

## Queens Grill, Princess Grill and 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
First Sitting Dinner .....	6.00pm, last order 6.30pm
Second Sitting Dinner .....	8.30pm, last order 9.00pm

## Lido Restaurant.

Continental Breakfast .....	5.00am to 6.30am
Breakfast .....	6.30am to 11.00am
Lunch .....	11.30am to 3.00pm
Lido Grill (Weather permitting) .....	12.00pm to 5.00pm
Pizzeria: Lunch: 11.30am to 4.00pm / Dinner: 6.00pm to 9.30pm	
Snacks .....	3.00pm to 6.00pm
Dinner Buffet .....	6.00pm to 10.30pm
Late Snacks .....	11.00pm to 2.00am

## Alternative Dining.

Dial 14315 between 8.00am to 5.00pm to book or visit the Alternative Dining Restaurant during opening hours.

Bamboo .....	6.30pm to 9.00pm
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Capture the spirit of Asia with our tantalising dishes inspired by the many flavours of each region. Ask your Sommelier about our speciality Sake pairings. A \$19.50 cover charge applies.

## Steakhouse At The Verandah.

Dial 14351 between 8.00am to 5.00pm for a reservation or speak to any Head Waiter or Maitre D'.

Lunch .....	12.30pm to 2.00pm
Dinner .....	6.30pm to 9.00pm

Celebrating the provenance of the US, British Isles and Australia, our chefs have crafted delicious appetisers and entrées with succulent prime cuts cooked to order, tantalising seafood and scrumptious desserts. Join us for lunch, dinner or indulge in our signature cocktails at the bar. Please note that charges do apply.

## Afternoon Tea.

Queens Room .....	3.30pm to 4.30pm
Princess Grill Dining Room (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 and Lounges

Chart Room .....	7.00am to late
Commodore Club .....	10.00am to late
Golden Lion Pub .....	10.00am to late
Pub Lunch .....	12.00pm to 2.30pm
Pub Dinner .....	Closed
Lido Bar (Weather permitting) .....	10.00am to 10.00pm
Midships Lounge - Gin & Fizz .....	4.00pm to late
Yacht Club .....	9.00pm to late
Winter Garden .....	9.00am to 11.00pm

## Facilities and Retail.

Art Gallery .....	9.00am to 4.00pm & 6.30pm to 9.00pm
Book Shop .....	9.00am to 9.00pm
Empire Casino Cashier's Desk .....	10.00am to late
.....Tables .....	11.00am to late
Internet Centre, Library, Deck 3, Midships .....	Open 24 hours
..... Assistance available from 9.00am to 6.00pm	
iStudy/ConneXions 1, Deck 1, Grand Lobby .....	Open 24 hours
..... Assistance available from 2.00pm to 3.00pm & 4.30pm to 6.00pm	
Library .....	9.00am to 6.00pm
Medical Centre .....	9.00am to 11.00am & 4.00pm to 6.00pm
..... Dial 911 or 999 for medical emergencies only	
Photo Gallery .....	9.00am to 2.00pm
Royal Arcade .....	9.00am to 9.00pm
Royal Fitness .....	6.00am to 8.00pm
Spa & Salon .....	8.00am to 8.00pm
The Zone (2 - 17 Yrs) .....	10.00am to 12.00pm, 2.00pm to 5.00pm
..... & 6.00pm to 11.00pm	
Tour Office .....	9.00am to 6.00pm
Voyage Sales .....	9.00am to 1.00pm & 2.00pm to 5.00pm
Lido Pool (Deck 9, Stairway C) .....	(Weather permitting) 24 hours
Lido Jacuzzi (Deck 9, Stairway C) .....	7.30am to 9.00pm
Pavilion Pool (Deck 9, Stairway A) .....	(Weather permitting) 24 hours
Pavilion Jacuzzi (Deck 9, Stairway A & B) .....	7.30am to 9.00pm
..... Please be advised the swimming pools are not supervised	
Sports Equipment Available (open decks) .....	10.00am to 8.00pm

## What to Wear: Gala Evening Attire.

It's Showtime. Tonight we invite you to dress to impress and celebrate with us at one of our much anticipated Gala Evenings. That means from 6.00pm on board, its dinner jacket, tuxedo, or dark suit for the men with a regular tie or bow tie. Evening or cocktail dress, smart trouser suit, or formal separates for the ladies please. A range of gentlemen's formal wear is available to hire on board. If you prefer to spend tonight in more relaxed attire, feel free to dress more casually in the following venues: Lido Buffet, Golden Lion Pub, Casino, Winter Garden and Yacht Club. Please note Non-ripped jeans are appropriate, but please refrain from wearing shorts, sports attire, swim wear or sleeveless t-shirts outside of the gym, spa and deck spaces.

