

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
French 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.

**Coriander** ..... 6.30pm to 9.00pm  
Reflecting many different cultures in its tremendous diversity, Indian food ranges from exquisitely simple vegetarian dishes to full-flavoured meat, chicken and fish concoctions made with dozens of ingredients. 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 11.00am to 12.00pm & 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 12.00pm & 3.00pm 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.

Credit card registration and cash payments for guests disembarking on Friday, 16 November.

We kindly request that all guests disembarking on Friday, 16 November wishing to change the credit card which they have registered against their on board account do so no later than 11.00pm on Wednesday, 14 November. This will allow sufficient time for the Purser's Office to obtain the necessary authorisation from your issuing bank. We regret that after this deadline we will not be able to accept new credit cards for registration. If you are disembarking on Friday, 16 November, the deadline for making a cash payment to your on board account is 11.00pm on Thursday, 15 November, after which time all charges will be settled to the registered card. No cash will be refunded back to your credit card. Any cash back and/or foreign exchange is only available for charging to the on board account up until 11.00pm on Thursday, 15 November, however cash for cash foreign exchange transactions will be available up until the time of disembarkation.

Return of voyage questionnaire and prize draw.

We kindly request all guests disembarking in Southampton on 16 November to complete the questionnaire which will be delivered to your stateroom. We value your feedback therefore please complete the questionnaire and especially Section B "Likelihood to recommend us" on a scale of 0 (not at all likely) to 10 (definitely) how likely are you to recommend

Cunard holiday to your friends and family? Once you have completed your questionnaire place it in the drop box provided at the Purser's Office on deck 1 in the Grand Lobby. The ship's staff members are not able to collect and place the questionnaire in the drop box on your behalf. The lucky winner will receive \$150 worth of on board credit placed onto their on board account, with the compliments of Cunard. The prize draw will take place this evening and the winner will be announced over the public address system.

Public announcements.

Certain public address announcements may be heard in your stateroom on TV Channel 43. This is to advise that the music played on this channel will be interrupted during the announcement.

Ship-to-shore phone calls.

Connected via satellite telephone connection.

- Pick up the receiver
- Dial\*25 and listen for a dial tone
- Then dial the telephone number

Calls to the United Kingdom: Press City Code + Number

Calls to the United States, Canada and the Caribbean:

- Press 001 + Area Code + Number

Calls to all other countries:

- Press 00 + Country Code + City Code + Number

Your call will automatically be connected and billed to your on board account. Your calls start accumulating a charge as soon as the connection is made at the other end. This includes an answering machine or voicemail.

Theatre box programme.

Celebrate performances by The Royal Cunard Singers and Dancers with our exclusive Theatre Box Programme. You will be greeted by the White Star Bell Boys and offered finger desserts and a welcome champagne cocktail in a private lounge area. At performance time the White Star Bell Boys will guide you to your private box where our bar staff will serve you chocolates and champagne. At the end of the performance you will be presented with an exclusive souvenir cast photo. To experience one of these special nights, reservations may be made at anytime through the Purser's Office on extension 33000. Reservations for this evening's performances close at 1.30pm today. A charge of \$60.00 per couple, plus a 15%

Queen Victoria Voyage V833

Wednesday, 14 November 2018

Time UTC

Sunrise 729am

Sunset 5.07pm



Tonight: Gala Evening Attire

At sea en route to Southampton, UK

# Daily Programme.

## From the Navigator.



Queen Victoria transited the Cabo de Roca Traffic Separation Scheme which lies off the Portuguese coast, continuing towards Cape Finisterre on a north-north-easterly course. Later tonight we will enter the north bound lane of the Cape Finisterre Traffic Separation Scheme. Once clear, we will

alter to a north easterly heading and begin our crossing of the Bay of Biscay towards our final port, Southampton on Monday morning.



## Silent Nautical Chart Auction.

Bid for your chance to take home an exciting piece of maritime history - the official ship's chart from this voyage, signed by Captain Simon Love and his Navigation Team. You have until 8.00pm Thursday, 15 November to get your bids in.

**Grand Lobby, Deck 1, Midships**

## Ship's Open Galley Tour.

Executive Chef, Chitra Badahur Kunwar invites you to take a peek behind the scenes to see where all that wonderful food comes from. Sensible non-slip footwear is recommended. Cameras are permitted.



