

# HORIZON

Discover more on board Iona

Sunday 17 September 2023

Sunrise: 7.29am - Sunset: 7.56pm

Tonight's dress code:

### Black Tie

Tonight, it's all about the glitz and glamour: dress to impress for our Black Tie evening. This applies in all the main restaurants, as well as Epicurean, The Crow's Nest and The Chef's Table. If your outfit has a jacket, it must be kept with you.



### The Life & Works Of L.S. Lowry

L.S. Lowry is one of the most iconic artists of the 20th Century. Join our Art Gallery Team as they discuss his life and how it has inspired his internationally acclaimed artwork. They'll also reveal the secrets behind his 'matchstick men' and why there has been such an increase in demand for his work recently.

**2.00pm The Limelight Club (Deck 6) Forward**



### Celebration Night Photos

Tonight's the night to showcase your glamorous side with our celebration night portraits. You'll find our team of professional photographers at various locations in the Grand Atrium, ready to capture your holiday memories.

**6.00pm-11.00pm Grand Atrium (Decks 6 & 7) Midship**

### Spa More, Save More

Decide which three Spa Treatments you absolutely must try and simply book them to save each time you visit: 10% off your first treatment, 20% off your second treatment, and 30% off your third treatment.

**8.00am-10.00pm Oasis Spa (Deck 6) Forward**



### Beauty Boutique Grand Opening

Welcome to the Beauty Boutique Grand Opening. Come and meet our Beauty Specialists who are here to help you find your favourite fragrances, skin care products, cosmetics and much more. Buy one item and save 25% on your second lower-priced item. This offer is valid on selected lines only. Don't miss out on this deal. Treat yourself today. Prize draw ticket for all those who attend. Winner will be announced at 10.30am.

**10.00am-10.00pm Beauty Boutique (Deck 7) Midship**



### Vocalist - Laura Evans



A night in Nashville. Laura Evans celebrates the queens of country music. Hear all the chart-topping country hits and sing along to songs by Dolly Parton, Patsy Cline, Shania Twain, Carrie Underwood and more, all performed by one of the UK's finest voices in country music. Laura's soulful tones and stories behind the songs make for a perfect night of entertainment, Nashville style. Book in advance using My Holiday. Be sure to arrive before the performance begins. Doors open 30 minutes prior to show time.

**6.45pm, 8.30pm & 10.30pm Headliners Theatre (Decks 6 & 7) Forward**



### Remixed

Remixed are a unique vocal harmony trio putting their own stamp on well-known songs. Remixed, Remastered, Reinvented.

**7.30pm, 9.00pm & 10.30pm SkyDome (Decks 16 & 17) Midship**



### Soul & Motown With Party Band, PULSE

Join our resident party band, PULSE, for an unforgettable night of Motown and Soul hits from the 60s and 70s. Experience timeless classics live as PULSE brings you the likes of music giants Marvin Gaye, The Supremes and Stevie Wonder. PULSE will be performing at 8.00pm, 9.30pm & 11.00pm.

**8.00pm-11.45pm The Club House (Deck 8) Aft**



The ship's clocks were put forward by one hour at 2.00am this morning (17 September) to GMT+2.



## Iona's Fashion Show

See our shop team take to the catwalk, showcasing a wide variety of clothing from our fashion range.

From casual and beachwear, all the way through to 'ship exclusive' clothing.

See the latest must have collections from Mulberry, Scotch & Soda, Super Dry, Lacoste and many more.

There are looks for everyone. Get in early to get the best seat for the ultimate view.

**3.30pm Grand Atrium (Deck 6) Midship**

From 7.00am

### 7.00am – MORNING STRETCH

Enjoy a free fitness class with one of our Personal Trainers.  
**Oasis Gym (Deck 5) Forward**

### 7.30am – TOTAL BODY CONDITIONING

Enjoy a free fitness class with one of our Personal Trainers.  
**Oasis Spa (Deck 6) Forward**

### 8.00am – PILATES

A great form of toning and strengthening exercise at 'entry level'. Join our Personal Trainers as they help you stretch and burn calories. (A nominal fee applies for this class.)  
**Oasis Gym (Deck 5) Forward**

### 9.00am – CHRISTIAN FELLOWSHIP

A chance to meet your fellow guests in this un-hosted get-together.  
**The 710 Club (Deck 6) Midship**

### 9.00am – FITSTEPS

A dance fitness class put together by Strictly Dancers Ian Waite and Natalie Lowe. A mix of graceful ballroom and upbeat Latin dance steps in a fun routine to keep you fit. No partner required. Suitable footwear should be worn.  
**The Limelight Club (Deck 6) Forward**

### 9.00am – TOUR DE CYCLE

During this unique cycling class, enhance your cardiac and physical capacity whilst stimulating your metabolism. Limited space is available. Sign up in advance at the gym. (A nominal fee applies for this class.)  
**Oasis Gym (Deck 5) Forward**

### 9.30am – CREATIVE WAVES - COFFEE & CANVAS

A blank canvas and a cappuccino to start the day. Get lost in the wonders of coffee as your Art and Crafts specialists show you how to create your own art using the perfect blend, with a wide range of artistic skills to master. A nominal fee applies to take part, coffee included.  
**The Keel & Cow (Deck 8) Midship**