## Corkage fee.

Guests are advised that a corkage fee of \$20.00 is chargeable on all bottles brought into any of our restaurants and bars for service in that location. This charge does not apply to Gift Vouchers or 'Welcome On Board' bottles received in your stateroom at embarkation or throughout your voyage. Please present your Gift Voucher or Welcome On Board' card to the restaurant or bar staff. Guests are not allowed to bring aboard spirits, beer or other alcoholic beverages for consumption in any of the ship's restaurants, bars or lounges.

## Climate control.

The temperature within your stateroom/suite may be adjusted to suit your preferences by setting your thermostat. To keep the stateroom/suite temperature constant we recommend keeping your balcony door closed whenever possible.

## Cunard activity reward programme.

Simply collect stamps on an activity reward log, available at any of the events showing this logo. Your stamps are redeemable for prizes of increasing value relative to the number of stamps you accumulate.

## Sanitary systems.

Unlike domestic systems, Queen Victoria's toilets do not employ cisterns. They are on a constant pressure system, so to flush, close the toilet lid and push the flush button. Do not flush while sitting on the toilet. Please help us to maintain our sanitary system by only flushing human waste and toilet paper down the toilet. All other waste including feminine hygiene items should be placed in the sanitary bags provided, and placed in the bin, located within the bathroom.

## Smoking policy.

Smoking is not permitted in staterooms, on balconies or in public areas. Designated areas of the open deck where smoking is permitted is on the starboard side of decks 3 and 10 only, please use the ashtrays that are provided in these areas. Electronic cigarettes and vaporising devices, including those which do not emit smoke, are permitted in designated areas of the open deck only. Churchill's is a lounge dedicated to cigar and pipe smokers only.

## Fire safety.

We kindly advise that the use of candles and irons is strictly prohibited in your stateroom/suite. Please do not leave chargers or other electrical items switched on and unattended. You must switch off and unplug all electrical items when leaving your stateroom/suite and when retiring for the night.

## Hand antibacterial units in the Lido.

We encourage all guests to assist us in maintaining a healthy ship by using the hand antibacterial before proceeding into the buffet area. Dispensers are located at the entrances to the buffet area.

## The Royal Court Theatre.

When seated in the Royal Court Theatre please do not reserve seats prior to show time. Please take into account that theatre haze and strobe lighting may be used. Audio, video recording and all flash photography is prohibited.

Queen Victoria Voyage V833

Thursday, 8 November 2018

Time UTC+1

Sunrise 8.17am

Sunset 6.32pm



Tonight: Gala Evening Attire

At sea en route to  
Cadiz, Spain

# Daily Programme.

## From the Navigator.



After departing La Coruna yesterday evening, Queen Victoria entered the Finisterre Traffic Separation scheme and set on a southerly course, paralleling the western Portuguese coastline overnight and into today. This evening we will round Cabo de St. Vincent, the south westernmost point of Portugal and mainland Europe. Queen Victoria will then head east overnight towards Cadiz.

## CUNARD INSIGHTS

### Astronomer, Paul Fellows.

At 10.00am

"Shooting Stars and Space Rocks"

November sees the Leonid Meteor shower lighting up the night sky. Paul will explain the nature and origins of this astronomical phenomenon. What causes it? Why do we see what we see? How it can reveal facts about the formation of the planets and moons in the earliest days of the solar system? He will of course also talk about how to see this amazing sight, and hopefully help you observe it for yourself.

### Radio and TV Broadcaster, Stuart St Paul.

At 11.00am

"Creating Christmas in the Summer"

Arrive early and Spice girl Emma Bunton interviews an introduces Stuart (on film) condensing his disastrous career, then Stuart will explain how snow and ice are made in summer as a TV soap aims to win the dwindling audience figures.

