

At Sea Friday, November 14, 2014 • Regal Princess • Tonight's dress: Formal

Weather: Today's Forecast: Sunny, Partly Cloudy • High: 28°C/82°F • Sunrise: 7:00am/Sunset 5:55pm

Tomorrow's Forecast: Sunny, Partly Cloudy • High: 28°C/82°F

Access regal.princess.com • Free of charge on your laptop, iPad or any mobile device while onboard

The Officer's Daily Log

Meet Lotus Spa
Manager Lauren Di Pace



Lauren Di Pace was born in Bedford, England. Before embarking on a life at sea, she studied Beauty Therapy and dreamed of one day traveling the world.

Her Princess Cruises career began aboard Pacific Princess as a Body Corrective Specialist, when Lauren began fulfilling her travel dreams. The unparalleled beauty of the Greek Isles and the sunny Caribbean has made these cruise destinations among Lauren's favorites.

When she is not onboard, Lauren enjoys reconnecting with her friends and family.

By Lotus Spa Manager

Lauren Di Pace

As we enjoy a relaxing day at sea, now is the perfect time to indulge in a spa treatment, massage, or even a haircut to spruce up before your next day in port. The Lotus Spa®, conveniently located just off the Atrium on Deck 5, is a large part of what makes this ship a relaxed, rejuvenating retreat at sea.

The Lotus Spa offers services for both men and women, and also features a special YSPA menu for passengers between the ages of 13 and 17. If you didn't pre-reserve a service online before this cruise, there's still time to schedule a soothing facial to light your skin aglow, or de-stress with an aroma stone therapy massage. We can also pamper you with a manicure or pedicure. The Enclave at Lotus Spa® is a truly special experience, with sensory showers, a Laconium, warm stone beds and a rejuvenating hydrotherapy pool—simply stop by or call 5343 to book a treatment!

The Lotus Spa Fitness Center has a variety of exercise machines to help you stay fit during your cruise, as well as a large selection of classes offered through our Core.Balance.Strength program. We can lead you through instruction in Pilates, yoga, cycling, and even aerobics.

From the Navigator

Overnight, Regal Princess continued to set a northwesterly course through the North Atlantic Ocean, crossing the Puerto Rico trench during Friday morning as we passed 72 nautical miles northeast of the island of Puerto Rico. On Friday afternoon, we maintained our northwesterly heading, passing Hispaniola 124 nautical miles on our Port side as we crossed the Nares Abyssal Plane.

Dress Code

Formal - When formal nights are held, please observe the dress code in the Traditional Dining and Anytime Dining venues for the enjoyment of all our passengers.

- Evening gown, cocktail dress, or elegant pant suit for women
- Tuxedo, dark suit or dinner jacket and slacks for men*

Public Health Reminder

To help maintain a healthy environment, please wash your hands frequently and thoroughly with soap for at least 20 seconds, and rinse them well. We strongly recommend that you follow this procedure each time you use the restroom, after coughing or sneezing and before eating, drinking or smoking. Avoid touching your mouth. We also encourage you to use your private toilet facilities and not the public toilet unless absolutely necessary.

Did You Know?

The draft (or draught) of a ship's hull is the vertical distance between the waterline and the bottom of the hull (keel). In the Princess fleet, the draft ranges from 19 to 28 feet!

Time Change – Ship's clocks will be set one hour back at 2:00am between Friday night November 14th and Saturday morning November 15th.

Find your new favorite something.



