



scope completely.

PRINCESS PATTERN

A daily guide to cruise activities 

AT SEA • SUNDAY, SEPTEMBER 25, 2005 • SUN PRINCESS
Sunrise 6:49am • Sunset 6:55pm • Tonight's Dress: Smart Casual

The Caribbean History

Columbus first discovered this sea and explored many islands, including Cuba, Hispaniola (Haiti), Jamaica, Trinidad and most of the Lesser Antilles. Clearly the "first tourist", his reports were enthusiastic and bubbling. He established his brother Bartolome Colon, as Governor of Hispaniola; in turn, Bartolome founded the city of Santo Domingo (in 1496) almost on the site of the present capital of The Dominican Republic. From Santo Domingo went out an impressive procession of explorers, conquerors, colonizers and missionaries, including Diego Velasquez de Leon, Hernando Cortes, Juan Ponce de Leon and Vasco Nuñez de Balboa. The Indians of the Caribbean Islands were of two main races. The Arawaks, kind and mild, gave the world tobacco and hammocks. (Columbus discovered the hammock used by these easy-going people and from then on, no sailor had to sleep again on a hard deck). A century after the Spanish arrival the Arawak Indians were extinct, wiped out by a combination of disease imported from Europe, forced labor in Spanish gold mines, and attacks by the other main Indian race, the Caribs. This warlike tribe practiced cannibalism (the Spanish "Carib" means Cannibal and systematically terrorized the Caribbean Islands as they ventured north from their South American homeland. Two small colonies of Caribs still exist on the British Islands of Dominica and St. Vincent. The 16th century marked the beginning of two hundred years of upheaval and destruction on these islands, firstly with the arrival of the "Pirates", such as Blackbeard, Bonnet and Bartholemew Roberts are now embodied within the realms of romantic folklore which even to this day adds spice to the exciting area known as "The Caribbean".



Captain's Circle Membership Enquiries Desk

9:00am to Noon — If you have cruised with Princess before? Do you have your cruise pin. If not be sure to see Pamela your Captain's Circle Hostess on deck 5 in the Atrium.

Say it With flowers....

Show your loved one how much you care. Let our florist's expertise help you express your true feelings. Flowers can be ordered via the Purser's Desk on Plaza Deck, Deck 5 or visit our onboard florists who will be in the forward foyer on Plaza Deck 5 from 10:00am to 11:00am & 4:00pm to 7:00pm.

Personal Choice Dining Marquis Dining Room, Deck 5

If you wish to dine at an exact time, or with a group of friends, please call our Dining Hot Line, extension 3463, between the hours of 8:00am and 5:30pm to make a reservation. Reservations are held for 15 minutes only.

Public Health Reminder

We kindly recommend that you wash your hands frequently. We also wish to strongly encourage you to use your private toilet facilities and not the public toilets unless absolutely necessary. These simple precautions are a great contribution for maintaining a healthy shipboard community. Thank you for your cooperations

FROM THE NAVIGATOR



We let go our lines yesterday evening and set a northerly course to clear the Atlantic Entrance breakwaters. Once the pilot had been disembarked a north easterly course was set. During the morning we will maintain the north easterly course through the Caribbean Sea towards our next port of call Aruba. The Caribbean Sea can be considered an arm of the Atlantic Ocean. It is partially enclosed to the north and east by the Islands of the West Indies, bound on the south by South America and Panama and on the West by Central America. The name of the sea derived from the Carib people, who inhabited the area when Spanish explorers arrived here in the 15th century. The area covered by the sea is approximately 750,000sq miles and the greatest depth measured so far is Cayman Trench (24,750 feet) between Jamaica and the Cayman Islands. Sun Princess will approach the Aruba pilot station around 6:30am tomorrow morning in order to be alongside by 8:30am.

MEDICAL CENTRE



The Medical Centre is situated on Deck 4, access via starboard forward elevator or stairs near Purser's Desk, Deck 5.

