'Across The Universe' which will be repeated continuously throughout the day.
Stateroom TV, Channel 22

6.00am CUNARD INSIGHTS LECTURE
An opportunity to see 'The Nat King Cole Story', presented by Dave Malinder Holt 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.)

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 THE TABLET REVOLUTION: INTRODUCTION TO TABLETS
No booking required seats are on a first come first seated basis.
ConneXions 1, Deck 1 Grand Lobby. (until 10.30am)

9.30am GOLF TARGET COMPETITION
Golf Net Area, Deck 10, B Stairway



10am

10.00am GUEST TALENT SHOW SIGN UP
Come and sign up to Queen Elizabeth's talent show and rehearse for tomorrow's debut. Guests wishing to participate in tomorrow's show must attend this morning's rehearsal and sign up.
Yacht Club, Deck 10, Forward (until 10.30am)

10.00am INSIGHTS LECTURE: JOHN SHERLOCK
"Byzantine skill, Romanesque energy & Gothic glory." The techniques that lead European architecture to new heights as cathedral and abbey building became so dominant in medieval times. Why did the pointed arch become so important in Western Europe?
Royal Court Theatre, Decks 1, 2 & 3

10.00am HOW TO LOSE UP TO 8 INCHES
Ionithermie is a noninvasive detoxification, firming and toning treatment. This is an instant result driven treatment where you can lose up to 8 inches in 1 session.
Royal Spa, Deck 9, Forward

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
Golden Lion Pub, Deck 2, Forward



10.15am GUESTS VS. CREW TABLE TENNIS TOURNAMENT
Sign up at 10.00am with your Sports Director Jackie.
Queens Room, Deck 2, Midships

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

10.45am SHIP'S GALLEY TOUR
Entrance via Britannia Restaurant, Deck 2

11am

11.00am HOW TO INCREASE YOUR METABOLISM
Join our personal trainers as they explain more about how your metabolism.
Royal Spa Fitness Centre, Deck 9, Forward

11am

11.00am SOLO TRAVELLER'S COFFEE MORNING
Lido Buffet, Deck 9 Aft, Starboard Side

11.00am CELEBRITY SPEAKER: MARGARET GILMORE
"Superpowers And Spies." One of the most bizarre and unlikely spy stories of modern times is the real-life drama of Alexander Litvinenko. He was in effect the key witness to his own slow, agonising murder, dying a slow and painful death from poisoning after a series of meetings in some of London's most luxurious haunts, and before the world's press. As he lay on his deathbed he pieced together who had killed him and how and when - pointing the finger at the heart of the Putin government. This was no ordinary criminal murder story but one of international significance which re-ignited former Cold War tensions between Russia and the Western world.
Royal Court Theatre, Decks 1, 2 & 3

11.00am WELLNESS EVENT
Join your Spa team for five minute taster complimentary spa treatments: neck and shoulders, eye booster, foot print analysis and mineral make-up. This is the perfect opportunity to try some of our most popular treats complimentary.
Garden Lounge, Deck 9, Midships

11.00am SOCIAL HOOPLAH
Deck 10, B Stairway (unhosted)

11.15am SNOWBALL JACKPOT BINGO
Tickets are on sale from 10.00am at the Casino cash desk, Deck 2.
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.
Yacht Club, Deck 10, Forward (until 1.00pm)

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

12.15pm INSIGHTS LECTURE: DAVE MALLINDER
"The Sammy Davis Jr. Story." This lecture will cover the life and achievements of another of America's finest entertainers - a man so amazingly talented not only as a singer, but also as a dancer, movie actor, comedian and humanitarian. His many hits include, 'Mr Wonderful', 'What Kind of Fool Am I?' and 'The Candy Man'.
Royal Court Theatre, Decks 1, 2 & 3

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

12.30pm PIANO ENTERTAINER PAT PATTON
Golden Lion Pub, Deck 2 (until 1.15pm)

1pm

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

1.00pm THERMAGE- LIVE BEAUTIFULLY
Give yourself the opportunity to learn about why Thermage is the best treatment to look younger and to show real results.
Royal Spa, Deck 9, Forward

1.00pm BLACKJACK TOURNAMENT
Empire Casino, Deck 2

1.30pm PREMIER LEAGUE LIVE
Bournemouth vs. Tottenham Hotspurs (satellite reception permitting)
Golden Lion Pub, Deck 2, Forward & Garden Lounge, Deck 9, Midships

2pm

2.00pm DUPLICATE BRIDGE TOURNAMENT
Card Room, 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, Deck 9, Forward

Tonight's Entertainment.