### 10.00am – GUESS THE CARAT WEIGHT OF THE TANZANITE

Put your jewellery skills to the test while having fun guessing the carat weight of one of our stunning Tanzanite pieces and get a chance to win. Winner announced at 8.00pm on the first sea day.  
**Kallati Gembar (Deck 7) Aft**

### 10.00am – SOLO GET TOGETHER

A chance to meet your fellow guests who are also travelling solo in this un-hosted get-together.  
**The Crow's Nest (Deck 17) Forward**

### 10.00am – SHUFFLEBOARD

A classic and friendly game of shuffleboard. Meet one of the Entertainment Team at the Shuffleboard Court to take part. (Exclusively for adults, and suitable footwear should be worn.)  
**Deck Games (Deck 17) Aft, Starboard Side**

### 10.00am – LINE DANCING

Try something fun and different today with a lively line dancing class. All ages and abilities welcome. Suitable footwear should be worn.  
**The Limelight Club (Deck 6) Forward**

### 10.00am – BODY SCULPT BOOT CAMP

Join our Personal Trainers as they take you through a Body Sculpt program designed to help you enjoy your holiday to the max, keeping those pounds off whilst allowing you some guilt-free indulgence on board. (A nominal fee applies for this class.)  
**Oasis Gym (Deck 5) Forward**

### 10.00am – ARTHRITIS & BACK PAIN SOLUTIONS

See back page for details.  
**Oasis Spa (Deck 6) Forward**

### 10.00am – TURTLE TOTS - PIRATE ADVENTURE

See back page for details.  
**The Club House (Deck 8) Aft**

### 10.00am-10.00pm – BEAUTY BOUTIQUE GRAND OPENING

See front page for details.  
**Beauty Boutique (Deck 7) Midship**

### 10.30am – THEME QUIZ: BRAND SLOGANS

Join your host of Brodie's as they test your knowledge in today's themed challenge.  
**Brodie's (Deck 7) Forward**

### 10.30am – SPA PRIZE DRAW: WIN UP TO £250 WORTH OF TREATMENTS

Join your Spa Team as they introduce you to the range of relaxing therapies offered in the Oasis Spa. Stop by for your chance to win today's raffle, where a winning attendee will be selected during the session.  
**The 710 Club (Deck 6) Midship**

From 10.30am

### 10.30am – FACIAL REJUVENATION WALK IN CLINIC

Meet Dr. Luis, our on-board Facial Rejuvenation Specialist. Learn why wrinkles form and discover the best solutions for smoother and more youthful-looking skin. Consultations are free.  
**Oasis Spa (Deck 6) Forward**

### 10.30am-11.00am – MULBERRY TALK

Meet our Mulberry Specialist who will explore the history behind the brand and what it takes to create each piece. Learn about how they choose the absolute best materials that go into every product. View our different collections in the Mulberry Boutique.  
**Mulberry Boutique (Deck 7) Midship**

### 11.00am – FAMILY DECK QUILTS

A family friendly game of Deck Quilts. Meet one of the Entertainment Team at the Deck Quilts Court to take part. (Suitable footwear should be worn.)  
**Deck Games (Deck 17) Aft, Starboard Side**

### 11.00am – FRIENDS OF BILL W GET-TOGETHER

Join your fellow guests in this informal un-hosted get-together.  
**The Crow's Nest (Deck 17) Forward**

### 11.00am – FITSTEPS

See 9.00am for details.  
**The Limelight Club (Deck 6) Forward**

### 11.00am – HOW TO INCREASE YOUR METABOLISM

Ever wonder why, as we age, our metabolism seems to slow down? Or why, as the years go by, the weight just seems to creep up on us? Join our Personal Trainers as they explain more about how your metabolism works and how to speed it up.  
**The 710 Club (Deck 6) Midship**

### 11.00am-11.30am – ROBERTO COIN JEWELLERY TALK

Come and learn more about Roberto Coin, a jewel box full of aesthetic signs that every woman can recognize as her own. With its powerful, elegant design, highest degree of quality, it's one of the 3 bestselling and most iconic brands in the world.  
**Roberto Coin (Deck 7) Aft**

### 11.30am – VOCAL WORKSHOP

Want to learn to perfect your breathing and project your voice? Young or old, angelic or operatic, our musical experts will soon have you singing with confidence.  
**The Club House (Deck 8) Aft**

### Noon – BATTLE OF BRODIES

The ultimate brain teasing quiz where Brodie's will be split into two teams competing to be crowned the smartest on Iona.  
**Brodie's (Deck 7) Forward**

### Noon – LINE DANCING

See 10.00am for details.  
**The Limelight Club (Deck 6) Forward**

### Noon-12.30pm – TAG HEUER TIMEPIECES TALK

Join our Watch Specialist to learn all about the history of one of the world's finest Swiss watch brands and manufacturer. This talk explores the origin, design inspiration and details of how TAG Heuer conquered the world of glamour and sports through watches.  
**Luxury Watches (Deck 7) Midship**

### 12.15pm – ARCHERY

Try your hand at archery this holiday and take a new skill back home. Suitable footwear should be worn. Weather permitting.  
**Arena Sports Court (Deck 19) Aft**

