At sea en route to Ålesund, Norway

Saturday, 19 March 2022

Sunrise 5.43am Sunset 5.58pm GMT



# Daily Programme.

## From the Navigator.



After letting go her lines yesterday evening, the Queen Elizabeth made her way out through Southampton water and into the Solent, where she disembarked the local pilot. A south-easterly heading was then set for

joining the Dover Straits shipping lane which is famous for being one of the busiest in the world and separates the English Channel and the North Sea. This morning Queen Elizabeth exited the Dover Straits and will now start to make her way north, crossing into the North Sea, towards Norway.

# Time change notice.



Early on Sunday morning at 2.00am, the ship's clocks will be set forward by one hour. Please set your watches forward by one hour before retiring this evening, Saturday, 19 March.

## Classical Concert. with Pianist, Composer, Producer and Conductor, Ratko Delorko.



'The Classical Recital.'
Leading the audience from the roots
of the Galant Style via Mozart to
the height of the Classical Style:
Beethoven's Moonlight Sonata.
At 1.45pm, \*Queens Room, Deck 2

# The Black & White Quiz. 2

Join the Entertainment Team for a fun and challenging quiz in the theme of tonight's gala event.

At 9.00pm, Garden Lounge, Deck 9



### Port Presentation: Tromsø.



Join Port Presenter, Lesley as she shares her knowledge of the largest settlement in Arctic Scandinavia, as well as the many things that you could experience both around the town and a little further afield.

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

### CUNARD

# INSIGHTS

### John Maclean FRAS.

At 11.00am 'Celestial Lights - Aurora.'

Northern Lights – what are they, what causes them and how can we see and photograph them?

### Dr Stephen Musgrave.

At 12.15pm 'The 'Shetland Bus'.'

The inspirational story of Norwegian seafarers and their heroism supporting evacuees and resistance fighters during WW2.

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

# Tonight's highlight entertainment. One of Liverpool's most

sought after Comedians,
John Evans.



In the world of entertainment, John Evans is unique. Bringing big laughs, John is one of a kind and will leave his audience wanting more. Presented by Entertainment Director, Sally Sagoe.

At 8.00pm & 10.00pm, Royal Court Theatre, Decks 1, 2 & 3, Forward

Please be aware the Theatre doors will open 30 minutes prior to the performance.

To ensure the well-being of all guests and crew, face coverings are required to be worn throughout the entire performance. Food and beverages are not permitted.

# An Evening of Music & Dance.



An evening of elegance and grandeur with the Queens Room Orchestra, under the musical direction of Joel Andrews.
Featuring vocalists Jack Kenney and Esther Sabine. Don't miss a special performance from Dance Instructor, Sergey and Show Company Manager, Jess at 9.00 pm.

From 8.45pm, TQueens Room, Deck 2

6.00am Good Morning Queen Elizabeth

With Entertainment Director, Sally Sagoe and guests (until 12.00 pm). Followed by the movie 'Mulan (2020)' which will be repeated continuously throughout the day.

Stateroom TV, Channel 52

6.00am Black & White Gala Featured Movies: The Artist €

In the 1920s, actor George Valentin is a bona fide matinee idol with many adoring fans. While working on his latest film, George finds himself falling in love with an ingenue named Peppy Miller and, what's more, it seems Peppy feels the same way. Rated: PG. Duration: 100 minutes.

: Sunset Boulevard •

: Sunset Boulevard ◆

An ageing silent film queen refuses to accept that her stardom has ended. She hires a young screenwriter to help set up her movie comeback. The screenwriter believes he can manipulate her, but he soon finds out he is wrong. The screenwriter's ambivalence about their relationship and her unwillingness to let go leads to a situation of violence, madness, and death. Rated: U. Duration: 110 minutes.

: Nebraska �

Woodrow Grant, an alcoholic, embarks on a road trip to Lincoln, Nebraska, with his estranged son, David, to claim a \$1 million prize. During their trip, David uncovers his father's emotional side. Not rated. Duration: 114 minutes.