Refreshing Morning

- 8:00am-
Onwards **Sudoku Teasers**
Pick up your daily teasers. Library, Deck 7 Aft
- 8:00am-
8:00pm **Lawn Court is Open for Golf Putting & Bocce**
Lawn Court, Deck 19 Aft
- 9:00am **Early Risers Team Trivia** – With your Cruise Staff.
Club 6, Deck 6 Fwd
- 9:00am **Common Interest@Sea: Service Club Get-Together**
Wheelhouse Bar, Deck 7 Aft
- 9:00am **Morning Zumba Fitness** – With Certified Zumba
Instructor. Center Court, Deck 18 Aft
- 9:00am-
1:00pm **Scenic Photo Extravaganza!** – Complete
collection of the Scenic Stock Photos of this
beautiful voyage! Photo/Video Gallery, Deck 6 **Princess
Pick**
- 9:00am-
11:00am **Bullseye Shooting Simulator Free Play** (18 years & older)
Bullseye Shooting Simulator, Deck 18 Aft
- 9:00am **Bocce Ball Competition** – With your Cruise Staff.
Lawn Court, Deck 19 Aft
- 9:00am-
Noon **Bridge Players Get-Together (Unhosted)**
Allegro Dining Room, Deck 6 Aft
- 10:00am **Princess Pop Choir Rehearsal** – Join Chris of the Cruise
Staff for this exciting event. Club 6, Deck 6 Fwd
- 10:00am **The Wake Show Live** – Don't miss this opportunity
to be part of our Live Studio Audience. Hosted by
Cruise Director Ron & Deputy Cruise Director
Adam. Princess Level, Deck 7 Midship **Princess
Pick**
- 10:00am **Line Dance@Sea Class** – Come and learn some funky
new line dances with your Cruise Staff in this unique
environment. Center Court, Deck 18 Aft
- 10:00am **Movies Under the Stars** **Morning Movie: The Princess Bride**
Starring: Cary Elwes & Robin Wright
(Rated: PG • 1hr 38mins)
Fountain Pool, Deck 16 Midship
- 10:00am-
1:00pm **Holiday Store At Sea** – 3 Hours Only! Gifts for \$10.
Symphony Dining Room, Deck 5 Midship
- 10:15am **In the Piazza** **Fruit & Vegetable Carving
Demonstration** Deck 5 Midship
- 10:30am **Healing Pain with Acupuncture** – Join Carly, LAC.
Lotus Spa, Deck 5 Fwd
- 10:30am-
11:30am **Le Vian Chocolate Diamond "Mimosa" Event**
Join Marva, Le Vian Jewelry Specialist over a glass of
Mimosa to view our collection of Chocolate Diamonds
available onboard only for this cruise. Facets, Deck 7
- 11:00am **Jacqueline Kennedy Collection** – Join our
onboard Boutique staff and learn more about
the Jackie Kennedy selection available onboard.
Enter to win a replica of her Tank Watch when
you attend. Princess Level, Deck 7 Midship **Princess
Pick**
- 11:00am **Nintendo Wii@Sea Hour** – Test your skill with your Cruise
Staff. Bullseye Shooting Simulator, Deck 18 Aft
- 11:00am **Complimentary Seminar: Secrets to a flatter stomach**
Fitness Center, Deck 17 Aft
- 11:15am **Golf Putting Competition** – With your Cruise Staff.
Lawn Court, Deck 19 Aft
- 11:30am **Snowball Jackpot Bingo Up to \$1,250** could go in 52
numbers, plus 3 other cash prizes. Cards available from
10:00am. Vista Lounge, Deck 7 Aft

11:30am-
2:30pm **Traditional British Pub Lunch**
Wheelhouse Bar, Deck 7 Aft

11:30am-
1:45pm **Batting & Pitching Cage Fun is Open**
Center Court, Deck 18 Aft