Royal Court Theatre,  
Decks 1, 2 & 3

### Mellow Sounds with Changez.



Enjoy some easy listening sounds with International Party Band, Changez.

At 9.15pm & 11.00pm,  
Golden Lion Pub, Deck 2, Forward

Today's Movie Premiere.  
Mamma Mia!  
Here We Go Again.

Starring: Lily James, Amanda Seyfried, Meryl Streep  
Duration: 1hr 54mins,  
Rated: PG 13,

Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

At 2.00pm,  
Royal Court Theatre,  
Decks 1, 2 & 3, Forward

### Classical Concert with Solo Guitarist, Ben Kearsley.

At 2.00pm,  
Queens Room, Deck 2



### Captain's Cocktail Parties.

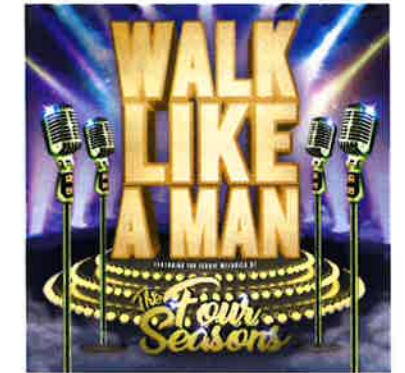
Captain Simon Love cordially invites all guests dining in the Britannia Club and Britannia Restaurant to join him and his officers for cocktails in the Queens Room this evening as follows: Guests dining on early sitting from 5.15pm to 5.45pm. Guests dining on late sitting from 7.45pm to 8.15pm. The Captain will be receiving guests at the entrance to the Queens Room via B stairway. Alternatively, guests not wishing to join the receiving line may enter the party via the entrance to the Queens Room accessed from A stairway, through the Royal Arcade. Please be sure to attend your designated cocktail party only. Out of respect for your fellow guests, the dress code for this evening will be strictly enforced.

First Sitting: 5.15pm to 5.45pm, Second Sitting: 7.45pm to 8.15pm, Queens Room, Deck 2, Midships



## Show Time Tonight.

The Ultimate Tribute to a Rock 'N' Roll Phenomenon - Frankie Valli and The Four Seasons:



Walk Like A Man is the ultimate tribute to the band that spearheaded the 1950's Americana Rock 'n' Roll Revolution. America's answer to the British Invasion - renowned for their incredible musicianship and signature dance style, inducted into The Rock 'n' Roll Hall of Fame in 1990, Frankie, Nick, Tommy & Bob, the original FOUR SEASONS.

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

### The Masquerade Ball.



Enjoy an evening with a mysterious feel, taking you back to the grand old days of Venice. At 10.15pm there will be a special dance performance from International Dance Couple, Alex and Liuba.

Masks will be available for purchase from 4.30pm to 5.00pm in the Grand Lobby on Deck 1 and from 9.15pm to 10.15pm in the Queens Room on Deck 2.

At 9.15pm, Queens Room, Deck 2





# Today's activities.

6am

**6.00am Good Morning Queen Victoria**  
Join Entertainment Director, Sally Sagoe and special guests, for a light-hearted look at what's happening on and around Queen Victoria (until 12.00pm). Followed by the movie 'Ant Man and the Wasp' which will be repeated continuously throughout the day.  
**Stateroom TV Channel 21**

**6.00am Cunard Radio Live**  
Featuring music selected to enhance your holiday, so expect the greatest hits from the past five decades, ranging from Motown, Rock and even modern classics.  
**Stateroom TV Channel 46 (available 24 hours a day)**

9am

**9.00am Christian Fellowship Gathering**  
This is an unhosted social gathering.  
**Commodore Club, Deck 10, Forward (until 9.45am)**

**9.15am Zumba®**  
With Entertainment Host, Francesca.  
**Queens Room, Deck 2, Midships ↗**

10am

**10.00am Insights Lecture: Paul Fellows**  
"Shooting Stars and Space Rocks"  
**Royal Court Theatre, Decks 1, 2 & 3, Forward**

**10.00am Flower Arranging Class**  
Join Roger, your on board Florist, as he shows you how to make centre pieces and beautiful bouquets. A fee applies.  
**Yacht Club, Deck 10, Forward**

**10.00am Line Dance Class**  
Line Dance Class with the Royal Court Theatre Company.  
**Queens Room, Deck 2, Midships (until 10.45am) ↗**