**At 10.30am, Britannia Restaurant, Deck 2, Starboard Side, Aft**

## Afternoon Tea Dance with the Queens Room Orchestra.



**At 3.30pm, Queens Room, Deck 2, Midships (until 4.30pm)**

## CUNARD INSIGHTS

### Astronomer, Paul Fellows.

**At 10.00am**

"Fire and Ice: The volcanic worlds of the Solar System"

The exploration of the solar system has led to the discovery and study of volcanic processes on other worlds and in some very surprising places. What can this tell us about the formation of the planets and also about the prospects for the possibilities of life elsewhere in our solar system?

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

### Celebrity Lecture: Col (ret) Tim Collins OBE.

**At 11.00pm**

"Leadership in Adversity"

Tim Collins was born in 1960 in Belfast and educated at The Royal Belfast Academical Institution and Queen's University Belfast, where he read Economics. He was commissioned in 1981 to the Royal Irish Rangers in West Berlin. Tim volunteered for the Special Air Service in 1988. He took part in a number of operations over the next four years including the first Gulf War.

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

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

**At 12.15pm**

"Let's Rock the Ship! Taking a Rock band to a Cyclone and making a film on a destroyed island."

This is an amazing story of the making of the Universal Pictures movie Bula Quo, the red carpet Leicester Square premiere and the sad events that followed. Truly an amazing story told by the man that made it all happen.

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

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



**At 2.00pm, Queens Room, Deck 2**

## Show Time Tonight. Featuring the Royal Court Theatre Company.

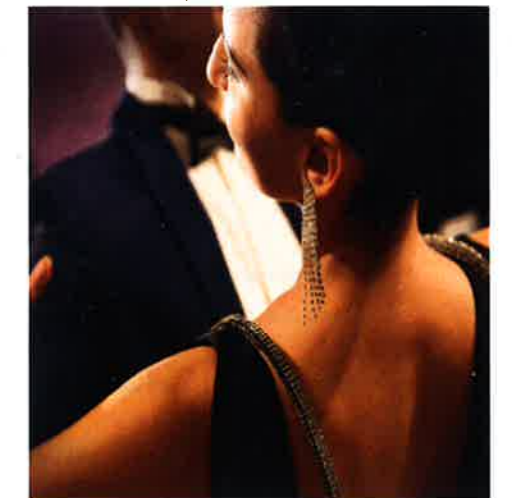


Join the Royal Court Theatre Company to experience a roller coaster ride through the history of the silver screen. Meet the stars of the silent movies, then journey through the entire history of cinema before clicking your heels and arriving in the twenty first century. From here to eternity, prepare to be astonished by this brilliant and spectacular must-see show. Hollywood Rocks - so be there. Presented by Entertainment Director, Sally Sagoe.

The Theatre Box Programme is available for this show. Contact the Purser's Office on 33000 to make a reservation.

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

## The Royal Cunard Ball.



Let the Queens Room Orchestra take you on a musical journey in true Cunard style. At 10.15pm, enjoy a special dance performance from Alex and Liuba. Hosted by Social Hostess, Cordelia.

**From 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 'Oceans 8' 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 ↗**

**9.30am Online Communication: How To Use Skype, WhatsApp and Messenger**  
Discover how to send messages, make free video and phone calls using Skype, WhatsApp, Messenger and other internet based applications. Complimentary seminar. No booking required, seats are on a first come first seated basis.  
**ConneXions 1, Deck 1, Grand Lobby (Starboard) (until 10.30am)**

10am

**10.00am Insights Lecture: Astronomer Paul Fellows**  
Fire and Ice: The volcanic worlds of the Solar System  
**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 Table Tennis Tournament**  
Hosted By Entertainment Host, Francesca. (This event is for 18s and over)  
**Deck 9, Forward (Port)**

**10.30am 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 10.15am. Galley Tour starts at 10.30am, entrance via Britannia Restaurant, Deck 2.  
**Britannia Restaurant, Deck 2, Aft**

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

11am

**11.00am Celebrity Lecture: Col (ret) Tim Collins OBE**  
'Leadership in Adversity'  
**Royal Court Theatre, Decks 1, 2 & 3, Forward ↗**

**11.00am A World of Art Talk: Why do we buy Art?**  
**Clarendon Fine Art Gallery, Deck 3, Midships**

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

11am

**11.00am Chairiobics**  
Join Entertainment Host, Sarah for a light, fun workout you can do while sitting down!  
**Queens Room, Deck 2, Midships ↗**

**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**

12pm

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

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

**12.15pm Insights Lecture: Stuart St. Paul**  
"Let's Rock the Ship! Taking a Rock band to a Cyclone and making a film on a destroyed island."  
**Royal Court Theatre, Decks 1, 2 & 3, Forward ↗**