Relaxing Afternoon

- Noon **Liquid Face Lift with Dr. Mailene, M.D.**
Lotus Spa, Deck 5 Fwd
- Noon-
2:30pm **\$500 Slot Tournament** – Qualifying until 2:30pm
followed by the Grand final. \$20 entry fee.
Princess Casino, Deck 6 Fwd
- Noon-
1:00pm **Music on Deck with Party Band Evolution**
(Weather permitting) Fountain Pool, Deck 16 Midship
- 12:15pm-
1:15pm **The Ian Ross Jazz Trio**
Wheelhouse Bar, Deck 7 Aft
- 12:30pm **In the Piazza** **Pianist Luca Ovidiu**
Deck 5 Midship
- 12:30pm **Free Ladies Pamper Hour**
Princess Level, Deck 7 Midship
- 12:45pm **Bid Card Registration and Raffle Ticket Entry for the
Rapid Fire Art Auction** – There is no registration fee!
Vista Lounge, Deck 7 Aft
- 1:00pm **Rapid Fire Art Auction** – 60 works of art in 60
minutes. If not, everyone in attendance will get a
large work of art for free. Vista Lounge, Deck 7 Aft **Princess
Pick**
- 1:00pm **Wet, Wild & Wacky Pool Games** – With DJ Nature and
the Cruise Staff. Fountain Pool, Deck 16 Midship
- 1:15pm **Fixed Target Competition** (18 years & older)
Bullseye Shooting Simulator, Deck 18 Aft
- 1:30pm **In the Piazza** **Alegria String Quartet**
Deck 5 Midship
- 1:30pm-
2:30pm **On Deck Tunes with Party Band Evolution**
(Weather permitting) Fountain Pool, Deck 16 Midship
- 2:00pm **Shuffleboard Tournament** – With your Cruise Staff.
Lawn Court, Deck 19 Aft
- 2:00pm **Relieving Back Pain and Walking in Comfort** – Do you
suffer from Knee and back pain? Fitness Center, Deck 17 Aft
- 2:00pm-
8:00pm **FREE Walk-in Anti-Aging Clinic with Medi-Spa**
Lotus Spa, Deck 5 Fwd
- 2:15pm **In the Piazza** **Caribbean Grooves with Pan Player
Tyrone Babb** Deck 5 Midship
- 2:15pm **Soccer Shootout** – With your Cruise Staff.
Center Court, Deck 18 Aft
- 2:15pm **Nintendo Wii@Sea Competition** – With your Cruise Staff.
Bullseye Shooting Simulator, Deck 18 Aft
- 2:30pm **Movies Under the Stars** **Afternoon Movie: The Proposal**
Starring: Sandra Bullock & Ryan
Reynolds (Rated: PG-13 • 1hr 48mins)
Fountain Pool, Deck 16 Midship
- 3:00pm **In the Piazza** **Ballroom@Sea Dance Class: 'Cha Cha'**
With Armando of your Cruise Staff.
Deck 5 Midship
- 3:00pm **Maitre d'Hotel Wine Club** – With your Dining Room staff.
Sabatini's, Deck 5 Midship
- 3:00pm-
5:00pm **Bullseye Shooting Simulator Free Play** (18 years & older)
Bullseye Shooting Simulator, Deck 18 Aft

Swarovski At Sea

Fine Austrian Crystal Gifts & Jewelry

Save an **Extra 10% Off** \$150 or more

Save an **Extra 15% Off** \$250 or more

Save an **Extra 20% Off** \$450 or more

9:00am-9:00pm • Meridian Bay, Deck 7

On Stage Tonight

A Tribute to Divas

Starring:

Sandra Starkey & Evolution

Hosted by

Deputy Cruise Director Adam Love

9:30pm & 11:15pm

Vista Lounge • Deck 7 Aft

The Lotus Spa

Keratin Express Blowout

In just 1 hour with this specially
formulated treatment you can eliminate
up to 95% frizz that lasts up to 6 weeks.
60 min. for \$149.

Lotus Spa • Deck 5 Forward

come back newSM

3:00pm **Lawn Bowl Competition** – With your Cruise Staff.
Lawn Court, Deck 19 Aft

3:30pm **Snowball Jackpot Bingo Up to \$1,500** could go in 52 numbers if not won in the morning session, plus 3 other cash prizes. Cards available from 1:00pm. Vista Lounge, Deck 7 Aft **Princess Pick**

3:30pm-4:30pm **Afternoon Tea**
Symphony Dining Room, Deck 5 Midship

3:30pm **Common Interest@Sea: Free Masons Get-Together**
Come join your fellow guests and swap some old stories.
Wheelhouse Bar, Deck 7 Aft

4:00pm *In the Piazza* **Runway At Sea Fashion Show** – Join us for the Runway at Sea Fashion Show to get a sneak peek of our latest collection. Enter to win \$50 credit on apparel & accessories in the Boutiques Onboard. Piazza, Deck 5 Midship