**10.00am Beginners Bridge Lesson**  
With Director, David Kroft.  
Classes run in sequence.  
**Card Room, Deck 3, Grand Lobby (Port) (until 11.00am)**

**10.00am Watercolour Art Class**  
Join Watercolour Instructor Chris Tatam.  
(Art Kits are Available for \$35.00)  
**Britannia Restaurant, Deck 3, Aft (until 12.00pm)**

**10.15am Morning Trivia 🎯**  
Who will be crowned today's trivia champions?  
Hosted by Entertainment Host, Sarah.  
**Golden Lion Pub, Deck 2, Forward**

**10.30am Golf Target Competition 🏌️**  
Hosted By Entertainment Host, Francesca. (This event is for 18s and over)  
**Deck 10, Midships (Port)**

**10.30am Solo Travellers, Get Together**  
Come and meet some of your fellow solo travellers with your onboard dance hosts and Social Hostess, Cordelia.  
**Midships Bar, Deck 3, Grand Lobby (Starboard)**

**10.30am Fruit and Vegetable Carving**  
Join QueenVictoria's food artists as they create these beautiful works of art from simple fruits and vegetables.  
**Grand Lobby, Decks 1, 2 & 3, Midships**

11am

**11.00am Insights Lecture: Stuart St. Paul**  
Creating Christmas in the Summer  
**Royal Court Theatre, Decks 1, 2 & 3, Forward ↗**

**11.00am A World of Art Talk: L.S Lowry R.A.**  
**Queens Room, Deck 2, Midships**

**11.00am Intermediate Bridge Lesson**  
With Director, David Kroft.  
**Card Room, Deck 3, Grand Lobby (Port) (until 12.00pm)**

**11.15am Darts Competition 🎯**  
Who will be crowned champion of the board? (This event is for 18s and over). Hosted by Entertainment Host, DJ Graham.  
**Golden Lion Pub, Deck 2, Forward**

**11.15am Chairbics**  
Join Entertainment Host, Sarah for a light, fun workout you can do while sitting down!  
**Yacht Club, Deck 10, Forward**

12pm

**12.00pm Navigational Announcement**  
**Information from the Bridge over the public address system.**

**12.00pm Blackjack Tournament**  
For a \$10 entry you could win up to \$150. Qualifying rounds from 12.00pm until 2.00pm. Enter twice and get a third complimentary go.  
**Empire Casino, Deck 2, Forward**

**12.15pm Ballroom Dance Class: Cha Cha**  
With International Dance Couple Alex and Liuba.  
**Queens Room, Deck 2, Midships ↗**

**12.15pm Sing-A-long led by Royal Court Theatre Company**  
Enjoy singing well known songs accompanied by our resident pianist, hosted by Royal Court Theatre Company.  
**Yacht Club, Deck 10, Forward (until 1.00pm)**

1pm

**1.15pm Party Band Changez**  
**Lido Pool, Deck 9, Aft**  
**Inclement Weather Venue: Yacht Club, Deck 10, Forward (until 2.00pm)**

2pm

**2.00pm Classical Concert: Ben Kearsley**  
Join guitarist Ben Kearsley for Lennon and McCartney, Traditional Irish, Pop classics and Cavatina from the movie The Deer Hunter.  
**Queens Room, Deck 2, Midships ↗**

**2.00pm Oh What A Music Tune 🎵**  
Test your musical knowledge as we sample some great tracks of past and present. Hosted by Entertainment Host, DJ Graham.  
**Lido Pool, Deck 9, Aft**  
**Inclement Weather Venue: Yacht Club, Deck 10, Forward**

**2.00pm Movie: Mamma Mia Here We Go Again**  
Starring Lily James, Amanda Seyfried, Meryl Streep Rated PG 13  
Duration 1hr 54mins  
**Royal Court Theatre, Decks 1, 2 & 3, Forward ↗**

**2.00pm Watercolour Art Class**  
Join Watercolour Instructor, Chris Tatam.  
(Art Kits are Available for \$35.00)  
**Britannia Restaurant, Deck 3, Aft (until 4.00pm)**

**2.00pm Duplicate Bridge Tournament**  
With Director, David Kroft.  
**Card Room, Deck 3, Grand Lobby (Port) (until 4.00pm)**