Stateroom TV, Channel 24 (repeated throughout the day)

8.00am Sports Activities Open
Golf Nets, Shuffleboard, Paddle Tennis, Bowls, Croquet and Table
Tennis are available for use. As a courtesy to your fellow guests, we ask
that you please sanitise the equipment before and after each use. Our
sports venues are located in various areas around Decks 10 and 11.

Games Deck, Decks 10 & 11 (until 8.00pm)

9.00am Card and Board Games for Self-Checkout

Fancy a game to play? You may checkout a deck of cards or one of many board games from our selection from our library personnel. Keep as long as you like, but kindly return when finished playing. Library, Decks 2 & 3, Port Side, Grand Lobby (until 6.00pm)

9.00am Christian Fellowship Gathering Yacht Club, Deck 10, Forward

9.15am Line Dancing
Join a member of the Royal Court Theatre Company for some
'Boot Scootin Boogie' fun and learn how to fix an 'Achy Breaky Heart' in this exciting and easy to learn line dancing class. \*\*Queens Room, Deck 2, Midships

10am

10.00am Port Presentation: Tromsø

This will be broadcast live on stateroom television, on channel 49.

7 Royal Court Theatre, Decks 1, 2 & 3, Forward

10.00am Beginners Bridge Lesson

With Bridge Instructor, Ronald Hounsell.
We kindly ask guests who wish to play other tile, board and card games to make use of the other public rooms.
Card Room, Deck 3, Port Side, Grand Lobby

10.00am Solo Travellers' Morning Coffee Chat

For all those guests sailing solo, come and join this informal get together and meet your fellow solo travellers.

Britannia Restaurant, Deck 3, Port Side, Aft

10.00am Social Table Tennis Led by your fellow guests.

Deck 9, Forward, Port Side

10.00am Watercolour Art Class

All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited. Britannia Restaurant, Deck 3, Starboard Side, Aft

10.15am Chairobics

Join Entertainment Host, Charlie for an energetic and fun workout you can do while sitting down. This is a light movement and fitness class, please wear appropriate attire.

† Queens Room, Deck 2, Midships

10.15am Morning Team Trivia

Meet new friends and earn bragging rights in this fun and light-hearted quiz. Hosted by the Entertainment Team.

Garden Lounge, Deck 9, Midships

11.00am Cunard Insights Talk: John Maclean FRAS

\*Celestial Lights! - Aurora.\*
This will be broadcast live on stateroom television, on channel 49.

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

11.00am Intermediate Bridge Lesson
With Bridge Instructor, Ronald Hounsell.
We kindly ask guests who wish to play other tile, board and card games to make use of the other public rooms.

Card Room, Deck 3, Port Side, Grand Lobby

11.00am Complimentary Workshop: Learn to Play Casino Tables Join an interactive workshop for a chance to learn the most popular table games direct from our expert dealers.

Casino, Deck 2, Forward

11am

11.00am A World of Art Talk: Fabian Perez

Join us for a seminar about one of the most recognisable and collectable artists of his generation. Fabian's remarkable life story has had a major influence on his work and inspired him to create his own artistic movement, Neo-Emotionalism. Fabian's collectors now include Pope Francis, Earl Spencer, Arnold Schwarzenegger and Lionel Messi.

ConneXions 2 & 3, Deck 3, Port Side, Midships

11.15am Introduction to the Sports Court

Join the Entertainment Team for a walk around the Sports Deck and learn the rules for all our fun games on board.

Games Deck, Deck 11, Forward

11.15pm Ballroom Dance Class: The Waltz

Characterised by its 'rise and fall' action, the Waltz is a simple, elegant ballroom dance loved by millions around the world. Led by Dance Instructor, Sergey, Dancers without partners are welcome.

↑Queens Room, Deck 2, Midships

12pm

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

12.00pm Recorded Ballroom & Latin Music ↑Queens Room, Deck 2, Midships (until 1.00pm)

**12.00pm Complimentary Workshop: Demystifying Slot Machines** Join the Casino Host for a beginner's guide to slot machines for a chance to ask those burning questions and learn about the different games and themes available.

asino, Deck 2, Forward

12.00pm Movie: Mulan (2020)

A girl disguises as a male warrior and joins the imperial army in order to prevent her sick father from being forced to enlist as he has no male heir. Rated:12A. Duration:120 minutes.

