



# THE INSIDER

Your Daily Program

Sunday- October 30, 2022

- Arrival Time in Port: 8:00 AM
- Gangway Location: Deck 3, forward via Tender Boats.
- Guests should carry their KeyCard, Photo ID and Proof of Vaccination when going ashore.
- Due to the ship's positioning both at sea and in port, Internet connectivity can be intermittent at times.
- Please be advised that all onboard purchases will be subject to Spanish VAT of 21%.
- Last Tender from Shore: 5:30 PM – Departure Time: 6:00 PM

Today's Weather  
 Max: 70°F | 21°C  
 Min: 65°F | 19°C

**IMPORTANT TIME NOTICE:** The ship's clocks will be turned **ONE HOUR BACKWARD** at **3:00 am, Sunday, October 30th.**

## Welcome to your day in Port-Vendres, France

7:18 AM 5:43 PM



When you travel to Port-Vendres, be prepared for your imagination to kick into over-drive. Charming red roofs and stone buildings will invite romantic notions about how life once was in this important commercial port. As the key to many ancient routes, Port-Vendres has been welcoming travellers for hundreds of years. The tradition goes back to when the Romans named it Portus Veneris after Venus, the goddess of love, and her temple offered good fortune to mariners.

### TENDER BOAT SAFETY NOTICE

Today you will be going ashore in the ship's tenders. For your own safety, please read the Tender Safety Notice at the head of the gangway and the Emergency Instructions Notice posted in each tender. To avoid risk of injury, keep hands and arms inside the tender at all times. Smoking is not permitted in the tenders. Follow the instructions given by the tender crew and remain seated in the tender at all other times. Guests who are unable to take a few steps will not be able to board our tenders. In order to safely board most tenders, guests must be able to take steps and use a collapsible manual wheelchair.

### Looking Ahead ...

#### CARCASSONNE DISCOVERY (FOR SETE, FRANCE)

Enjoy a guided tour of Carcassonne, a legendary town and UNESCO World Heritage Site. Amble along the town's unique double ramparts and explore its mighty castle. Enjoy lunch and approximately 1.5 hours free time for further independent exploration.

Visit the Shore Excursions Desk, Deck 5 to book your tours early to avoid disappointment.

### IMPORTANT INFORMATION:

Docking Location: Pier 4/5 Port Vendres, Port Vendres, France

US Consulate of Paris - 2 Av. Gabriel, 75008 Paris, France; Phone: +33 143122222

IN CASE OF EMERGENCY: Port Agent - Charles Balier , Tel: ++ 33490184089 , Email: operations@tt-shipping.com

## FEATURED ACTIVITIES

### BRIDGE GAME GET-TOGETHER

For those bridge players out there, we have two opportunities for you to meet up and enjoy this intense game of the mind.

10:00 am and 2:00 pm, Card Room, Deck 10

### COMPLIMENTARY FOOTPRINT & POSTURE ANALYSIS

Join your personal trainer Katerina today in the Gym for your free foot print analysis for improving posture, relieving back pain and walking in comfort.

11:00 am, Fitness Center, Deck 9

### DESTINATION LECTURE WITH DR. MARTIN RAISH: FROM MARSEILLE TO NICE: SOMETHING FOR EVERY TASTE

Discover the hidden treasures of a 2600-year-old city. Explore small towns and beautiful beaches. Plus, Paul Cezanne, Henri Matisse, and paparazzi, too.

6:00 pm, Cabaret Lounge, Deck 5

### LGBTQ GET-TOGETHER WITH CRUISE DIRECTOR ERIC

Join your Cruise Director, Eric for a special get-together this evening.

6:30 pm, Living Room, Deck 10

### TODAY'S MOVIES - CHANNEL 11

Harry Potter 20th Anniversary: Return To Hogwarts (TV14)

1:00 am, 2:45 am, 4:30 am, 6:15 am, 8:00 am, 9:45 am, 11:30 am, 1:15 pm, 3:00 pm, 4:45 pm, 6:30 pm, 8:15 pm, 10:00pm.

