

TODAY'S ACTIVITIES & PROMOTIONS

6:30am	The Bow is Open for Scenic Cruising	Deck 5
7:00am	 Abs Class	Fitness Center, 9
7:30am	 Stretch & Release	Fitness Center, 9
8:00am	 Body Sculpt Boot Camp \$20	Fitness Center, 9
8:00am	Rotterdam Arrives in Akureyri	
8:00am	Akureyri Photo Opportunity until 12:30pm PROMOTION	Pier Ashore
8:00am	 Ask Your Travel Guide, Loes & Tjalling	Pier Ashore
8:00am	 Tai Chi for Everyone	Lido Poolside, 9
8:30am	 Origami Folding: Seahorse	Game Room, 12
9:00am	 Lightning Trivia	Crow's Nest, 12
9:00am	 Soccer Goal Scoring Competition	Sport Court, 11
9:30am	 Creating Doodle Designs	Game Room, 12
10:00am	Mahjong Players Meet until 2:00pm	Dining Room, 3
10:00am	Party Bridge Play until 2:00pm	Dining Room, 3
10:00am	 Basketball Knockout	Sport Court, 11
10:30am	 Knitting Basics: Pearl Stitch	Game Room, 12
11:00am	Healthy Hair Consultations PROMOTION	Fitness Center, 9
1:00pm	 Today's Trivia: Art	Billboard Onboard, 2
2:00pm	Diminish Swollen Ankles & Fluid Retention PROMOTION	Fitness Center, 9
2:00pm	 Shuffleboard Challenge	Shuffleboard Court, 11
2:30pm	 Modern Calligraphy	Game Room, 12
3:00pm	 Knitter's Meetup	Crow's Nest, 12
3:00pm	 Let's Play Cornhole	Cornhole Court, Deck 11
3:00pm	Complimentary Massage Sampler PROMOTION	Greenhouse Spa, 9
3:30pm	 Coloring for Adults	Game Room, 12
4:00pm	 Let's Play Ladder Ball	Lido Poolside, 9
4:00pm	 Pure Form Pilates \$20	Fitness Center, 9
4:00pm	 Friends of Bill W. Meet	Stuyvesant Room, 1
4:00pm	 Team Trivia Challenge	Billboard Onboard, 2
4:00pm	 A Pickup Game of Pickleball	Sports Court, 11