Stateroom TV, Channel 52

12.15pm Cunard Insights Talk: Dr. Stephen Musgrave 'The 'Shetland Bus."

This will be broadcast live on stateroom television, on channel 49. **Royal Court Theatre, Decks 1,2 & 3, Forward** 

12.30pm Guitarist and Saxophonist Atanas Stavrev Golden Lion Pub, Deck 2, Forward

1.30pm The Great Queen Elizabeth Photo Scavenger Hunt
The clues are all around you. Find them all while exploring this
beautiful ship. Don't forget your smartphone or camera.

Garden Lounge, Deck 9, Midships

Classical Concert with Pianist, Composer, Producer 1.45pm and Conductor, Ratko Delorko 'The Classical Recital.'

↑Queens Room, Deck 2, Midships

2pm

2.00pm Quick Hit Music Trivia € Join DJ Bobby as he tests your knowledge on a variety of songs.

Garden Lounge, Deck 9, Midships

2.00pm Duplicate Bridge Tournament With Bridge Instructor, Ronald Hounsell.
We kindly ask that guests wear masks during the tournament and make use of the hand sanitiser provided. No food or drink permitted.

Card Room, Deck 3, Port Side, Grand Lobby

2.00pm Movie: Ghostbusters

Four women fight ghosts that have invaded New York City, and face an entity who can control humans. Starring: Melissa McCarthy, Kristen Wiig, Kate McKinnon, Leslie Jones, Charles Dance. Rated: PG-13. Duration: 116 minutes.

TRoyal Court Theatre, Decks 1, 2 & 3, Forward

2.00pm Hobby Corner

Bring your needlework, crafts, projects or even just yourself for a fun and informal get together with your fellow guests. This event is unhosted.

Commodore Club, Deck 10, Forward

2.00pm Bowls Tournament

Hosted by the Entertainment Team. For our guests 18 years or older.

Games Deck, Deck 11, Forward

2.00pm Watercolour Art Class

All skill levels are welcome with Watercolour Artist, Patricia Langewis. Art kits are available at a cost of \$35. Space is limited.

Britannia Restaurant, Deck 3, Starboard Side, Aft

2.00pm Tanzanite Seminar

From Mount Kilimanjaro to Tiffany's New York, join our on board Jewellery Specialist, Jackson for a fascinating talk about this rare African gem.

ConneXions 2 & 3, Deck 3, Port Side, Midships

2.00pm Six Nations Rugby Live Wales versus Italy. Kick off is at 2.00pm Satellite reception permitting.

Golden Lion Pub, Deck 2, Forward

3.00pm Snowball Jackpot Bingo
Join us for a Bingo extravaganza for your chance to win one of four cash prizes every session. Pre-purchase your tickets from the Casino Cashier from 10.00am and get those dabbers at the ready.

Garden Lounge, Deck 9, Midships

**3.00pm** Service Clubs Get Together
An informal meeting for all Rotarians, Kiwanis or other Service Clubs members from around the world. Please adhere to the social distancing measures and guidelines.

Admiral's Lounge, Deck 10, Forward

**3.00pm** Gala Cocktail Master Class ◆ Featuring our two new bespoke Black and White cocktails: The White Queen and The Dark Side of (Mai) Taitoreflect the theme of the day. Speak to the Bar Staff about this event and book to avoid disappointment. A nominal fee of \$34.50 inclusive of service charge applies.

Commodore Club, Deck 10, Forward

**4.00pm** Beginners Spanish Lesson
Join International Host, Francisco to learn the basics of Spanish.

ConneXions 2 & 3, Deck 3, Port Side, Midships

4.00pm Find your Fragrance

Join us in store and step into the wonderful world of fragrance with

our Beauty Specialist, Karimy.

Beauty Boutique, Royal Arcade, Deck 3

4.15pm Afternoon Team Trivia

Test your knowledge for bragging rights and great prizes. Hosted by the Entertainment Team.