### 12.30pm – CREATIVE WAVES - PAINT WITH ACRYLICS

Learn the art of painting with acrylics as our talented Art and Crafts Specialists guide you through a series of painting techniques to create your own masterpiece. A nominal fee applies to take part, including a glass of wine. Limited spaces available.  
**The 710 Club (Deck 6) Midship**

### 1.00pm – LADIES' SPA PAMPER PARTY

Learn all the latest tips and tricks in the health and beauty industry. All who attend will receive a free Collagen Eye Treatment, free Neck and Bust Lifting Treatment, and a free Sun Glow makeover. One hour of pure pampering.  
**Ocean Studios 3 (Deck 6) Aft**

### 1.30pm-2.00pm – GARMIN WATCHES TALK

Garmin produces activity trackers and sports watches, aimed at activities such as running, water sport, golf, cycling and swimming with sensors such as heart rate and GPS. Join our Tech Specialists instore to learn more.  
**Tech Store (Deck 7) Midship**

## From 1.55pm

### 1.55pm - FORMULA 1

Satellite reception permitting. Match is subject to be changed by the provider. Singapore Grand Prix

**Brodie's (Deck 7) Forward**

### 2.00pm - WAVELENGTH

See back page for details.

**Headliners Theatre (Decks 6 & 7) Forward**

### 2.00pm - TANZANITE RENAISSANCE PRESENTATION

See back page for details.

**Ocean Studios 3 (Deck 6) Aft**

### 2.00pm - IMPROVING POSTURE WITH GOOD FEET

Learn how posture and body alignment can affect your back. We will share some simple techniques to help improve your posture, protect your back, and relieve several chronic or acute conditions including lower back, knee, hip and foot pain.

**The 710 Club (Deck 6) Midship**

### 2.30pm-3.00pm - ALL ABOUT GIN EXPERIENCE

Join us as we take you on a journey of discovery into our extensive range of gin. Don't forget the UK customs allowance is 4 litres per person, so take advantage of the duty-free savings today.

**Duty Free Store (Deck 7) Midship**

### 3.00pm - FAMILY TABLE TENNIS

A family friendly game of ping-pong. Meet one of the Entertainment Team at the Table Tennis to take part. (Suitable footwear should be worn.)

**Deck Games (Deck 17) Aft, Starboard Side**

### 3.00pm - FULL HOUSE PARTY BINGO

A game of musical bingo where numbers are replaced with classic songs that you know and love. Grab a drink in time for eyes down. Who knows, today may be your lucky day.

**SkyDome (Decks 16 & 17) Midship**

### 3.00pm - TUDOR WATCHES TALK

Join our Tudor Ambassador for a fascinating talk about the 100% Swiss made brand, considered the highest quality watch manufacturer. For every Tudor event you attend, receive a prize draw ticket for our Grand Raffle. Winner will be announced at Tudor watches on the final sea day at noon.

**Ocean Studios 3 (Deck 6) Aft**

### 3.00pm - A LIFE CHANGING INTRODUCTION TO ACUPUNCTURE

New to acupuncture? Now's your chance to learn everything about this extremely effective therapy at this free seminar, hosted by our resident licensed acupuncturist. Learn how acupuncture can treat many common health conditions such as back pain, arthritis, digestive disorders and more.

**The 710 Club (Deck 6) Midship**

### 3.00pm - INTRODUCING ARVIA

See back page for details.

**The Limelight Club (Deck 6) Forward**

### 3.30pm - IONA'S FASHION SHOW

See sidebar for details.

**Grand Atrium (Deck 6) Midship**

### 3.30pm-4.00pm - TANZANITE COMPETITION HINTS & CLUES

The shops onboard are putting your Sherlock Holmes skills to the test. Join us in the Jewellery Boutique and try to find the hidden hints & clues we have placed strategically to help you guess the carat weight of the Tanzanite gemstone. The answer could be right in front of your eyes.

**Fine Jewellery Boutique (Deck 7) Midship**

### 4.00pm - TABLE TENNIS

A classic and friendly game of ping-pong. Meet one of the Entertainment Team at the Table Tennis to take part. (Exclusively for adults and suitable footwear should be worn.)

**Deck Games (Deck 17) Aft, Starboard Side**

### 4.00pm - CREATIVE WAVES - CRAFTERNOON SOCIAL

A delightful way to spend your afternoon. Join your Art and Crafts Specialists and meet your fellow guests whilst you try your hand at a selection of crafts with a twist.

**Grand Atrium (Deck 6) Midship**

### 4.00pm - YOGA

A fantastic entry level class to help you stretch, de-stress and relax during your cruise. (A nominal fee applies for this class.)

**Oasis Gym (Deck 5) Forward**

### 4.00pm - WRINKLE REMEDIES

Meet Dr Luis, our Medi-Spa physician for a free consultation. Learn why wrinkles form and what effective treatments are available in the Medi-Spa to reduce the appearance of facial wrinkles.

**Oasis Spa (Deck 6) Forward**

## From 4.30pm

### 4.30pm-5.00pm - GHD TALK

GHD is a pioneer in the haircare industry and has changed how we care for our hair. Come along to our talk and demonstration to find out why GHD products are so loved worldwide and find your hair's new best friend.