**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

**1.00pm Low Limit Gaming**  
**Empire Casino, Deck 2, Forward (until 5.00pm)**

2pm

**2.00pm Classical Concert: Ben Kearsley**  
Join guitarist, Ben Kearsley for a rich feast of music from all over the World – Skye Boat song, Amazing Grace, Greensleeves, Somewhere Over the Rainbow and much more.  
**Queens Room, Deck 2, Midships ↗**

**2.00pm Movie: The Greatest Showman**  
Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Starring Hugh Jackman, Michelle Williams, Zac Efron. Released in 2017 and had it's World Premiere on Queen Mary 2. 105 Minutes. Rated PG  
(Repeated continuously tomorrow on Channel 21 from 12.00pm)  
**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)**

**2.50pm A World Of Art Talk: The art of the seascape – Philip Gray**  
**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 2: Using Your iPad - Getting To Know Your iPad**  
Bring your iPad to discover how to organise your Apps, create smart folders, adjust notifications, control centre and much more. 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)**

**3.00pm Masonic Bretherin Get Together**  
Informal meeting for all lodge members from around the world.  
**Yacht Club, Deck 10, Forward (until 3.30pm)**

**3.15pm Shuffleboard Tournament** Hosted By Entertainment Host, Francesca. (This event is for 18s and over)  
**Deck 11, Forward**

3pm

**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 Afternoon Tea Dance with the Queens Room Orchestra**  
**Queens Room, Deck 2, Midships ↗**

4pm

**4.00pm Silent Nautical Chart Auction Starts Today**  
You have until 8.00pm on Thursday, 15 November to get your bids in.  
**Grand Lobby, Deck 1, Midships**

**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 Baggo Competition**  
Hosted By Entertainment Host, Francesca. (This event is for 18s and over)  
**Deck 10, Midships**

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

5pm

**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)**

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

**7.45pm Recorded Ballroom And Latin Dance Music**  
With DJ Graham  
**Yacht Club, Deck 10, Forward**

**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)**

8pm

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

**8.30pm Show Time Tonight: Hollywood Rocks**  
Presented by Entertainment Director, Sally Sagoe  
**Royal Court Theatre, Decks 1, 2 & 3, Forward (until 9.15pm) ↗**

9pm

**9.00pm DJ Graham's Theme: 50s & 60s Rock 'n' Roll**  
**Yacht Club, Deck 10, Forward (until 10.00pm)**

**9.15pm Piano Entertainer Glenn Monie**  
**Golden Lion Pub, Deck 2, Forward (until 9.45pm)**

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

**9.15pm Formal Ball: Royal Cunard Ball**  
Join the Queens Room Orchestra as they take on musical journey in true Cunard style. Under the musical direction of Blake Waters. At 10.15pm, enjoy a special dance performance from Alex and Liuba. Hosted by your Social Hostess, Cordelia.  
**Queens Room, Deck 2, Midships (until late) ↗**

9pm

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

**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)**

**9.45pm Logo Trivia**  
Come and join the fun to see how easily you can identify these famous logos! Hosted by Entertainment Host, Sarah.  
**Golden Lion Pub, Deck 2, Forward**

10pm

**10.00pm Party Band Changez**  
**Yacht Club, Deck 10, Forward (until 11.00pm)**

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

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

**10.30pm Karaoke and Piano Entertainer Glenn Monie**  
Join us for your chance to shine in our Karaoke night. Its up to you to keep the singing going.  
**Golden Lion Pub, Deck 2, Forward (until late)**

11pm

**11.00pm DJ Graham's Request Express**  
**Yacht Club, Deck 10, Forward**

**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**

**11.30pm Party Band Changez**  
**Yacht Club, Deck 10, Forward (until 12.30am)**

12am

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

**12.30am DJ Graham's Late Night Dancing**  
**Yacht Club, Deck 10, Forward (until late)**

**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 Legs And Abs Workout

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

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**WELLBEING SEMINARS**

- 10.00am Herbal Healing  
Join Dr Sandeep and find out the power of herbal healing with VOYA.
- 11.00am Health Presentation: Detoxification for Weight Loss
- 1.00pm Complimentary Gait and Posture Analysis
- 2.00pm Ladies Pamper Party  
Join our skin specialist Connie and Sofia and get some complimentary pampering and some great tips on how to treat your skin on a daily base
- 4.30pm Relieving Knee, Hip and Back Pain with Foot Doctor
- 5.00pm Acupuncture Question And Answer With Dr. Sandeep  
Acupuncture has been proven effective in treating over 100 different conditions. Meet Dr.Sandeep (MD) and find out more.  
**Royal Spa, Deck 9, Forward**