Garden Lounge, Deck 9, Midships

4.30pm A World of Art Talk: L.S. Lowry, A British Icon
Lauded for his 'Matchstick Men' paintings, L.S. Lowry is a name
known worldwide. But his artwork was not always so revered and
today we take a journey to uncover the life, and struggles, of this
iconic British artist who now has work selling for millions of pounds.

↑Queens Room, Deck 2, Midships

**4.30pm** Six Nations Rugby Live Ireland versus Scotland. Kick off is at 4.45pm. Satellite reception permitting

Golden Lion Pub, Deck 2, Forward

4.30pm Friends of Bill W.

Please adhere to the social distancing measures and guidelines.

Admiral's Lounge, Deck 10, Forward

4.45pm LGBTQ+ Social Gathering
Please adhere to the social distancing measures and guidelines.
Commodore Club, Deck 10, Forward

5.00pm Social Paddle Tennis

ed by your fellow guests. Games Deck, Deck 11, Forward

5.15pm Pianist Michal Wroblewski

Grand Lobby, Deck 1, Midships

5.15pm Staple Hill Duo

Enjoy the musical stylings of Jack Staples and Alice Ravenhill as they blend together the perfect mix of guitar and vocal harmonies.

Commodore Club, Deck 10, Forward (until 8.00pm)

5.30pm Solo Travellers' Evening Meet Point

Join your fellow solo travellers for an informal chat.

Midships Bar, Deck 3, Starboard Side, Grand Lobby

**6.00pm** Gala Evening Portraits ◆ Our professional photographers will be located in the Grand Lobby and Royal Arcade for this evening's gala portraits.

Grand Lobby, Decks 2 & 3, Midships & Royal Arcade, Deck 2, Forward

6.00pm Recorded Ballroom & Latin Music

Queens Room, Deck 2, Midships (until 7.15pm)

7.15pm Wipeout Trivia
The trivia with a twist. Will you keep all your points?
Hosted by the Entertainment Team.

Garden Lounge, Deck 9, Midships

7.15pm Guitarist and Saxophonist Atanas Stavrev

プQueens Room, Deck 2, Midships

7.15pm The EOS Strings
Enjoy the classical and contemporary repertoire of our string trio.
Grand Lobby, Deck 1, Midships

7.30pm Six Nations Rugby Live France versus England. Kick off is at 7.45pm Satellite reception permitting

Golden Lion Pub, Deck 2, Forward

8.00pm Tonight's Highlight Entertainment: One of Liverpool's Most Sought After Comedians, John Evans ◆

TRoyal Court Theatre, Decks 1, 2 & 3, Forward

**8.00pm** Sequence Dancing
Hosted by a member of the Entertainment Team. **☼ Queens Room, Deck 2, Midships** 

**8.00pm** Easy Listening Jazz
Easy listening jazz with the musicians of the Royal Court Theatre Orchestra. **Garden Lounge, Deck 9, Midships** 

**8.45pm** The EOS Strings Enjoy the classical and contemporary repertoire of our string trio.

Grand Lobby, Deck 1, Midships

8.45pm An Evening of Music & Dance ◆ ↑ Queens Room, Deck 2, Midships (until late)

**8.45pm** Piano Entertainer Jacqueline Waugh
A sophisticated blend of popular melodies, jazz standards and the subtle rhythms of Latin America.

Commodore Club, Deck 10, Forward (until late)

9.00pm The Black and White Quiz ♥ Join the Entertainment Team for a fun and challenging quiz.

Garden Lounge, Deck 9, Midships

9.30pm Folk Duo: Cula

Join Brian Walsh and Tommy Keating as they perform a wide range of Irish music and contemporary songs

Golden Lion Pub, Deck 2, Forward (until late)

9.30pm DJ Bobby Spins the Hits

DJ Bobby will play a range of music that is sure to get you on your feet.

Yacht Club, Deck 10, Forward

9.45pm The EOS Strings
Enjoy the classical and contemporary repertoire of our string trio.