## PERFECT DAY

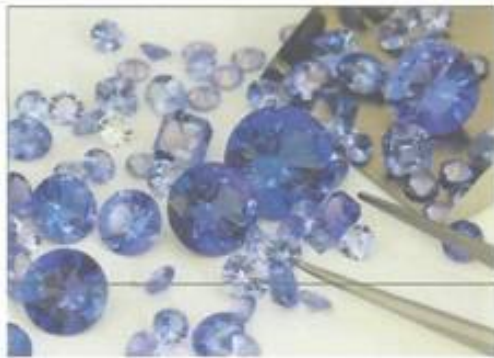
THE SANCTUM  
spa

Indulge mind, body and soul for 75 glorious minutes with all of these:

- Full Body Massage
- Energizing Eye Treatment
- ELEMIS Touch Facial
- Foot & Ankle Massage
- Scalp Massage

Add Bamboo or Hot Stones to your Back Massage for only \$20

ONLY  
**\$209**



## CIRARI RARE GEMSTONES 40% OFF TONIGHT

Visit us in the jewelry boutique and find out why this beautiful stone will not be around forever. Flat 40% off on all Tanzanite jewelry

8:30 pm, Indulgences, Deck 5

### DESTINATION DISH



#### POULET VALLÉE D'AUGE

Join chef Shiju for lunch as we take you on a culinary journey with our destination special.

12:30 pm - 2:30 pm, Windows Café, Deck 9

To view the Menu for tonight at Discoveries Restaurant please scan this QR code



## TODAY'S ENTERTAINMENT HIGHLIGHTS



### AZAMARA PRESENTS... GROOVE TONIGHT

Get ready to groove as we take you on a journey that is ALL disco, ALL the time! The stage is set and the mirror ball is illuminated as we feature far out fashions, a smokin' hot retro club, and an out of sight, psychedelic soundtrack that will have every Casanova and Disco Diva on their feet! Put on your platforms and leisure suit and meet our Signature Singers & Dancers on the dance floor as we get ready to GROOVE TONIGHT!

8:00pm, 9:30 pm, Cabaret Lounge, Deck 5



### CAPTAIN'S WELCOME TOAST

You are invited to join Captain Carl Smith for a 'Welcome Aboard Toast' in the Cabaret this evening for a photo opportunity with the principal and senior officers.

9:00 pm, Cabaret Lounge, Deck 5



### REQUEST NIGHT WITH DJ KENAN

You want it, we've got it (hopefully)! Our DJ turns into a Jukebox this evening, so come on up and enjoy this night of music on demand.

11:00 pm, Living Room, Deck 10



## FUTURE CRUISE PRESENTATION

Join your Cruise Sales Manager Jennifer for a tour around the world! She will give you an overview of the amazing destinations where our 4 ships will take you in the near future.

5:00 pm, Cabaret Lounge, Deck 5

## SERVICE HOURS

CONCIERGE DESK	DECK 4	8:00 AM - NOON 4:00 PM - 8:00 PM
CRUISE AGAIN & LOYALTY DESK (THE DEN)	DECK 5	9:00 AM - NOON 4:00 PM - 8:00 PM
MEDICAL CENTER	DECK 4	8:00 AM - 10:30 AM 4:00 PM - 6:30 PM
PHOTO GALLERY (THE DEN)	DECK 5	7:00 PM - 10:30 PM
SELF-SERVICE LAUNDRY (WORKS FROM STATEROOM 2074)	DECK 7	8:00 AM - 10:00 PM
SHORE EXCURSIONS DESK (THE DEN)	DECK 5	7:30 AM - 8:00 AM 5:00 PM - 8:00 PM
SPECIALTY DINING RESERVATIONS DESK	DECK 9	10:00 AM - 4:00 PM (BY PHONE: 2102)
THE ONWARD BOUTIQUE & INDULGENCES	DECK 5	6:30 PM - 11:30 PM
THE POOL & WHIRLPOOLS	DECK 9	7:00 AM - 8:00 PM
THE SANCTUM® SPA (DIAL 2800)* FITNESS CENTER** THALASSO POOL	DECK 9	8:00 AM - 10:00 PM 7:00 AM - 10:00 PM 8:00 AM - 8:00 PM

\* The Sanctum Spa is open until 11:00 pm on appointment. Individual Services & Departments may open/close earlier than time shown.

\*\* In the early morning, please be mindful when using weights and equipment in the Fitness Center as Guest Staterooms are right below.