**2.00pm Social Bridge, Whist and Games**  
**ConneXions 2, Deck 3, Midships (Port) (until 4.00pm)**

**2.30pm Service Club Get Together**  
Calling All Rotarians, Lions and all other service clubs for an informal get together  
**Yacht Club, Deck 10, Forward (until 3.30pm)**

**2.50pm A World of Art Talk: L.S Lowry R.A.**  
**Clarendon Fine Art Gallery, Deck 3, Midships**

3pm

**3.00pm Hostess Corner: Needlework and Knitting**  
Bring your own knitting and needlework projects for an informal gathering with Social Hostess, Cordelia.  
**Winter Garden, Deck 9, Midships**

**3.00pm iStudy Workshop Number 1: Using Your iPad - Basics**  
Bring your own iPad and learn how to use Spotlight Search, The Dock, Multi-tasking along with lots of other features. Booking is required via Purser's Office, or the Guest Computer Services Manager. A nominal fee of \$15 applies and spaces are limited.  
**ConneXions 1, Deck 1, Grand Lobby (Starboard) (until 4.00pm)**

**3.15pm Table Tennis Tournament 🏓**  
Hosted By Entertainment Host, Francesca. (This event is for 18s and over)  
**Deck 9, Forward (Port)**

**3.15pm Snowball Jackpot Bingo**  
Tickets are on sale from 10.00am at the Casino Cash Desk.  
**Golden Lion Pub, Deck 2, Forward**

**3.30pm Queens Room Afternoon Tea**  
With Piano Entertainer Glenn Monie.  
**Queens Room, Deck 2, Midships**

4pm

**4.15pm Afternoon Trivia 🎯**  
Challenge your fellow guests in this educational contest and be the first to get all answers right. Hosted by Entertainment Host, Sarah.  
**Golden Lion Pub, Deck 2, Forward**

**4.15pm Paddle Tennis Competition 🎾**  
Hosted By Entertainment Host, Francesca. (This event is for 18s and over)  
**Deck 11, Forward**

**4.30pm Friends Of Bill W.**  
**Admiral's Lounge, Deck 10, Forward (until 5.30pm)**

5pm

**5.00pm Solo Travellers' Pre-Cocktail Meeting Point**  
Meet Social Hostess Cordelia in the Golden Lion Pub just before 5.00pm.  
**Golden Lion Pub, Deck 2, Forward**

**5.00pm LGBT Gathering**  
**Commodore Club, Deck 10, Forward (until 5.45pm)**

**5.15pm Cocktail Pianist Clarolyn Maier**  
**Grand Lobby, Decks 1, 2 & 3, Midships (until 6.00pm)**

6pm

**6.15pm Cocktail Pianist Clarolyn Maier**  
**Grand Lobby, Decks 1, 2 & 3, Midships (until 7.00pm)**

**6.55pm UEFA Europa League**  
Lazio versus Marseilles (Satellite reception permitting).  
**Winter Garden, Deck 9, Midships**

7pm

**7.00pm Jazz Musician Atanas Stavrev**  
**Winter Garden, Deck 9, Midships (until 7.30pm)**

**7.00pm Harpist Yoanna Sherkova**  
**Grand Lobby, Decks 1, 2 & 3, Midships (until 7.45pm)**

**7.30pm Solo Travellers' Pre-Cocktail Meeting Point**  
Meet Social Hostess Cordelia in the Golden Lion Pub just before 7.30pm.  
**Golden Lion Pub, Deck 2, Forward**

**7.30pm Piano Entertainer Glenn Monie**  
**Golden Lion Pub, Deck 2, Forward (until 8.00pm)**

**7.45pm Jazz Musician Atanas Stavrev**  
**Commodore Club, Deck 10, Forward (until 8.30pm)**

**7.45pm Imprezza String Trio**  
**Outside The Verandah, Deck 2, Grand Lobby (Port) (until 8.30pm)**

**7.45pm Recorded Ballroom And Latin Dance Music**  
With DJ Graham.  
**Yacht Club, Deck 10, Forward (until 8.30pm)**

8pm

**8.00pm Wipeout Trivia 🎯**  
The trivia with a twist - will you keep all your points?  
Hosted by the Entertainment Team.  
**Golden Lion Pub, Deck 2, Forward**