Office Hours Today
10:00am to noon
& 4:30pm to 6:30pm

For urgent medical attention
please dial 911

DAYTIME ACTIVITIES

- 8:00am Daily** **BRAIN WAVES QUIZ**
Pick up your daily teasers. *Bayview Reading Room, Deck 7*
- 9:00am** **INTERDENOMINATIONAL CHURCH SERVICE**
As we do not have a clergy onboard, we kindly ask that a fellow passenger conduct the service. All amenities will be provided. *Vista Lounge, Deck 7*
- 9:15am** **LIFE ENHANCEMENT SEMINAR**
With art historian William Murray. Today "The Parthenon"
Princess Theatre, Deck 7 Fwd
- 9:30am** **BASKETBALL 5 BALL SHOOTOUT**
With Adrian of the Cruise Staff. *Sports Court, Deck 15*
- 10:00am** **BRIDGE LECTURE**
With Dianna & Stanley Ogden. *Shooting Stars, Deck 7*
- 10:00am** **CHESS & CHECKERS**
With the Cruise Staff. *Atrium Lounge, Deck 7*
- 10:00am** **TABLE TENNIS TOURNEY**
Join Dave of the Cruise Staff. *Starboard Side, Deck 12 Fwd*
- 10:00am-Noon** **CERAMICS@SEA**
with the Entertainment Staff (Materials & Fees Vary)
Outside Vista Lounge Port Side, Deck 7 Aft
- 2:00pm to 4:00pm** **BALLROOM DANCE CLASS**
Join Lisa of the Cruise Staff for today's class.
Vista Lounge, Deck 7
- 10:30am** **LIFE ENHANCEMENT SEMINAR**
With Economics expert Tom McAllister. Today's topic "Risk Management."
Princess Theatre, Deck 7
- 11:00am** **ALLCOMERS SHUFFLEBOARD**
With Dave of the Cruise Staff. *Lido Deck 14 Aft Port Side*
- 11:15am** **MORNING TRIVIA**
Join Julie of the Cruise Staff for another mental challenge.
Atrium Lounge, Deck 7
- 11:15am** **\$\$ SNOWBALL JACKPOT BINGO \$\$**
 \$1,500 Snowball Jackpot! If won within 52 numbers. Bingo cards go on sale at 10:15am. Join Gavin & Lindsay.
Vista Lounge, Deck 7 Aft
- 11:30am to 3:30pm** **BARBECUE LUNCHEON BUFFET**
Executive Chef Michael Borns' and his cooks proudly offers for your enjoyment.
Horizon Court, Deck 14
- 11:45am** **LIFE ENHANCEMENT SEMINAR**
With motivational lecturer Elaine Moran.
Princess Theatre, Deck 7 Fwd
- Noon** **GOLF PUTTING**
Join Adrian of the Cruise Staff. *Atrium Lounge, Deck 7*
- Noon-4:00pm** **THE CALYPSO SOUNDS OF 'TIDAL WAVE'.**
Riviera Deck 12
- 12:45pm** **AFTERNOON MOVIE: HITCH**
Starring: Will Smith, Eva Mendes
Duration: 118 mins. Rated - PG-13 (Romantic Comedy)
Princess Theatre, Deck 7
- 1:00pm to 3:45pm** **BRIDGE PLAY**
With Dianna & Stanley Ogden. *Shooting Stars, Deck 7*
- 1:30pm to 2:30pm** **AFTERNOON MELODIES**
With Anatolie.
Atrium Lounge, Deck 5
- 1:30pm** **ART AUCTION!!!**
All of our art is up to 50% off suggested retail gallery prices. Join Matt and Sandra, your Art Directors, for the most fun, educational, and exciting activity all cruise!
Wheelhouse Lounge, Deck 7