## TODAY'S EVENTS

Time	Activity	Location/Deck
All day	"Who Cares?" with Eric and Roy	Channel 9
All day	Crossword & Sudoku Puzzles Available	Card Room, 10
7:00 am	Fitness Class: Yoga	Fitness Center, 9
8:00 am	Fitness Class: Meditation	Fitness Center, 9
8:00 am	Morning Walk Around The Track *	Jogging Track, 10
9:00 am	Fitness Class: Morning Stretch	Fitness Center, 9
9:30 am	Onward Wake Up Quiz *	The Den, 5
10:00 am	Bridge Game Get-Together *	Card Room, 10
10:00 am	Tribond *	Den, 5
11:00 am	Complimentary Footprint & Postural Analysis	Fitness Center, 9
11:30 am	Mahjong Get-Together *	Card Room, 10
11:45 am	Shuffleboard Get-Together *	Deck 11
1:30 pm	Golf Putting Challenge *	Jogging Track, 10
2:00 pm	Bridge Game Get-Together *	Card Room, 10
3:00 pm	Seminar: Reliving Back Pain	Fitness Center, 9
4:00 pm	Smartphone Photo Class with David	Cabaret, 5
4:00 pm	Fitness Class: Spin Class (Sign Up) (\$)	Fitness Center, 9
4:00 pm	Themed Trivia: Astronomy *	Living Room, 10
4:30 pm	Music Trivia: British Icons *	Living Room, 10
5:00 pm	Future Cruise Presentation	Cabaret, 5
5:00 pm	Fitness Class: Evening Stretch	Fitness Center, 9
5:00 pm	Pre-dinner Walk Around The Track *	Jogging Track, 10
5:00 pm	Tapas with French Music	Living Room, 10
5:30 pm	Cruise Critic Get - Together *	Card Room, 10 (Starboard side) Living Room, 10
5:45 pm	Music with East Pearl	
6:00 pm	Destination Lecture With Dr. Martin Raish: From Marseille to Nice: Something for Every Taste	Cabaret, 5
6:30 pm	LGBTQ Get-Together with Cruise Director Eric	Living Room, 10 (Port side)
6:30 pm	Cirari Rare Gemstones 40% Off Tonight	Indulgences, 5
6:30 pm	Italian Buffet	Windows Café, 9
6:45 pm	Vasi on the Keys	The Den, 5
7:15 pm	Discover Designer Luxury Vintage Handbags	The Onward Shop, 5
8:00 pm	Azamara Presents... Groove Tonight	Cabaret, 5
8:15 pm	Dancing with East Pearl	Living Room, 10
8:20 pm	Discover the New Skincare Onboard - Caudalie	The Onward Shop, 5
8:30 pm	Cirari Rare Gemstones 40% Off	Indulgences, 5
8:45 pm	Vasi on the Keys	The Den, 5
8:50 pm	Vintage Handbag Showcase	The Onward Shop, 5
9:00 pm	Captain's Welcome Toast	Cabaret, 5
9:30 pm	Azamara Presents... Groove Tonight	Cabaret, 5
10:00 pm	Dancing with East Pearl	Living Room, 10
10:15 pm	Vasi on the Keys	The Den, 5
11:00 pm	Request Night with DJ Keon	Living Room, 10

\*Denotes Daily Activities: Prize Credits Awarded;

^ Denotes Activity as Unhosted;

(\$)

Fee applies; (w/p) Weather permitting

### SMARTPHONE PHOTOGRAPHY CLASS

Your smartphone camera is a sophisticated device. Join David for this complimentary class and pick up some photography tips that will impress your friends and family at home.

4:00 pm, Cabaret Lounge, Deck 5



## DINING OPTIONS

### BREAKFAST

Mosaic Café, Deck 5

7:00 am - 10:00 am

Windows Café, Deck 9

7:00 am - 10:00 am

Discoveries Restaurant, Deck 5

8:00 am - 9:30 am

### LUNCH

The Patio, Deck 9

Noon - 2:30 pm

Windows Café, Deck 9

12:30 pm - 2:30 pm

Mosaic Café, Deck 5

Noon - 5:00 pm

### IN THE AFTERNOON

Swirl & Top, Pool Deck, Deck 9

Noon - 8:30 pm

Living Room, Deck 10

Sandwiches & Pastries

2:30 pm - 4:30 pm

The Patio, Deck 9

2:30 pm - 5:00 pm

Living Room, Deck 10

Tapas

5:00 pm - 8:00 pm

Mosaic Café, Deck 5

Tapas & Pastries

5:00 pm - 10:00 pm

### DINNER

Discoveries Restaurant, Deck 5

6:00 pm - 9:00 pm

Windows Café, Deck 9

Italian Buffet

6:30 pm - 8:30 pm

Aqualina & Prime C, Deck 10

6:00 pm - 9:00 pm

The Patio, Deck 10

6:30 pm - 8:30 pm

### LATE NIGHT SNACKS

Living Room, Deck 10

10:00 pm - Midnight

### TODAY'S BAR HOURS

Cabaret Bar, 5 ..... Showtimes

Spirits, 5 ..... 5:00 pm - midnight

Mosaic Café, 5 ..... 7:00 am - 11:30 pm

Discoveries, 5 ..... 5:30 pm - 9:30 pm

Pool Bar, 9 ..... 10:00 am - close

Atlas (\$), 10 ..... 5:30 pm - close

Living Room, 10 ..... 2:00 pm - close

Prime C, 10 ..... 6:00 pm - 10:00 pm