**8.30pm Show Time Tonight: Walk Like A Man**  
Presented by your Entertainment Director, Sally Sagoe.  
**Royal Court Theatre, Decks 1, 2 & 3, Forward (until 9.15pm) ↗**

9pm

**9.00pm DJ Graham's Theme: Female Divas!**  
**Yacht Club, Deck 10, Forward (until 10.00pm)**

**9.00pm UEFA Europa League**  
Arsenal versus Sporting Lisbon (Satellite reception permitting).  
**Winter Garden, Deck 9, Midships**

**9.15pm Imprezza String Trio**  
**Outside The Verandah, Deck 2, Grand Lobby (Port) (until 10.00pm)**

**9.15pm Jazz Musician Atanas Stavrev**  
**Winter Garden, Deck 9, Midships (until 10.00pm)**

**9.15pm Party Band Changez**  
**Golden Lion Pub, Deck 2, Forward (until 10.15pm)**

9pm

**9.15pm Masquerade Ball**  
**Queens Room, Deck 2, Midships (until late) ↗**

**9.30pm Young Adults Get Together**  
Meet fellow guests, ages 18 to 30 for an informal get-together.  
**Yacht Club, Deck 10, Forward**

**9.30pm Cocktail Pianist Clarolyn Maier**  
**Commodore Club, Deck 10, Forward (until late)**

10pm

**10.00pm DJ Graham's All Night Request Express**  
**Yacht Club, Deck 10, Forward (until late)**

**10.15pm Oh What A Music Tune 🎵**  
Tonight Join Entertainment Host, Sarah and see if you can figure out these famous tunes.  
**Golden Lion Pub, Deck 2, Forward**

**10.15pm Imprezza String Trio**  
**Outside The Verandah, Deck 2, Grand Lobby (Port) (until 11.00pm)**

**10.15pm Jazz Musician Atanas Stavrev**  
**Winter Garden, Deck 9, Midships (until 11.00pm)**

**10.30pm Show Time Tonight: Walk Like A Man**  
Presented by your Entertainment Director, Sally Sagoe.  
**Royal Court Theatre, Decks 1, 2 & 3, Forward (until 11.15pm) ↗**

11pm

**11.00pm Party Band Changez**  
**Golden Lion Pub, Deck 2, Forward (until late)**

**11.15pm Imprezza String Trio**  
**Outside The Verandah, Deck 2, Grand Lobby (Port) (until 12.00am)**

**11.30pm Young Adults Get Together**  
Meet fellow guests, ages 18 to 30 for an informal get-together.  
**Yacht Club, Deck 10, Forward**

12am

**12.00am Recorded Ballroom And Latin Dance Music**  
**Queens Room, Deck 2, Midships (until 12.30am) ↗**

**ROYAL SPA**

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**FITNESS CLASSES**

- 8.00am Stretch And Relax - Full Body Stretch
- 8.30am Stretch And Strengthen Your Feet
- 9.00am Indoor Cycling (\$)
- 3.00pm Yoga (\$)
- 4.00pm Tubes Resistance Workout
- 5.00pm Pilates (\$)

Royal Spa Fitness Centre, Deck 9, Forward (\$ - a fee applies)

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**WELLBEING SEMINARS**

- 9.30am Meditation And Breathing**  
This workshop covers time tested breathing techniques that have been scientifically proven to reduce anxiety, increase oxygene levels in the system.
- 10.30am Treating Insomnia, Migraine With Acupuncture**  
Meet Dr. Sandeep (MD) and learn how acupuncture can effectively help you to get that better sleep.
- 11.00am Flatter Stomach - New Life**  
Discover the fitness secrets to get in shape and be more healthy.
- 1.00pm Complimentary Gait and Posture Analysis**
- 2.00pm Improve Your Joint Mobility With Acupuncture**  
Join Dr. Sandeep (M.D) to learn how to decrease aches and pain.
- 3.00pm Nu Face Workshop**  
It is time to say goodbye to fine lines and wrinkles. Discover the latest secrets and solutions with our expert Sofia and Connie.
- 4.00pm Balance Diabetis And Hypertension With Acupunure**
- 4.30pm Health Presentation: The Secrets for Wellness and Longevity**  
It's never too early or too late to take care of yourself.  
Royal Spa, Deck 9, Forward