- 2:00pm** **ADULTS ARTS & CRAFTS**
Join our art & craft lecturers Valerie & Pamela for today's project.
Atrium Lounge, Deck 7
- 3:00pm** **JEOPARDY**
Join Julie for more game show fun. *Vista Lounge, Deck 7*
- 3:00pm** **LADIES SHUFFLEBOARD**
Join Mark of the Cruise Staff. *Lido Deck 14 Aft Port Side*
- 3:30pm** **AFTERNOON TEA**
Music by Heather. *Regency Dining Room, Deck 6*
- 4:00pm** **\$\$ SNOWBALL JACKPOT BINGO \$\$**
 \$1,600 Snowball Jackpot! If won within 52 numbers. Bingo cards go on sale at 3:00pm. Join Julie & Kara.
Vista Lounge, Deck 7
- 4:00pm** **TRIVIA CHALLENGE**
With Lisa of the Cruise Staff. *Atrium Lounge, Deck 7*
- 4:15pm** **WATER VOLLEYBALL PLAY**
Join your fellow passengers, the Cruise Staff get you started.
Deck 12 Upper Pool
- 4:30pm** **HOW KATRINA & RITA WILL AFFECT THE ECONOMY**
With passenger Arthur Deseta. *Princess Theatre, Deck 7*
- 4:30pm** **SERVICE CLUB GET-TOGETHER**
Calling all service club members. Please collect your make up cards.
Rendez Vous Lounge, Deck 7
- 5:00pm** **FRIENDS OF DOROTHY GET-TOGETHER**
Sundowners Deck 14 Aft
- 5:00pm** **PADDLE TENNIS**
With Dave of the Cruise Staff. *Sports Court, Deck 15*
- 5:00pm to 9:00pm** **PRE-DINNER MELODIES**
Anatolie & Heather. *Grand Plaza Atrium, Deck 5*
- 5:30pm** **FRIENDS OF DR. BOB AND BILL W. MEETING**
Shooting Stars, Deck 7
- 5:30pm to 10:00pm** **BIERFEST DINNER BUFFET**
Enjoy traditional German and Bavarian food prepared by Executive Chef Michael Borns' and his galley team.
Horizon Court, Deck 14 Fwd

LIBRARY OPENING HOURS

- 9:00am to 6:00pm** **THE LIBRARY IS OPEN** *Bayview Reading Room, Deck 7*

COMPUTERS@SEA

- Join Computer Instructor Kristoffer.
(There is a charge of \$25 per class unless otherwise noted)
- 9:00am** **Create A Slide Show Using PowerPoint**
Internet Café, Deck 7
- 10:00am** **Make PowerPoint Work For You** *Internet Café, Deck 7*
- 11:00am** **Excel for Beginners** *Internet Café, Deck 7*
- 2:00pm** **Make Excel Work For You** *Internet Café, Deck 7*
- 3:00pm** **Create A Letter Using Word** *Internet Café, Deck 7*
- 4:00pm** **Make Word Work For You** *Internet Café, Deck 7*

STEINER'S LOTUS HEALTH AND FITNESS PROGRAM

- 7:00am** **Walk-A-Mile** *Promenade, Deck 7*
- 8:00am** **Step Xpress** *Aerobics Studio, Deck 12 Aft*
- 11:00am** **Upper Body Conditioning** *Aerobics Studio, Deck 12 Aft*
- 2:00pm** **Lotus Spa Seminar Series: Are You Getting Better With Age** *Aerobics Studio, Deck 12 Aft*
- 3:00pm** **Bootcamp Training Class** *Aerobics Studio, Deck 12 Aft*
- 4:00pm** **Pulse Group Cycling Class (\$10 fee)** *Aerobics Studio, Deck 12 Aft*
- 5:00pm** **Lotus Fusion Class** *Aerobics Studio, Deck 12 Aft*

PRINCESS LINKS GOLF SIMULATOR

10:00am-Noon Visit Erich our resident Golf Pro and check out your swing.
2:00pm-6:00pm Stateroom charge of \$20 per half hour applies.

Princess Links, Deck 12

LOTUS SPA COMPLIMENTARY SEMINARS

9:45am Next Generation Skin Care *Lotus Spa, Deck 12 Aft*
10:30am Fight the Fat Cell *Lotus Spa, Deck 12 Aft*
2:00pm Secrets to Aromatherapie *Lotus Spa, Deck 12 Aft*

STATEROOM TV

PRINCESS CHANNEL (Channel 21)

6:00am-10:00am Reflections Video
10:00am-1:00pm The World of Art: Wyland, Nechita & Dorit Levi
1:00pm-8:00pm Antonio Ramirez Folkloric Show
8:00pm-On Movie: Wedding Date

PRINCESS CHANNEL (Channel 25)

6:00am-9:00am Port & Shopping Talk – Aruba
9:00am-3:00pm Adventures Ashore – Aruba and Ft. Lauderdale
3:00pm-6:00pm Adventures Ashore – Souvenir Video
6:00pm-On Port & Shopping Talk – Aruba



ADVENTURES ASHORE

Located on Plaza Deck, Deck 5 in the Atrium Lobby

Tour office hours: 9:00am–Noon and 3:00pm–6:00pm

BOOKINGS FOR ARUBA CLOSE AT 12 NOON TODAY

No changes or cancellations after this time. Don't forget our 24-hour drop box situated in front of the Tour Office.