4:15pm **Afternoon Trivia** – With the Cruise Staff.
Princess Live!, Deck 7 Midship

4:30pm **Ping Pong Tournament** – With your Cruise Staff.
The Gaming Lounge, Deck 18 Aft

4:45pm **Afternoon Zumba Fitness** – With your Certified Zumba Instructors. Center Court, Deck 18 Aft

5:00pm *In the Piazza* **Pianist Luca Ovidiu**
Deck 5 Midship

5:00pm **movies** **Concert: Paul McCartney: Good Evening New York City**
Fountain Pool, Deck 16 Midship

5:15pm **Jewish Sabbath Service** – As we do not have a Princess registered Rabbi onboard, we kindly invite a fellow passenger to conduct this service. All amenities will be provided. Princess Live!, Deck 7 Midship

5:15pm-10:30pm **Last Chance for Formal Portraits Tonight!** – Multiple Studio locations to choose from! Piazza, Decks 5, 6 & 7

5:45pm-10:00pm **Family Portraits in the Platinum Studio** – Book a private photo session with no obligation to purchase! Visit or phone the Photo-Video Gallery before 3:00pm on 6412 for bookings.

Enchanting Evening

6:00pm *In the Piazza* **Alegria String Quartet**
Deck 5 Midship

6:00pm **LGBT Get-Together** – Crooners Lounge, Deck 7 Midship

6:00pm-9:30pm **Tonight in Your Dining Room** – Make the most of your memories as our professional photographers capture your image in our elegant dining rooms.

6:15pm **Friends of Dr. Bob & Bill W. Meeting**
Princess Live!, Deck 7 Midship

6:45pm *In the Piazza* **Caribbean Grooves with Pan Player Tyrone Babb** Deck 5 Midship

6:45pm **SHOWTIME:** **The Unexpected Boys**
Princess Theater, Decks 6 & 7 Fwd

7:00pm-8:00pm **Wine & Food Pairing Event** – Join your fellow passengers in the Vines Wine Bar. Piazza, Deck 5 Midship

7:00pm **Singles & Solo Travellers Get-Together (Unhosted)**
Crooners Lounge, Deck 7 Midship

7:00pm **Pianist Luca Ovidiu**
Wheelhouse Bar, Deck 7 Aft

7:00pm & 10:15pm **movies** **Feature Film: Dawn of the Planet of the Apes** Starring: Andy Serkis & Jason Clarke (Rated: PG-13 • 2hrs 10mins)
Fountain Pool, Deck 16 Midship

7:30pm *In the Piazza* **Alegria String Quartet**
Deck 5 Midship

7:30pm **Michael Jackson Music Trivia** – With your Cruise Staff.
Princess Live!, Deck 7 Midship

8:00pm **Texas Hold'Em Players Meet** – \$1/\$2 No-Limit Cash Game. \$20 entry fee. Princess Casino, Deck 6 Fwd

8:00pm **Pianist Luca Ovidiu**
Wheelhouse Bar, Deck 7 Aft

8:30pm *In the Piazza* **Caribbean Grooves with Pan Player Tyrone Babb** Deck 5 Midship

8:30pm **SHOWTIME:** **The Unexpected Boys**
Princess Theater, Decks 6 & 7 Fwd

9:00pm-9:45pm **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft

9:15pm *In the Piazza* **Abba Dance Party with DJ Christopher J. and the Cruise Staff**
Deck 5 Midship

9:30pm **The Marriage Match Gameshow (PG-16)**
Join Cruise Director Ron and the Cruise Staff for an evening of hilarity as we find out how much you really know about your other half. Sign-ups at 9:15pm. Princess Live!, Deck 7 Midship **Princess Pick**

9:30pm-10:00pm **PRINCESS WATERCOLOR Fantasy**
Enjoy the sights and sounds of our amazing Fountain Displays. (Running Time 5min. 19sec. Wind & Weather permitting)
Fountain Pool, Deck 16 Midship