Grand Lobby, Deck 1, Midships

9.45pm Easy Listening Jazz

Easy listening jazz with the musicians of the Royal Court Theatre Orchestra. Garden Lounge, Deck 9, Midships (until 10.45pm)

10.00pm Tonight's Highlight Entertainment: One of Liverpool's Most Sought After Comedians, John Evans ◆

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

10.00pm DJ Bobby's Music Quiz How well do you know your music? Come and take on DJ Bobby at this trivia.

Yacht Club, Deck 10, Forward (until 10.45pm)

10.30pm Pianist Michal Wroblewski

Grand Lobby, Deck 1, Midships

10.45pm DJ Bobby Plays the Top 40 Hits

Yacht Club, Deck 10, Forward (until late)

# MARFE

7.00am Sunrise Stretch

7.45am Core Assets

9.00am

Full Cycle (\$) Slow Flow Yoga (\$) Total Tone Pilates (\$) 3.00pm 4.00pm

Sunset Stretch

Mareel Wellness & Beauty Fitness Centre, Deck 9, Forward

10.00am Get The Lift That You Have Been Looking For with Dr. Ricardo Paez M.D. Learn about the most effective treatments in Facial Rejuvenation, Dysport® and Restylane®.

10.45am A Life Changing Introduction to Acupuncture

Join our seminar and learn how our fully licensed Acupuncturist can alleviate

11.00am Detox for Health and Weight Loss

Are you trying to lose weight, remove cellulite, tone up, have more energy, and remove bloating? Detoxification may be the solution.

Yacht Club, Deck 10, Forward

12.15pm Lose up to 8 Inches

Discover how to get rid of that stubborn weight gain in your arms, abdomen, hips or legs, and learn the secrets of unlocking better health.

Yacht Club, Deck 10, Forward

2.00pm Improving your Posture

We will share some simple techniques to help improve your posture, protect your back, and relieve a number of chronic or acute conditions including knee, hip and foot pain.

3.00pm Relieve Back Pain

Come and learn how acupuncture can relieve your back pain with this safe, effective and time-tested ancient healing method.

3.30pm Ladies Pamper Party
Learn about all the latest advice from the health and beauty industry. All who attend will receive a complimentary Collagen eye treatment and a Sun Glow to reserve a seat.

Yacht Club, Deck 10, Forward

All seminars will take place in the Mareel Wellness & Beauty Spa on Deck 9, Forward, unless otherwise stated

### Dining Times.

Call On Board Log into My Voyage to make reservations or OR Reservations on 38000. join a virtual queue.

Reservations are only required where	e indicated (*).
Queens Grill (Deck 11, Stairway B). Breakfast: Lunch: Dinner:	6.30pm to 9.00pm
Princess Grill (Deck II, Stairway B). Breakfast: Lunch: Dinner:	
Britannia Club (Deck 2, Stairway B). Breakfast: Lunch: Dinner:	8.00am to 9.30am 12.00pm to 1.30pm 6.30pm to 9.00pm
Britannia Restaurant (Decks 2 & 3, Breakfast: Lunch: Assigned Dining: *Open Dining:	Stairway C). 8.00am to 9.30am 12.00pm to 1.30pm (doors close 6.15pm) 7.45pm to 9.00pm
Queens Room (Deck 2, Stairway B). Afternoon Tea:	
Lido Buffet (Deck 9, Stairway B). Continental Breakfast (Centre Buffet): Breakfast: Lunch: Pizzeria Lunch: Dinner: Afternoon Tea (Centre Buffet): Dinner (Port Buffet): Late Night Snack (Centre Buffet):	7.30am to 10.30am 11.30am to 2.30pm
*Steakhouse at The Verandah (D Lunch: Dinner: Cover charges apply, \$25 per person for lunc for dinner.	Deck 2, Stairway B).
Bars & Lounges. Café Carinthia (Deck 2, Stairway B):	.10.00am to 12.00am 9.00am to 11.00pm 10.00am to late 12.00pm to 2.30pm 11.00am to 6.00pm 5.00pm to 11.00pm 9.30pm to late
Art Gallery: Bookshop:	10.00am to 9.00pm 9.00am to 9.00pm 9.00am to late 9.00am to 9.00pm 9.00am to 9.00pm 9.00am to 2.00pm & 3, Midships & Royal 6.00pm to 10.00pm 9.00am to 6.00pm 9.00am to 6.00pm ntment only, dial 8880 a & 3.00pm to 5.00pm
The Kids/Teen Zone:	9.00am to 6.00pm only, please dial 33000 C):7.00am to 9.00pm

