



PRINCESS PATTER

A daily guide to cruise activities 

AT SEA • WEDNESDAY, SEPTEMBER 21, 2005 • SUN PRINCESS
Sunrise 6:51am • Sunset 5:59pm • Tonight's Dress: Formal

Pacific Ocean Geological Formation and Structural Features

The Pacific is the oldest of the existing ocean basins, its oldest rocks having been dated at about 200 million years. The major features of the basin and rim have been shaped by the phenomena associated with plate tectonics. The coastal shelf, which extends to depths of about 180m (600 ft.), is narrow along North and South America but is relatively wide along Asia and Australia. The East Pacific Rise, a mid ocean ridge system, extends about 8,700 km (5,400 mi) from the Gulf of California to a point about 3,600 km (2,235 mi) west of the southern tip of South America, and rises an average of about 2,130 m (7,000 ft) above the ocean floor. Along the East Pacific Rise molten rock upwells from the earth's mantle, adding crust to the plates on both sides of the rise. These plates, which are huge segments of the earth's surface, are thus forced apart, causing them to collide with the continental plates adjacent to their outer edges. Under this tremendous pressure, the continental plates fold into mountains, and the oceanic plates buckle downwards, forming deep trenches, called subduction zones, from which crust is carried back into the mantle. The stresses at the areas of folding and subduction are responsible for the earthquakes and volcanoes that give the rim of the Pacific basin the name "ring of fire".

Spotlight on....The Grand Casino

Le Grand Casino situated on Deck 8 Midship presents you with an array of slot machines and table games. We offer a large variety of slot machines ranging from 5¢ to \$5, including our exciting Megacash machines. The Megacash machines are featuring the highest progressive jackpot on the Seven Seas. Le Grand Casino also offers an assortment of Table Games which would be found in any Las Vegas Casino and our rules correspond accordingly. Even if you're not a gambler at heart, enjoy a drink at the Casino Bar and marvel at the sights or take a picture of your high roller friends around the casino.



Captain's Circle Membership Enquiries Desk

9:00am to Noon — Our Captain's Circle Cocktail Party will be held today in the Vista Lounge Deck 7 Aft. All of our Captain's Circle members should have received their cocktail invitation. If you are a member and you haven't received yours, please stop by and see Pamela.

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.

FROM THE NAVIGATOR



Having departed from Huatulco yesterday afternoon, Sun Princess has followed a south southeasterly course taking us across Golfo de Huantepec. Throughout the day we will continue on this course, paralleling the coasts of Guatemala, El Salvador and Nicaragua towards our next port of call, Puntarenas, Costa Rica. During the early hours of tomorrow various courses will be set, taking us through the Golfo de Nicoya. Having embarked our local pilot we will manoeuvre towards our berth where we expect to be alongside by 7:30am.

TIME CHANGE



Please note that the ship's clocks will be turned BACK 1 hour during the night between September 21st (Wednesday) and September 22nd (Thursday).

SAY IT WITH FLOWERS....



Show your loved one how much you care. Let our Florists expertise help you express your true feelings. Flowers can be ordered via the Purser's Desk on Deck 5 or visit our onboard florist who will be in the forward foyer on Plaza Deck 5 from 5:00pm-8:00pm