9:30pm **SHOWTIME:** **A Tribute to Divas: Starring Sandra Starkey & Evolution**
Vista Lounge, Deck 7 Aft

10:00pm **Latin Hour with DJ Tintin**
Club 6, Deck 6 Fwd

10:00pm-11:15pm **Fabulous Piano Entertainer Tom Franek**
Crooners Lounge, Deck 7 Midship

10:00pm-10:45pm **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft

10:15pm **Princess Pop Star Heat 3** (18 years & older)
You could become a singing star.
Princess Live!, Deck 7 Midship **Princess Pick**

10:30pm **SHOWTIME:** **The Unexpected Boys**
Princess Theater, Decks 6 & 7 Fwd

11:00pm-Late **The Formal Night Party with DJ Nature and your Cruise Staff** Club 6, Deck 6 Fwd

11:00pm-11:45pm **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft

11:15pm *In the Piazza* **The Rick Kilburn Quartet with A Tribute to Sinatra & Friends**
Deck 5 Midship

11:15pm **The Wide World of Sports Trivia** – With your Cruise Staff.
Princess Live!, Deck 7 Midship

11:15pm **SHOWTIME:** **A Tribute to Divas: Starring Sandra Starkey & Evolution**
Vista Lounge, Deck 7 Aft

Midnight-1:00am **Piano Entertainer Ray Coussins**
Wheelhouse Bar, Deck 7 Aft

Midnight-Late **Fabulous Piano Entertainer Tom Franek**
Crooners Lounge, Deck 7 Midship

Princess Cruises Captain's Circle

Your Circle Hostess, Heather, looks forward to meeting our Platinum & Elite Members who are invited to tonight's Private Cocktail Party.

Vista Lounge • Deck 7 Aft

PRINCESS CRUISES PRESENTS
Oh What A Night, a musical tribute to the Four Seasons...Featuring
The Unexpected Boys
Hosted by
Cruise Director Ron Goodman
6:45pm, 8:30pm & 10:30pm
Princess Theater • Decks 6 & 7 Fwd

\$\$\$ Princess Casino

Slot Tournament

You just have to hit that button for your chance to win cash and prizes!
\$20 entry fee Tickets available now at the Casino Cashier.

Princess Casino • Deck 6, Forward

LOCATIONS, HOURS & MORE



Art Gallery (Open 24 hours) – Deck 7 Forward

Art Director available from 7:00pm-10:00pm & by appointment

Boutiques – Decks 5 & 7 Midship

9:00am-11:30pm

Captain's Circle Loyalty Desk – Atrium, Deck 7 Midship

9:00am-Noon

Casino – Deck 6 Midship

Casino Cash Desk opens at 9:00am, Tables open at 10:00am

Future Cruise Sales – Atrium, Deck 7 Midship

9:00am-Noon & 1:30pm-3:00pm

Internet Center (Open 24 hours) – Deck 5 Midship

Internet Manager's Hours: 9:00am-Noon, 1:00pm-4:00pm & 7:00pm-10:00pm

Lotus Spa & Beauty Salon – Deck 5 Forward, Ext. 5343

8:00am-10:00pm

Lotus Health & Fitness – Deck 17 Midship

7:00am-10:00pm

Medical Center – Deck 4 Midship

9:00am-Noon & 4:30pm-7:00pm

For urgent medical attention, dial 911. Available 24 hours a day.

For general enquiries, dial 4400 between 8:00am-Noon & 2:00pm-7:00pm

Photo & Video Gallery – Deck 6 Midship

9:00am-11:00pm

Shore Excursions Desk – Deck 5 Midship

9:00am-Noon & 3:00pm-6:00pm

Dining Guide

– For details & reservations, use speed dialing option "DINING" between 8:00am and 5:00pm from any ship's phone.