**Beauty Boutique (Deck 7) Midship**

### 5.00pm - EVENING STRETCH

Enjoy a free fitness class with one of our Personal Trainers.

**Oasis Gym (Deck 5) Forward**

### 5.00pm - LGBTQ+ GET TOGETHER

A chance to meet your fellow LGBTQ+ guests in this un-hosted get-together.

**The Crow's Nest (Deck 17) Forward**

### 5.00pm-5.30pm - SUN, SEA AND SPF TALK

Summer is the perfect time to enjoy the sun and sea, but it's also the season when your skin is most vulnerable. Protecting your skin with a daytime defence product is essential. Join our professional Skin Therapists for a masterclass that will equip you with knowledge to ensure your skin stays in top condition over the summer months.

**Beauty Boutique (Deck 7) Midship**

### 5.30pm - PREMIER LEAGUE FOOTBALL LIVE

Satellite reception permitting. Match is subject to be changed by the provider. Everton v Arsenal

**Brodie's (Deck 7) Forward**

### 6.00pm-6.45pm - COCKTAIL PIANIST - PAUL CASSIDY

Sit back, relax and enjoy some all-time musical favourites from our cocktail pianist Paul Cassidy.

**Grand Atrium Piano Bar (Deck 6) Midship**

### 6.00pm-10.30pm - PORTRAIT OF THE DAY - THE BRIGHT LIGHTS OF OCEAN STUDIOS

Red velvet and bright lights make our most cinematic portrait, but you complete the photo.

**Ocean Studios (Deck 6) Aft**

### 6.00pm-11.00pm - CELEBRATION NIGHT PHOTOS

See front page for details.

**Grand Atrium (Deck 6) Midship**

### 6.30pm - SHAUN THE SHEEP SPECIAL APPEARANCE

A special appearance from Shaun the Sheep. Meet the adventurous leader of his flock as he comes to say hello.

**Grand Atrium (Deck 6) Midship**

### 6.45pm - VOCALIST - LAURA EVANS

See front page for details.

**Headliners Theatre (Decks 6 & 7) Forward**

### 7.00pm - JEWELLERY PHOTO OPPORTUNITY

Today is your opportunity to be dressed up in dazzling jewellery by Kallati and have your best photos taken by our team of professional photographers.

**Grand Atrium (Deck 6) Midship**

### 7.00pm - THE 710 CLUB - HANDWRITTEN

"The music of the most famed singer-songwriters has an irresistible flair, and I wanted Handwritten to be all about delivering that flair with vintage timelessness and modern style" - Gary Barlow, Music Director. Spaces in The 710 Club are limited, please book in advance using My Holiday. Be sure to arrive before the performance begins. Doors open 30 minutes prior to show time.

**The 710 Club (Deck 6) Midship**

### 7.30pm - REMIXED

See front page for details.

**SkyDome (Decks 16 & 17) Midship**

### 7.30pm-8.15pm - COCKTAIL PIANIST - PAUL CASSIDY

Cocktail pianist Paul Cassidy presents more of your favourites.

**Grand Atrium Piano Bar (Deck 6) Midship**

### 8.00pm - SPOT THE REAL DIAMOND

Come and test your knowledge and see if you can identify the real diamond from the fake. Winner announced at 9.30pm on Stavanger evening. Must be present to win.

**Fine Jewellery (Deck 7) Midship**

### 8.00pm - 8 O'CLOCK CHALLENGE

Join your Entertainment Host for tonight's challenge.

**Brodie's (Deck 7) Forward**

### 8.00pm-8.45pm - SOUL & MOTOWN WITH PARTY BAND, PULSE

See front page for details.

**The Club House (Deck 8) Aft**

### 8.30pm - VOCALIST - LAURA EVANS

See front page for details.

**Headliners Theatre (Decks 6 & 7) Forward**



## £5,000 Mega Jackpot Bingo

The Mega-Jackpot is up for grabs during each session, plus you will play for guaranteed cash prizes of at least £800.

Buy the 'Canoe for two' to double your chances to win the Jackpot.

Ticket sales close ten minutes before the session starts.

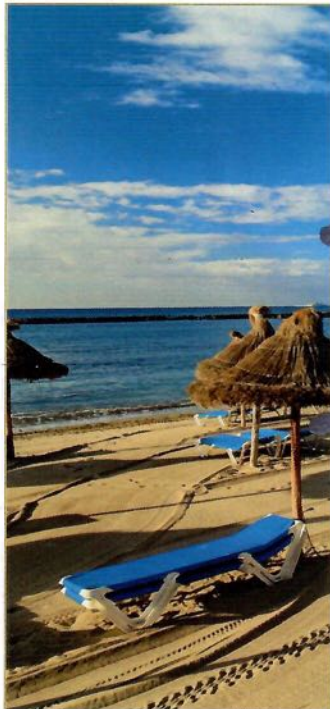
T&Cs apply.