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 CLOSEST TO THE PIN COMPETITION**
With Golf Pro Elrich. (First 20 competitors complimentary)
Princess Links Golf Simulator, Deck 12
- 9:00am-Noon CERAMICS@SEA**
2:00pm to 4:00pm with the Entertainment Staff (Materials & Fees Vary)
Outside Vista Lounge Port Side, Deck 7 Aft
- 9:15am LIFE ENHANCEMENT SEMINAR**
With art historian William Murray. Today "Why Your Neck Hurts from the Story of Creation." *Vista Lounge, Deck 7 Aft*
- 10:00am ALLCOMERS ADULT PING PONG TOURNEY**
Join Mark of the Cruise Staff. *Starboard Side, Deck 12 Fwd*
- 10:00am BRIDGE LECTURE**
With Dianna & Stanley Ogden. *Shooting Stars, Deck 7*
- 10:15am CHESS & CHECKERS**
With Lisa of the Cruise Staff. *Atrium Lounge, Deck 7*
- 10:45am DIGITAL PHOTOGRAPHY SEMINAR**
Come join your Photo Staff for this informative talk about digital photography. \$10 fee per person (includes course booklet). *Princess Theatre, Deck 7 Fwd*
- 10:45am SCAVENGER HUNT**
Meet the Cruise Staff. *Rendez Vous Bar, Deck 7*
- 11:00am DOUBLES SHUFFLEBOARD COMPETITION**
Join Mark of the Cruise Staff. *Deck 14 Aft Portside*
- 11:00am SERVICE CLUB GET-TOGETHER**
Calling all service club members. Please collect your make up cards. *La Patisserie, Deck 5*
- 11:15am MORNING TRIVIA CHALLENGE**
With Julie of the Cruise Staff. *Atrium Lounge, Deck 7*
- 11:15am  \$5 SNOWBALL JACKPOT BINGO \$5**
\$1,900 Snowball Jackpot! If won within 53 numbers. Bingo cards go on sale at 10:15am. Join Gavin & Lindsay. *Vista Lounge, Deck 7 Aft*
- 11:30am THE ART OF MODERN COCKTAIL MAKING**
Join us for this fun filled demonstration with your friendly Bartenders and the Cruise Staff. *Riviera, Deck 12*
- 11:30am to 3:30pm LUNCHEON BUFFET**
Executive Chef Michael Borns' food specialties. *Horizon Court, Deck 14*
- Noon LIFE ENHANCEMENT SEMINAR**
With Economics expert Tom McAllister. Today's topic "Eight Great Mistakes Investors Make." *Princess Theatre, Deck 7*
- Noon RYDER CUP GOLF PUTTING QUALIFIER**
Join your Cruise Staff on this "special course."
La Patisserie, Deck 5
- Noon-2:30pm THE CALYPSO SOUNDS OF 'TIDAL WAVE'.**
3:30pm-5:00pm *Riviera Deck 12*
- Noon-1:30pm FRESH FRUIT JAMBOREE**
Visit our Riviera Pool Bar for an abundant Fresh Fruit Selection. *Riviera Pool Bar, Deck 12 Forward*
- 12:45pm FRIENDS OF DR. BOB AND BILL W. MEETING**
Shooting Stars, Deck 7
- 1:30pm to 2:30pm AFTERNOON MELODIES**
With Heather. *Atrium Lounge, Deck 5*
- 1:30pm ART AUCTION!!!**
All art is up to 50% off suggested retail gallery prices and everything is guaranteed by Princess Cruises. Art Gallery will be staffed from 7:30pm to 8:15pm.
Wheelhouse Lounge, Deck 7

- 2:00pm ADULTS ARTS & CRAFTS**
Join our art & craft lecturers Valerie & Pamela for today's project. *Atrium Lounge, Deck 7*
- 2:00pm to 4:00pm BRIDGE PLAY**
With Dianna & Stanley Ogden. *Shooting Stars, Deck 7*
- 2:15pm HOW KATRINA WILL AFFECT THE STOCK MARKET**
Conducted by passenger Arthur Desereta. *Princess Theatre, Deck 7 Fwd*
- 2:30pm FUN IN THE POOL: POOL OLYMPICS**
Join Adrian of the Cruise Staff (sign ups at 2:15pm). *Poolside Riviera, Deck 12*
- 2:30pm BASKETBALL GAME**
Join your fellow passengers. The Cruise Staff get you started. *Sports Court, Deck 15*
- 3:00pm OUTBURST**
Join the Cruise Staff for a game of verbal explosion
Atrium, Deck 7
- 3:00pm FINE WINE TASTING**
 Today's wine tasting will include some of the top wines from around the world such as Opus 1, Cuvaision and other award winning fine wines. A wine tasting seminar of this caliber would normally cost over \$50!!! Sign up by dialing 3463 until 2:30pm. Cost is \$25/person. *Marquis Dining Room, Deck 5*
- 3:30pm AFTERNOON MOVIE: MADAGASCAR**
Voices of: Ben Stiller, Chris Rock & David Schwimmer
Rated: PG (Animation) Duration: 87 mins. *Princess Theatre, Deck 7 Forward*
- 3:30pm GOLF CHIPPING COMPETITION**
Join Adrian of the Cruise Staff and go for the gold!
Top Pool, Deck 12
- 3:30pm AFTERNOON TEA**
Music by Anatolie. *Regency Dining Room, Deck 6*
- 3:30pm  \$5 SNOWBALL JACKPOT BINGO \$5**
If not won this morning, the \$2,000 Snowball Jackpot MUST GO! Tickets go on sale from 2:30pm outside the Vista Lounge, Julie and Kara call the numbers. *Vista Lounge, Deck 7*
- 4:15pm WATER VOLLEYBALL PLAY**
Join your fellow passengers, the Cruise Staff get you started.
Deck 12 Upper Pool
- 4:00pm TRIVIA CHALLENGE**
With Lindsay of the Cruise Staff. *Atrium 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*

