

# ALOHA KAKAHIKA (GOOD MORNING)

## ACTIVITIES AND LEISURE

**ALL PRICES SUBJECT TO SALES TAX WHEN REQUIRED BY LAW**

Continuous	<b>VACATION BRAGGING RIGHTS</b> Share your vacation with friends and family, send them an email and tell them, "you wish they were here". Vacation is about bragging! Brag by email now since you'll be home long before your postcards. If you know your email address and password, we can get you right into your own email; otherwise you can use your <i>cruise-mail</i> address to send greetings. Come to the Internet Café on Deck 7 and share your good times!!	Internet Café, Deck 7, Mid
Continuous	<b>Information on all your upcoming ports of call</b>	Stateroom TV, Channel 24
Continuous	<b>Video: "Humpback Whales" Pacific Voyages</b>	Kumu Cultural Center, Deck 7, Mid
Continuous	<b>Pride of Aloha Safety Video</b>	Stateroom TV, Channel 27
Morning-Noon	<b>"Good Morning Aloha" with your Cruise Director, Clint</b>	Stateroom TV Channel 30
24 Hour	<b>GYMNASIUM &amp; FITNESS CENTER OPEN!</b>	Mandara Fitness Center, Deck 7, Mid
7:00am	<b>WELCOME TO KAILUA - KONA</b> Remember to carry your <i>Pride of Aloha</i> Guest Key Card and a photo I.D. ashore. If you are on a Shore Excursion, please refer to your tour ticket for the meeting time and location. All guests must take a tender ashore today. The tender gangway will be located on Deck 3, Forward. Please use caution while boarding the tenders. <b>The last tender leaves the pier at 5:30pm.</b>	
7:00am-10:00am	<b>SHORE EXCURSION DESK is OPEN</b> Still not sure what to do today? See your Shore Excursion Team. Staff are also available on the pier ashore.	Aloha Atrium, Deck 5, Mid
8:00am-11:00am	<b>First Wave - Bloody Mary's &amp; Screwdrivers \$5.25 served in an 8 oz. Glass.</b>	All Open Bars
8:00am	<b>Sunrise in Motion</b> Fitness walk, stretching and abs strengthening with your <i>Fitness Team</i> - Complimentary	Meet in Fitness Center, Deck 11, Fwd
8:00am	<b>Port and Cruise Consultant - Ask Grant about those last minute shopping questions!</b>	Gangway
8:00am-11:00am	<b>GALLERIA GIFT SHOP is OPEN</b>	Galleria Gift Shop, Deck 7, Aft
8:00am-10:00pm	<b>MANDARA SPA &amp; SALON is OPEN</b> Relax & Rejuvenate your skin and senses with a wonderful <i>European</i> Skincare Facial Treatment.	Mandara Spa, Deck 11, Fwd
8:30am	<b>Talk Story with your Hawaiian Ambassador</b> Join <i>Malu</i> as she talks about the Port we are visiting today!	Kumu Cultural Center, Deck 7, Mid
9:00am	<b>FITBALL WORKOUT</b> Join your <i>Fitness Staff</i> and learn to shape your muscles as you strengthen and stretch the body.--\$10	Fitness & Aerobics Center, Deck 11, Fwd
10:00am-Noon	<b>Library is open for book, card and game checkout</b>	Library, Deck 6, Aft

## ALOHA AUINALA (GOOD AFTERNOON)

3:00pm	<b>Fine Art Enrichment Lecture with Dr. Lida Chase</b> Cartoon Capers I: Creating Basic 'Toon Heads' Learn how to draw basic cartoon human faces!	Kauai Room in the Library, Deck 6, Aft
3:00pm-4:00pm	<b>Chocoholic Buffet</b> Exotic works of art, great cakes and more.	Palace Restaurant, Deck 5, Mid
3:30pm	<b>WATER AEROBICS</b> with your Asst. Cruise Director, <i>Gina</i>	Pool, Deck 11, Mid
4:00pm	<b>70's &amp; 80's Music Trivia</b> with your Asst. Cruise Director, <i>Gina &amp; DJ Mike</i>	Poolside, Deck 11, Mid
4:00pm	<b>HAWAIIAN ARTS &amp; CRAFTS</b> Anuenue Shell Leis Learn how to make Anuenue Shell Leis with Hostess, <i>Jena</i> . <i>*Class will start on time. Due to time restraints, late-arriving guests cannot be accommodated.</i>	Outrigger Lounge, Deck 11, Fwd
4:00pm	<b>"Hawaii's Sensational Spineless Wonders"</b> with <i>Josh Whittmer</i> from the <i>Pacific Whale Foundation</i> .	Kauai Room in the Library, Deck 6, Aft
4:00pm-6:00pm	<b>Library is open for book, card and game checkout.</b>	Library, Deck 6, Aft
4:30pm	<b>Black Coral Fashion Show:</b> learn about Hawaii's precious corals	Kumu Cultural Center, Deck 7, Mid
4:30pm	<b>Seminar:</b> Find out the Secrets to a flatter stomach!!	Fitness Center, Deck 11, Fwd
4:30pm	<b>Sports Trivia</b> with your <i>Cruise Director's Staff</i> .	Longboard Bar, Deck 11, Aft
5:00pm	<b>DISEMBARKATION BRIEFING (approx. 25 minutes)</b> Join your Cruise Director <i>Clint</i> , as he explains the disembarkation procedure, gratuities, luggage tags and more. <b>RECOMMENDED! Only for guests disembarking in HONOLULU.</b>	Stardust Theater, Decks 6 & 7, Aft
5:15pm-7:00pm	<b>FUTURE CRUISE BOOKINGS &amp; SHOPPING ADVICE:</b> Don't miss out on the savings. Book your next cruise with a 100% refundable deposit. Stop by for shopping advice on the island of Maui. See <i>Grant</i> , your Port and Cruise Consultant.	Aloha Atrium, Deck 5, Mid
5:30pm	<b>Step Aerobics</b> - beginner to intermediate level -- \$10	Fitness Center, Deck 11, Fwd