**Ticket Sales at:  
The Casino  
10.00am-4.00pm**

**The Club House  
3.15pm-4.00pm**

**Eyes Down  
4.15pm**

**The Club House  
(Deck 8) Aft**



## Exclusive Discount Off Your Next Cruise Fare

Book your next cruise with the Loyalty & Cruise Sales team and receive an exclusive 10% saving on 16+ nights Select Price holiday and we'll give you exclusive triple on-board spending money.

Visit the Loyalty and Cruises Sale team to find out more.

T&Cs apply.

**8.00am-8.00pm Loyalty & Cruise Sales (Deck 7) Aft**

### From 8.30pm

#### 8.30pm-9.00pm – COTSWOLDS EXPERIENCE

Sample our cloudy gin and whiskies from different single malt barrels this evening. Cotswolds gin and whiskies are now available on board.

**Duty Free Shop (Deck 7) Midship**

#### 8.45pm – THE 710 CLUB - HANDWRITTEN

See 7.00pm for details.

**The 710 Club (Deck 6) Midship**

#### 8.45pm-9.30pm – MUSIC IN THE CLUB HOUSE

Enjoy some great music before this evening's show.

**The Club House (Deck 8) Aft**

#### 9.00pm – REMIXED

See front page for details.

**SkyDome (Decks 16 & 17) Midship**

#### 9.00pm – RUGBY WORLD CUP 2023

Satellite reception permitting. Match is subject to be changed by the provider. England V Japan

**Brodie's (Deck 7) Forward**

#### 9.15pm-10.00pm – PIANO VOCALIST - CHARLES BAKER

Sit back, relax and enjoy some all-time musical favourites from our piano vocalist Charles Baker.

**The Crow's Nest (Deck 17) Forward**

#### 9.30pm – CREATIVE WAVES - NEW! GLOW ART PAINT PARTY AFTER DARK

Pick up a brush, enjoy a complementary beverage, and create your very own masterpiece, in the dark. A fun and lively experience you won't forget. No artistic skills required. Limited spaces available. A nominal fee applies.

**The Ivory Suite (Deck 17) Forward**

#### 9.30pm-10.15pm – COCKTAIL PIANIST - PAUL CASSIDY

Paul Cassidy is back with more piano classics.

**Grand Atrium Piano Bar (Deck 6) Midship**

#### 9.30pm-10.15pm – SOUL & MOTOWN WITH PARTY BAND, PULSE

See front page for details.

**The Club House (Deck 8) Aft**

#### 10.15pm-11.00pm – MUSIC IN THE CLUB HOUSE

Get those feet tapping with some pre-show tunes.

**The Club House (Deck 8) Aft**

#### 10.15pm-11.00pm – PIANO VOCALIST - CHARLES BAKER

More of your favourites with Charles Baker.

**The Crow's Nest (Deck 17) Forward**

#### 10.30pm – VOCALIST - LAURA EVANS

See front page for details.

**Headliners Theatre (Decks 6 & 7) Forward**

#### 10.30pm – REMIXED

See front page for details.

**SkyDome (Decks 16 & 17) Midship**

#### 10.30pm – THE 710 CLUB - HANDWRITTEN

See 7.00pm for details.

**The 710 Club (Deck 6) Midship**

#### 10.30pm-11.00pm – THE LIMELIGHTS

As we unlock the doors for late night Limelight, join our amazing band as they change up the atmosphere with live music to boost your energy. 18+. No bookings are required.

**The Limelight Club (Deck 6) Forward**

#### 10.45pm-11.30pm – COCKTAIL PIANIST - PAUL CASSIDY

More of your musical favourites with Paul Cassidy.

**Grand Atrium Piano Bar (Deck 6) Midship**

#### 11.00pm-11.45pm – SOUL & MOTOWN WITH PARTY BAND, PULSE

See front page for details.

**The Club House (Deck 8) Aft**

#### 11.15pm-Midnight – BUSKER - BRADLEY OSBORNE

Late night acoustic sounds with Bradley Osborne.

**Brodie's (Deck 7) Forward**

#### 11.15pm-Midnight – PIANO VOCALIST - CHARLES BAKER

Late night music with Charles Baker.

**The Crow's Nest (Deck 17) Forward**

### From 11.15pm

#### 11.15pm-Midnight – THE LIMELIGHTS

See 10.30pm for details.

**The Limelight Club (Deck 6) Forward**

#### 11.45pm-Late – LATE NIGHT AT THE CLUB HOUSE

After an evening of entertainment, the lights turn down and the fun continues into tomorrow. Let the late-night DJ rock as you step into The Club House after-hours party.

**The Club House (Deck 8) Aft**

#### 12.15am – THE 710 CLUB - HANDWRITTEN

See 7.00pm for details.

**The 710 Club (Deck 6) Midship**



Booking your space is necessary via My Holiday or by dialling 7070.



The majority of our entertainment programme is family friendly, however please see our recommended highlights of the day.