LIBRARY OPENING HOURS

- 9:00am-Noon & 4:00pm-6:00pm**
THE LIBRARY IS OPEN *Bayview Reading Room, Deck 7*

PRINCESS LINKS GOLF SIMULATOR

- 9:00am-10:00am** Closes to the Pin Contest (1st 20 complimentary)
- 10:00am-Noon** Visit Elrich 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

- 9:30am** Peel Away Time *Lotus Spa, Deck 12 Aft*
- 11:15am** Detox for a Healthier You *Lotus Spa, Deck 12 Aft*

STEINER'S LOTUS HEALTH AND FITNESS PROGRAM

7:30am	Walk-A-Mile	<i>Promenade, Deck 7</i>
8:00am	Oz Aerobics Class	<i>Aerobics Studio, Deck 12 Aft</i>
9:00am	Pathway to Yoga (\$10 fee)	<i>Aerobics Studio, Deck 12 Aft</i>
10:00am	Lotus Spa Seminar Series: Are you getting better with age?	<i>Aerobics Studio, Deck 12 Aft</i>
11:00am	Fit Ball Pilates (\$10 fee)	<i>Aerobics Studio, Deck 12 Aft</i>
3:00pm	Bootcamp Training Class	<i>Aerobics Studio, Deck 12 Aft</i>
4:00pm	Pulse Group Cycling Class (\$10 fee)	<i>Aerobics Studio, Deck 12 Aft</i>
5:00pm	Lotus Fusion Class: Stretch and Relaxation Class	<i>Aerobics Studio, Deck 12 Aft</i>

COMPUTERS@SEA

9:00am	Back to the Future (Complimentary)	<i>Internet Café, Deck 7</i>
10:00am	Introduction to Digital Pictures	<i>Internet Café, Deck 7</i>
11:00am	Photo Editing: Basics for Beginners	<i>Internet Café, Deck 7</i>
2:00pm	Photo Editing: Beyond the Basics	<i>Internet Café, Deck 7</i>
3:00pm	Windows: Manage Files and Folders	<i>Internet Café, Deck 7</i>
4:00pm	Create A Photo Slide Show Using PowerPoint	<i>Internet Café, Deck 7</i>

STATEROOM TV

PRINCESS CHANNEL (Channel 21)

6:00am-10:00am	Good Morning Show with Gavin
10:00am-Noon	The World of Art: Michael Goddard & Peter Max
Noon-2:00pm	Acapulco Folkloric Show
2:00pm-6:00pm	Reflections Video
6:00pm-On	Movie: Sisterhood of the Traveling Pants

PRINCESS CHANNEL (Channel 25)

6:00am-9:00am	Tour & Travel Talk - Puntarenas
9:00am-6:00pm	Adventures Ashore - Souvenir Video
6:00pm-On	Tour & Travel Talk - Puntarenas



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 Puntarenas close at 12Noon.

No refunds or exchanges can be made after this time.

Those passengers wishing to book tickets should either stop by the office during opening hours or use the 24-hour drop box. Drop your order form there and tickets will be automatically sent to your stateroom.

PORT AND SHOPPING ADVISOR

4:00pm-5:00pm Your Port & Shopping Advisor, Dan is available by the Shore Tours Desk on deck 5.