2pm

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

2.00pm SHUFFLEBOARD COMPETITION
Deck 10, C Stairway



2.00pm CLASSICAL CONCERT
Geoffrey Haydock & Penelope Smith, Clarinet & Pianoforte duo.
Queens Room, Deck 2, Midships

2.00pm PUFFY LEGS?
Suffering from water retention? Tightness in the legs? Poor blood circulation? Learn how to relieve these symptoms and how to maintain them whilst at home.
Royal Spa Fitness Centre, Deck 9, Forward

2.15pm INTEREST CORNER: VETERANS GET-TOGETHER
Admirals Lounge, Deck 10 (until 3.00pm)

2.30pm MOVIE: 'STAR TREK BEYOND'
The USS Enterprise crew explores the furthest reaches of uncharted space, where they encounter a new ruthless enemy who puts them and everything the Federation stands for to the test. Starring Chris Pine, Zachary Quinto, Anton Yelchin, John Cho, Simon Pegg, Karl Urban. Rated PG-13.
(Repeated continuously tomorrow on Channel 22 from 12.00pm)
Royal Court Theatre, Decks 1, 2 & 3 (Duration: 120 minutes)

2.45pm A WORLD OF ART TALK: PHILIP GRAY
Clarendon Fine Art Gallery, Deck 3, Midships

3pm

3.00pm ARTHRITIS & BACK PAIN SOLUTIONS
Royal Spa, Deck 9, Forward

3.00pm QUIZZICAL CORNER
Lido Pool deck 9 aft



3.00pm CRUISING DOWN BROADWAY WITH DAVID CRATHORNE
Grand Lobby, Deck 1, Midships

3.00pm BOOK CLUB DISCUSSION
Meet with fellow guests to discuss this voyage's book, 'What Milo Saw,' by Virginia Macgregor.
Admiral's Lounge, Deck 10 (until 3.30pm)

3.00pm HOSTESS CORNER: NEEDLEWORK & KNITTING
Yacht Club, Deck 10, Forward (until 3.45pm)

3.00pm USING YOUR iPad – ESSENTIALS
Bring your own iPad and learn how to use it efficiently. Booking required via Purser's office, or iStudy Manager, a fee of \$15 applies.
ConneXions 1, Deck 1 Grand Lobby (until 4.00pm)

3.15pm DECK QUILTS COMPETITION
Deck 10, B 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 EDUARDO
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 PREMIER LEAGUE LIVE
Arsenal vs. Middlesborough (satellite reception permitting)
Golden Lion Pub, Deck 2, Forward & Garden Lounge, Deck 9

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

4.15pm AFTERNOON TRIVIA
Yacht Club, Deck 10, Forward



4.30pm SHORT MAT BOWLS COMPETITION
Deck 11, A Stairway



5pm

5.00pm FRIENDS OF BILL W
Admiral's Lounge, Deck 10 (until 6.00pm)

5pm

5.00pm MASONIC COCKTAIL RECEPTION
An informal gathering of the Masonic Brethren and their spouses.
Commodore Club, Deck 10, Forward

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

5.00pm TAP DANCING CLASS
Join Entertainment Host Ross, for a Tap Dance Class and learn fun and easy soft shoe tap routines.
Queens Room, Deck 2, Midships (until 5.45pm)

5.00pm FITNESS: STRETCH & 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

6.30pm PREMIER LEAGUE LIVE
Liverpool vs. West Bromwich Albion (satellite reception permitting)
Garden Lounge, Deck 9 Midships

6.45pm COCKTAIL PIANIST DAVID CRATHORNE
Midships Bar, Deck 3 (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 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: HOLLYWOOD NIGHTS
Royal Court Theatre, Decks 1, 2 & 3 Forward

9pm

9.15pm STARLIGHT BALL
Queens Room, Deck 2, Midships (until late)

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

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

9.30pm PIANO ENTERTAINER GRAHAM WELLARD
Commodore Club, Deck 10, Forward (until 1.00am)

9.30pm HARPIST LARA SZABO
Midships Bar, Deck 3 (until 10.30pm)

9.45pm KARAOKE & PIANIST PAT PATTON
Golden Lion Pub, Deck 2, Forward (until late)

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

10pm

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

10.30pm SHOWTIME: HOLLYWOOD NIGHTS
Royal Court Theatre, Decks 1, 2 & 3 Forward

10.30pm EOS STRING QUARTET
Midships Bar, Deck 3 (until 11.30pm)

11pm

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

12am

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