## Showing Today At Ocean Studios

Please refer to in Cabin TV for full cruise schedule of films Showing in Ocean Studios



### Fast X - Tenth Chapter in The Fast & Furious Saga (2023)

Studio 1 - 9.00am, Noon, 3.00pm, 6.00pm & 9.00pm

Starring: Vin Diesel, Michelle Rodriguez, Jason Statham

Rated: PG-13

Running Time: 2hrs 24mins

Dom Toretto and his family are targeted by the vengeful son of drug

kingpin Hernan Reyes



### Guardians Of The Galaxy Vol. 3 (2023)

Studio 2 - 9.15am, 12.15pm, 3.15pm, 6.15pm & 9.15pm

Starring: Chris Pratt, Chukwudi Iwuj, Bradley Cooper

Rated: PG13

Running Time: 2hrs 30mins

Still reeling from the loss of Gamora, Peter Quill rallies his team to defend the universe and one of their own - a mission that could mean the end of the Guardians if not successful.



### The Flash (2023)

Studio 3 - 5.00pm, 8.00pm & 11.00pm

Starring: Ezra Miller, Michael Keaton, Sasha Calle

Rated: PG-13

Running Time: 2hrs 24mins

Barry Allen uses his super speed to change the past, but his attempt to save his family creates a world without super heroes, forcing him to race for his life in order to save the future.



### Dungeons And Dragons Honor Among Thieves (2023)

Studio 4 - 10.30am, 1.30pm, 4.30pm, 7.30pm & 10.30pm

Starring: Chris Pine, Michelle Rodriguez, Regé-Jean Page

Rated: 12A

Running Time: 2hrs 14mins

A charming thief and a band of unlikely adventurers embark on an epic quest to

retrieve a lost relic, but things go dangerously awry when they run afoul of the wrong people.

## Restaurant Opening Times

Dining has never been easier. Log into My Holiday to make your dining reservations for today. If you're in a virtual queue, please don't leave the web page or switch on your data as this may cause you to lose your place in the queue and not receive a "table is ready" notification.

### Breakfast

Horizon Restaurant (Deck 16) Aft	6.30am-11.00am
The Quays (Deck 8) Aft	7.30am-10.00am
Coral Restaurant (Deck 7) Aft	8.00am-10.30am
Pearl Restaurant (Deck 6) Aft	8.00am-10.30am
Aqua Restaurant (Deck 6) Aft, Port Side	8.00am-10.30am

Cover Charges/Charges apply at speciality venues.

[Join The My Holiday Virtual Queue](#)

The Keel and Cow Breakfast	7.30am-10.00am
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### Lunch

Horizon Restaurant (Deck 16) Aft	Noon-5.00pm
Pearl Restaurant (Deck 6) Aft	Noon-2.00pm
Coral Restaurant (Deck 7) Aft	Noon-2.00pm

### Dinner

Coral Restaurant (Deck 7) Aft	5.30pm-9.30pm
Pearl Restaurant (Deck 6) Aft	5.30pm-9.30pm
Aqua Restaurant (Deck 6) Aft, Port Side	5.30pm-9.30pm
Opal Restaurant (Deck 6) Aft, Starboard Side	5.30pm-9.30pm
Horizon Restaurant (Deck 16) Aft	6.00pm-9.30pm

~Using My Holiday, book your table in advance or join the virtual queue on the day, which opens 15 minutes prior to service.

### Horizon Restaurant (Deck 16) Aft

Afternoon Snacks (Forward)	3.00pm-5.00pm
Kid's Tea (Aft)	5.00pm-5.45pm
Late Snacks (Port Side, Forward)	9.30pm-1.30am

### All Day Dining

The Quays (Deck 8) Aft	Noon-9.30pm
Ripples (Deck 8) Midship	10.00am-9.30pm
Taste 360 - SkyDome (Deck 16) Midship	11.30am-7.30pm
Sundaes - SkyDome (Deck 16) Midship	8.00am-8.00pm

### Speciality Restaurants

Cover Charges/Charges apply at speciality venues.

[Join The My Holiday Virtual Queue](#)

The Keel and Cow	Noon-9.30pm
The Glass House	Noon-9.30pm
<a href="#">My Holiday Booking Required</a>	
The Olive Grove	Noon-9.30pm
Epicurean Dinner	6.00pm-9.30pm
Chef's Table (Deck 16 Midship - Port/Starboard side)	6.00pm & 8.30pm
Sindhu	6.00pm-9.30pm
The Limelight Club	Seating at 7.00pm

**For Room Service dial 5000 (24 hours a day)**

### Dietary Requirements

Dishes from the main menu can be adapted to suit your needs in any of our restaurants including the Horizon. Please speak to our Headwaiters, Waiting Staff or Chefs for assistance.

## Bar Opening Times

Vistas (Deck 6) Atrium	7.00am-11.00pm
Laguna Bar (Deck 16) SkyDome	7.00am-Late
Infinity Bar* (Deck 16) Aft	8.00am-Late
Crystal Bar (Deck 16) SkyDome	9.00am-Late
Sunset Bar* (Deck 8) Aft	10.00am-10.00pm
Emerald Bar (Deck 6) Atrium	10.00am-Late
Brodie's (Deck 7) Forward	10.00am-Late
The Crow's Nest (Deck 17) Forward	10.00am-Late
The Keel and Cow (Deck 8) Atrium	11.00am-11.00pm
The Glass House (Deck 7) Atrium	11.00am-11.00pm
Panorama Bar* (Deck 18) Aft	11.00am-7.00pm
Beachcomber Bar* (Deck 18) Forward	11.00am-7.00pm
Anderson's Bar (Deck 6) Midship	11.00am-11.00pm
The Club House (Deck 8) Aft	6.00pm-Late
The 710 Club (Deck 6) Atrium	6.30pm-Late
Sky Bar (Deck 17) SkyDome	7.00pm-Late
The Limelight Club (Deck 6) Forward	10.30pm-Late

All bars are proud to serve Costa coffee.