	Location	Hours
International Cafe**	Deck 5 Piazza	24 Hours
Gelato**	Deck 5 Piazza	11:00am-11:00pm
Vines**	Deck 5 Piazza	11:00am-Late
Sabatini's**	Deck 5 Forward	6:00pm-10:00pm
Symphony (Anytime)*	Deck 5 Midship	7:00am-9:00am; Noon-1:30pm; 5:30pm-9:30pm
Allegro (Traditional)	Deck 6 Aft	Early Seating 5:45pm
Concerto (Anytime)*	Deck 6 Midship	7:30pm-9:30pm
Alfredo's Pizzeria	Deck 6 Midship	11:00am-11:00pm
Ocean Terrace Seafood Bar**	Deck 7 Midship	11:00am-11:00pm
Crown Grill**	Deck 7 Aft	6:00pm-10:00pm
Prego Pizzeria	Deck 16 Midship	11:00am-6:00pm & 8:00pm-11:00pm
Swirls Ice Cream Bar	Deck 16 Midship	11:00am-11:00pm
Trident Grill Smokehouse BBQ Style	Deck 16 Forward	11:00am-6:00pm & 8:00pm-11:00pm 8:00pm-11:00pm
Horizon Court/Bistro	Deck 16 Aft	5:00am (Continental Breakfast) 6:00am-11:30am (Breakfast); 11:30am-3:30pm (Lunch); 3:30pm-5:30pm (Tea Time); 5:30pm-11:00pm (Dinner)

Bars, Clubs & Lounges

Signature Recommendation: **Ultimate Mai Tai**

	Location	Hours
Piazza Bar	Deck 5 Midship	11:00am-Late
Bellini's Bar	Deck 6 Midship	11:00am-Late
Casino Bar	Deck 6 Forward	9:00am-Late
Club 6	Deck 6 Forward	10:00pm onwards (Must be Over 18 - Photo I.D. Required)
Wheelhouse Bar	Deck 7 Aft	4:00pm-Late
Crooners	Deck 7 Midship	11:00am-Late
Princess Live! Cafe	Deck 7 Midship	8:30am-1:30pm; 4:30pm-Midnight
Seaview Bar	Deck 16 Midship	10:00am-Midnight
Mermaid's Tail Bar	Deck 16 Forward	9:00am-11:00pm
Outrigger Bar	Deck 16 Aft	7:00am-11:00pm

*Details and limited reservations are available by speed dialing option "DINING" between 8:00AM and 5:00PM from any ship phone. **Additional charges apply. Once onboard and subject to availability, you may switch from Traditional Dining to Anytime Dining with 24 hours notice to the Maitre D'. Dining options, menu selections, locations and venues may vary by ship, and actual meal times are subject to change. The legal drinking age of 21 years is observed onboard and photo ID may be required. A 15% service charge is automatically added to all bar and wine bills.



On Deck for the Cure™

Join us in the fight against breast cancer by participating in a 5K noncompetitive walk around the ship's deck.

Details and a registration form can be found in your stateroom. Bring your completed form to the Passenger Services Desk.

Future Cruise Sales

Place a \$100 per person deposit to receive **FREE** shipboard credits for your next Princess voyage — even if you haven't decided where to cruise next!

Future Cruise Center • Deck 7 Midship

Formal Portraits Tonight

Last Chance!

No sitting fee & no obligation to purchase. Nine specialty backgroundsto choose from!

Located in the Piazza on decks 5, 6 & 7. Open from 5:15pm until 10:30pm.

Fondues

The nostalgic fondue-craze is back, come and enjoy this traditional Swiss specialty. \$20 per person cover charge.

Reservations recommended.

6:30pm–9:00pm • Deck 16, Aft

Shore Excursions:

Tour office hours: 9:00am-Noon & 3:00pm-6:00pm – Plaza, Deck 5 Midship

Before leaving South Florida, experience the beauty and nature of the Everglades on a thrilling boat ride through the stunning, yet primitive "River of Grass," where you may spot the endangered American alligator or want to explore more of Ft. Lauderdale or Miami we may have the right option for you. Come and see us and we will be glad to assist you making your choice.

Closing time for cancellations – No refunds or exchanges can be made for Fort Lauderdale after 6:00pm today.