Pavilion Jacuzzi (Deck 9, Starboard Side, Stairway A): 

Please be advised that the hot tubs and swimming pools are not

Sports Equipment Available (open decks):......8.00am to 8.00pm

supervised.

.....7.Ó0am to 9.00pm

### What to wear.

Sunday, 20 March	Smart Attire
Monday, 21 March (Alesund, Norway)	Smart Attire
Tuesday, 22 MarchGala Evening Attire (R	ed and Gold)*
Wednesday, 23 March (Tromsø, Norway)	
Thursday, 24 March	Smart Attire
Friday, 25 March (Narvik, Norway)	Samrt Attire
Saturday, 26 March	Smart Attire
Sunday, 27 MarchGala Evening Attire (	Roaring 20s)*
Monday, 28 March (Bergen, Norway)	Smart Attire
Tuesday, 29 March	Smart Attire

Gala Evenings.

Dinner jacket, tuxedo, or dark suit with regular tie or bow tie for gentlemen. Evening or cocktail dress, smart trouser suit, or formal separates for ladies.

\*Guests are welcome to embellish their Gala Evening attire to fit the applicable theme of the evening, for Black & White night, by dressing in simple, monochrome finery, for Red and Gold night, celebrate the best of Cunard, turn up the glamour with your finest red and gold evening wear, and for Roaring 20s night, go all out glamour or adorn a flourish which embraces the spirit of

#### Smart Attire.

Gentlemen, every night we request you wear trousers with a collared shirt; jacket and tie is optional. Ladies, blouses and skirts or stylish trousers and dresses are welcome.

Feel free to dress casually as you visit any of the following venues: Lido Restaurant, Golden Lion, Casino, Café Carinthia, Garden Lounge and Yacht Club.

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.

Alcohol policy.

Guests under 18 years of age are not permitted to purchase or consume alcohol on board. Please be aware that proof of age by means of government issued photographic identification, may be requested. Guests under the age of 18 years are also not permitted in the Yacht Club after 11.00pm.

### Credit or debit card note.

If you are settling your account with a credit or debit card, please ensure the card registered with us is the card you wish to settle your on board account with at the end of your voyage. We accept all major credit and debit cards, however we are unable to accept prepaid debit or foreign currency cards.

### Help protect our oceans.

In order to help protect our oceans, guests are kindly reminded to keep hold of their belongings on the open decks to ensure nothing accidentally falls overboard. Throwing items overboard is strictly prohibited.

### How to logon to the ship's Wi-Fi.

- Connect to the ship's Wi-Fi network by selecting Cunard\_Guest\_ WIFI, please then type 'login.com' into your internet browser.

  • Follow the on-screen instructions, making sure the
- 'ID Card number' is the final four digits from your Voyage card (stateroom key)
- •Keep your details safe by using a memorable username and password.
- · Select your satellite internet package and check out.
- Switching off the ship's Wi-Fi, or turning off your device will not terminate your session and your minutes will run out. Simply type logout.com in your internet browser then press go or enter, when you want to disconnect. A summary of the amount of minutes you have used will be displayed. This confirms that you have successfully logged out.

For assistance, visit the Library on Decks 2 and 3, midships during the opening hours.

Internet connectivity.

Please be advised that on our way and during our voyage, we are likely to have intermittent internet connectivity due to the ship's location. We apologise for the inconvenience and thank you for your understanding.

Jogging.

For those guests wishing to power-walk or jog, one lap around the outside Promenade on Deck 3 equals 1/3 of a mile. The track is protected from the weather at the forward end. Please only power-walk and jog on Deck 3 after 8.00am or before 8.00pm, as it disturbs guests who might be sleeping in the staterooms below.