\* Weather Permitting

### Responsible Service of Alcohol

Guests under the legal drinking age will not be served alcoholic beverages nor are they to consume alcoholic beverages. Please understand that you may be requested to show proof of age.

## Discover More On Board...

### Swimming Pools

7.00am-8.00pm (SkyDome Pool closes at 5.00pm)  
Beachcomber Pool Area (Deck 18) Forward exclusively for adults  
Contact Reception in advance to arrange the use of a Pool Hoist

### Whirlpools

8.00am-8.00pm

### Oasis Gym (Deck 5) Forward

Open 24 hours. Age restrictions apply

### Oasis Spa & Health Club (Deck 6) Forward

8.00am-10.00pm, Tel: 7070

### Oasis Hydrotherapy Suite (Deck 5) Forward

To book your session visit the Oasis Spa & Health Club or dial 7070.  
8.00am-10.00pm

### The Retreat (Deck 18) Forward

Our VIP open-air area. Book this exclusive experience at the Oasis Spa & Health Club  
8.00am-8.00pm

### Sports Equipment (Deck 17) Aft

Help yourself to all your deck games and sporting equipment. Please return after use.  
10.00am-5.00pm

### Shore Experiences (Deck 7) Aft

Let us help you make the most of your time ashore.  
9.00am-6.00pm

### Loyalty & Cruise Sales (Deck 7) Aft

8.00am-8.00pm

### The Photo Hub (Deck 7) Midship

9.00am-Noon

### Clarendon Fine Art Gallery (Deck 6) Forward

10.00am-9.00pm

### Anderson's Library Bookcases (Deck 6) Midship

Open 24 hours

### Casino Slots (Deck 7) Forward

Open 24 hours whilst at sea

### Casino Tables (Deck 7) Forward

Noon-Late

## Shopping On Board

### Harbour Shop (Deck 6) Atrium

9.00am-10.00pm

### Market Place (Deck 7) Midship

9.00am-9.00pm

### Avenue Shopping (Deck 7) Midship

9.00am-10.00pm

### Promenade Shop (Deck 8) Atrium

9.00am-10.00pm

## Shipboard Services

**Reception (Deck 7) Midship** is open 24 hours a day and can be contacted by dialling 7070 from any of the ship's telephones.

**My Holiday Assistance Line** dial 7070 from any of the ship's telephones.  
8.00am-7.00pm

**My Holiday Assistance Podiums - Grand Atrium (Decks 6 & 7) Midship**  
9.00am-5.00pm

**Voicemail** if you have a red light on your cabin phone, you can listen to your message(s) by dialing 9801.

**Medical Centre** Please dial 8880 to make an appointment. We are unable to offer walk-in consultations. The appointment line is available 8.00am-10.30am & 3.00pm-6.00pm. For any medical emergency, please dial 999. Medical Charges Apply.

## WE ARE OPEN TODAY

### The Nursery (Exclusively for 0-1 year olds)

9.30am-Noon, 2.00pm-5.00pm

### Night Nursery (Exclusively for 0-4 year olds)

6.00pm-Midnight

### Night Nursery Extra (Exclusively for 0-4 year olds)

Midnight-2.00am (Please note this must be booked with the Youth Team by 9.00pm the night before)

### \*Splashers (Exclusively for 2-4 year olds)

9.30am-Noon, 2.00pm-5.00pm & 6.00pm-10.30pm

### \*Surfers (Exclusively for 5-8 year olds)

9.30am-Noon, 2.00pm-5.00pm & 6.00pm-10.30pm

### \*Scubas (Exclusively for 9-12 year olds)

9.30am-Noon, 2.00pm-5.00pm and 6.00pm-10.30pm

### \*Scene (Exclusively for 13-17 year olds)

10.00am-Noon, 2.00pm-5.00pm and 7.00pm-Midnight

\* Bookable via My Holiday; Session times for the following day will be released daily at 8.30am.

If you don't have your own device and can't use My Holiday, please visit The Reef, where places will be offered on a first-come, first-served basis.



## Shipboard Information

Sudoku/Crossword & Britain Today

Available everyday from 10.00am at Vista's Café (Deck 6) Atrium.

### Credit Card Authorisations

Whilst you are on board, your daily spend will be authorised with your credit or debit card provider at the end of each day to cover your daily charges from the previous day. Your card provider, as part of their standard procedures, may retain these authorisations for up to 28 days, and this is outside the control of P&O Cruises. Until these authorisations are released, the available funds in the account may be affected. For further information, please contact the Reception Desk (Deck 7) Midship.