AIRPORT TRANSFERS IN FORT LAUDERDALE

Passengers who are not in possession of a Princess Transfer Voucher and require a transfer to either Miami or Ft. Lauderdale Airport, on the day of our arrival, are advised that they are available for purchase from the Tour Office on Plaza Deck 5. The prices are Miami - \$15 & Ft. Lauderdale - \$10.

PORT AND SHOPPING ADVISOR

4:00pm-5:00pm Your Port & Shopping Advisor, Dan is available by the Shore Tours Desk on deck 5. Be sure to pick up your VIP cards and Del Sol Tote Bag cards.



TONIGHT'S ENTERTAINMENT

This evening's dress code is smart casual

Audio or video taping is prohibited due to copyright. No saving of seats please. Children not permitted in the front two rows. Last three rows reserved for passengers with limited mobility.

PRINCESS THEATRE

Promenade Deck 7 Forward
Showtimes: 8:30pm & 10:30pm (TONIGHT ONLY!)

JIM MCDONALD

From Showtime, Comedy Central & NBC

MC's : Cruise Director Gavin Chandler
and Sr. Asst. Cruise Director Julie James

VISTA LOUNGE

Promenade Deck 7 Aft

Showtime: 8:30pm
(Final Repeat Performance)

C'EST MAGNIFIQUE THE FRENCH MUSICAL REVUE

Starring:
Roger Sullivan & Emily Walter
and The Sun Princess Dancers
MC: Cruise Director Gavin Chandler

SHOOTING STARS NIGHTCLUB

Promenade Deck 7 Midship
Club opens at 9:00pm

and at 9:30pm

KARAOKE

followed by

NON STOP MUSIC

with DJ Rich

ATRIUM LOUNGE

Promenade Deck 7 Midship

9:00pm till late

BEN ROBERTS

WILL ENTERTAIN YOU WITH HIS
UNIQUE PIANO PLAYING/SINGING
WITH LOTS OF COMEDY

RENDEZ-VOUS WINE BAR

Promenade Deck 7
5:00pm till late

ENJOY OUR SELECTION OF FINE WINES

PRE-ORDER YOUR CAVIAR
AND CHAMPAGNE

WHEELHOUSE BAR

Deck 7 Forward
Music with our resident bands for your
dancing and listening pleasure

5:15pm to 9:15pm

THE MELODICS

PLAY YOUR FAVORITE DANCE TUNES

9:15pm till late

THE BARNACLES

MUSIC FROM THE 50'S TO THE 90'S

10:30pm

SUN PRINCESS CREW TALENT SHOW

Join the Sun Princess Crew
as they showcase their talents.
plus...that ole' cruise ship favorite....

IF I WERE NOT UPON THE SEA

The show will be recorded and shown
later in the cruise on television channel 21



BOUTIQUES ONBOARD

Emerald Deck 6 9:00am to 9:00pm

NEW ARRIVALS! MEXICAN PORT TEES

Starting at \$9.99 • Save An Extra 30% OFF
Small to XXXL
3:00pm till 8:00pm, Atrium Deck6

SWAROVSKI AT SEA

Fine Austrian Crystal Gifts & Jewelry
Save An Extra 10% Off when you buy \$275 or more
Save An Extra 15% Off when you buy \$375 or more
Save An Extra 20% Off when you buy \$500 or more
9:00am till 1:00pm, Atrium Deck6

LAST CHANCE TO PRE-ORDER LIQUOR & TOBACCO

Save up to 65% Off U.S. Suggested Retail.
Buy 3 Bottles Or More & Save An Extra 10%
Buy 12 Bottles Or More & Save An Extra 15%
(cannot be combined with other promotions)
9:00am till 9:00pm, Latitudes, Deck6