### It's About The Noise

As you will see, Iona is a beautiful modern cruise ship, yet also a moving, floating hotel, and noise from machinery spaces, creaks from bulkheads, the sound of people and entertainment venues are all part and parcel of staying on board. Sound not only travels across the water but on the ship too. Wherever possible we try to keep noise to a minimum especially during the night hours. It's appreciated by fellow guests if those that enjoy the later hours around the ship keep noise to a minimum when heading to bed, and for those who get up early, please remember that some of us like a lie-in. Please keep the volume on your TV turned down low and remember not to slam drawers, cupboards and doors when closing them.

### Supervised Swimming Pool

For your safety, the SkyDome Pool (Deck 16) Midship is the designated supervised pool during the opening times shown in the Horizon. All other pools and whirlpools are not. In addition, please follow the rules displayed in the vicinity.

### Toilet Flushing

Iona has a sensitive toilet flushing system. To avoid blockages and inconvenience, you should only flush the toilet paper provided. Other items such as wet wipes, hand paper towels, sanitary products, baby nappies etc should be placed in the waste bin provided.

### Drinking Water

The water from the taps in your cabin is safe to drink although it may taste slightly different to what you are used to. You can refill your own water bottles with fresh chilled water from our dispensers located in the Grand Atrium on the port side of Decks 6 and 8, or within the Skydome on Deck 16. Should you wish to drink bottled or canned water during your stay, this can be purchased through Room Service or at any of our bars on board.

### Use Of Irons

For safety reasons we do not allow the use of personal irons in cabins. Guest laundrettes are located on decks 4, 5 & 9 up to 16 and all are equipped with irons and ironing boards for your personal use. Alternatively, speak to your Cabin Steward regarding our laundry and pressing services.

## Arthritis & Back Pain Solutions

Come and find out how acupuncture is effectively used to help relieve pain, so you can enjoy your cruise and beyond. This seminar offers integrative solutions for these chronic conditions.

**10.00am Oasis Spa (Deck 6) Forward**



## Win Up To £200 Blackjack Tournament

Pit your wits against your fellow guests and see if you are the champion. Qualifying rounds run from Noon until 2.30pm, with the final immediately after. Only £10 to enter, enter twice and get a third go free. Tickets available at the Casino Cashier's desk.

**Noon-2.30pm Casino (Deck 7) Forward**



## Turtle Tots - Pirate Adventure

Ahoy! Calling all toddlers and their families to come and join in with today's Turtle Tots fun and interactive session where we take you on a pirate adventure.

**10.00am The Club House (Deck 8) Aft**



## WAVELENGTH

The gameshow where it's not enough to know the answers, you need to be on the same Wavelength. Just how well do you know each other? Find out as you try to match your partner's answers in this exciting new gameshow, created exclusively for P&O Cruises, virtually starring TV presenter and game show host Ben Shephard.

**2.00pm Headliners Theatre (Decks 6 & 7) Forward**

## Celebration Night

### The Captain's Welcome!

Captain Wesley Dunlop invites you to raise a glass as he welcomes you aboard from the Bridge. Head to any of our main dining restaurants, Epicurean, Chef's Table or the Crow's Nest for a night of black ties, ball gowns, glitz & glamour; or, if it's something a little more relaxed you are after, then visit any of the other venues on board. The vouchers you will receive in your cabin can be exchanged for a glass of fizz at any of the ship's bars.

## Refuel Yourself With A Costa Coffee



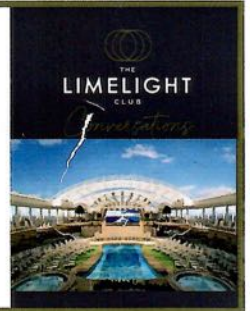
Costa Coffee's are also available to purchase at any of our popular bars: Crow's Nest, Laguna, Infinity (Upper Decks) Brodies, Glass House, Keel & Cow, Ripples, Sindhu and Sunset Bar (Lower Decks)



## Introducing Arvia

Join Emma from your Loyalty & Cruise Sales team as she introduces you to our sunshine ship Arvia. Discover the ship, new features and the sunny destinations she'll take you to from fly Caribbean to the best of the Mediterranean. Come along to find out about our latest exclusive onboard offers.

**3.00pm The Limelight Club (Deck 6) Forward**

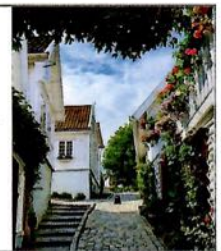


## Recommended Tour In Stavanger

### Old Town & Beer Tasting

Join your informative local guide for an entertaining walk through the storied cobbles of Stavanger Old Town. You'll hear tales and legends from long ago, and the interesting story about the city's beer and Purity Law.

**9.00am-6.00pm Shore Experiences (Deck 7) Aft**



## Tanzanite Renaissance Presentation

The birthstone of December 1000 times rarer than the Diamond, this is a stunning gemstone to add to your collection. Learn what to look for, what to avoid, and how to get the best value when shopping for Tanzanite. A free Tanzanite gemstone for all who attend, while limited stocks last.

**2.00pm Ocean Studios 3 (Deck 6) Aft**



## 20th Century Masters - Picasso & Dali

Join your Art Gallery Team as they take you into some of the greatest minds of the 20th century of art - Salvador Dali and Pablo Picasso. Unravel their secrets and understand the lives that created these legacies and sculpted the art world we know today.

**11.00am Ocean Studios 3 (Deck 6) Aft**