We Will Match The Price On Any Identical Item



PHOTO & VIDEO GALLERY

Promenade Deck 7 Aft 9:00am to 11:00pm

8X6 Album ONLY \$5 when you purchase
6 8X6 Stock photographs for \$19.95.
3 8X10 Stock Photos taken this Cruise Only \$20

LIMITED SPECIAL OFFER

Have your photos printed onboard from our reusable
Underwater Camera purchased at the Photo Gallery
and receive 4x6 Frame Free (while stocks last)

Smiles wanted! When you see the Reflections Video Team!



FINE ARTS

Wheelhouse Bar, Deck 7 (Preview 12:30pm) 1:30pm

ART AUCTION TODAY 1:30PM!

Did you know that Princess Cruises is one of the largest distributors of Fine Art in the World? Last year, Princess Cruises passengers collected more pieces of art than sold at Christie's and Sotheby's - COMBINED! All of our art is up to 50% off suggested retail gallery prices. Join Matt and Sandra, your Art Directors, for the most fun, educational, and exciting activity all cruise - the Art Auction.

PREVIEW 12:30PM- 1:30PM • FREE ART GIVEAWAY
Wheelhouse Bar, Deck 7



FUTURE CRUISE SALES

Wheelhouse Bar, Deck 7 Fwd 9:00am-Noon & 3:00pm-6:30pm

MT. MCKINLEY, AYERS ROCK, GREAT WALL OF CHINA, MACCHU PICHU

What do they all have in common? They are all sights you can visit on a Princess Extended Cruise Tour. Ask Leeanne today about the options you can add onto your next Princess Cruise.



BAR NEWS & INFORMATION

Please check your "Quick Reference Card" for the hours of operation of the bars on board. This card can be found in your stateroom.

DRINK OF THE DAY CHOCOLATE BANANA

Your Sun Princess Mixologists have put together another wonderful drink for your delight.

Kahlua, Crème, Banana and a dash of Chocolate Syrup
Regular \$3.25 - Medium \$4.95 - Large \$6.50

MARTINI OF THE DAY TROPITINI - \$4.95

Captain Morgan Spiced Rum, Coconut Rum and Crème de Banana
See our Martini Specialists Rosalindo in the Rendez-Vous Lounge or Vincent in the Wheelhouse Bar for a pre- or after-dinner drink
Including the V-Ball Martini Glass - \$8.00

COFFEE LOVERS

Come and see your excellent Sun Princess Barstaff for our wide range of coffee specialties like Cappuccino, Mocha or Latte for \$1.75 or a Hot Chocolate for \$1.50 in La Patisserie Bar (Deck #5 Midship) or the Atrium Lounge (Deck #7 Midship) or order one of these coffee specialties after your dinner in the Dining Room, Steakhouse or Horizon Court.

MAITRE D' WINE SUGGESTION

Today our Maitre D' Jacques suggests two excellent wines:
Chardonnay Robert Mondavi & Schioppettino

Alcohol will only be served to passengers over 21 years and older. Please understand that you may be requested to show legal identification confirming your age. Admission to the Night Club after 10:00pm is restricted to 18 years old and above.



GRAND CASINO

Dolphin Deck 8 Midship

Slot Machines: 9:00am until the wee hours
Gaming Tables: 10:00am until the wee hours

Today is your last chance to become a Blackjack Champion
Come and join your favourite casino host Maria for the last

BLACKJACK TOURNAMENT of the cruise!!!

Play anytime between 7:30pm-11:00pm

Final starts at approximately 11:15pm

1ST PRIZE \$500 / ONLY \$20 TO ENTER

Purchase your tickets from our friendly Casino Cashiers.
Lots of fun and great prizes to be won! Good luck!

Please note that the minimum age for anyone allowed in the casino is 21. Photo ID will be required. For your convenience you may charge your Casino chips or Slot Tokens to your shipboard account upon registration of a valid credit card at the Purser's Office (up to \$1,500 per day, \$5000 per cruise) A 3% Surcharge will be included.
Cigar or Pipe smoking is not permitted in the Casino.