TONIGHT'S ENTERTAINMENT



This evening's dress code is formal

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

PRINCESS THEATRE

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

CABARET SHOWTIME

Starring The Many Voices Of

TONY CHERRY

MC: Cruise Director Gavin Chandler

Musical Backing By: Nick Connell & The Sun Princess Orchestra

VISTA LOUNGE

Promenade Deck 7 Aft

Showtimes:
8:45pm & 10:30pm
(TONIGHT ONLY!)

SPOTLIGHT SHOWTIME

STARRING:

PHIL TAG & KEN BLOCK

MC's:

Sr. Asst. Cruise Director Julie James
and Asst. Cruise Director Lindsay

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

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

9:30pm
NAME THAT TUNE
WITH BEN AND JULIE

RENDEZ-VOUS WINE BAR

Promenade Deck 7
5:00pm till late

**ENJOY OUR SELECTION
OF FINE WINES**
PRE-ORDER YOUR CAVIAR
AND CHAMPAGNE



BOUTIQUES ONBOARD

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

REFLECTION'S FASHION JEWELRY EVENT

Swarovski, Majorica, Amber, Sterling Silver,
Inch of Gold & Silver, Fashion Rings & Much More!
Save Up To 40% Off U.S. Suggested Retail
9:00am till 9:00pm, Reflections Deck 6

RAVELLO OF BEVERLY HILLS

"The Traveling Woman's Diamond"
Buy \$250 Or More & Save An Extra 10% Off
Reflections, Deck 6

STOCK UP & SAVE! FRAGRANCE & COSMETICS

Save An Extra 15% Off Your
Tax & Duty Free Purchase Of \$250 Or More
(cannot be combined with other promotions)
Reflections, Deck 6

We Will Match The Price On Any Identical Item



LOTUS SPA & BEAUTY SALON

Riviera Deck, Deck 12 8:00am to 10:00pm, Tel:12702

MANAGER'S SPECIALS

Book and receive your Mini Facial today!!!
Cleanses, tones, exfoliates, mask and eye mask, all of this for the
amazing price of \$69. On booking today, you will receive a free
Cleanser and moisturizer.

ALL SIGNATURE TREATMENTS 40% OFF

Chakra Stone Massage • Seaweed Ocean Massage
75 min Deep Tissue Massage

MASSAGE AND LT FACIAL 30% OFF

Full Body Massage • LT Facial • Lime and Ginger Salt Scrub



FUTURE CRUISE SALES

Wheelhouse Bar, Deck 7 Fwd 10:30am-Noon & 2:00pm-4:00pm

Australian, New Zealand and British passengers, you are also
eligible to take advantage of the lower booking deposits and
shipboard credits. See Leeanne today for information
on your local programme.



GRAND CASINO

Dolphin Deck 8 Midship

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

SLOT TOURNAMENT TODAY!!!

Come join in the fun with your casino host Maria
Play anytime between 12:00pm-3:00pm
Final starts at approximately 3:15pm
1ST PRIZE \$500 / ONLY \$20 TO ENTER

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.



PHOTO & VIDEO GALLERY

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

DIGITAL PHOTOGRAPHY MADE EASY & FUN

Join your onboard Photo Professionals in the Princess Theatre at
10.45am for this informative lecture. \$10 fee includes free book &
20 free digital prints (not kiosk)

FORMAL PORTRAITS TONIGHT

FREE PORTRAIT SITTING • NO OBLIGATION TO PURCHASE
Five specialty photo backgrounds will be located in the
Atrium on Decks 5,6 and 7 including our
World Famous Atrium Staircase shot.
All backgrounds open from 5.00pm. Don't miss out!

Smile and Wave when you see the Reflections video team!



FINE ARTS

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

ART AUCTION 1:30PM!!!

Today's exciting auction will feature many of today's hottest artists
and some of the 20th century Masters. All art is up to 50% off
suggested retail gallery prices and everything is guaranteed by
Princess Cruises. Find out why passengers collected 300,000 works
of art last year at sea!

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



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 BAHAMA MAMA

Another wonderful day at sea to relax and sip back one of our
most favorite drinks made out of
Myers Dark Rum, Piña Colada Mix & Grenadine
Regular \$3.25 - Medium \$4.95 - Large \$6.50

MARTINI OF THE DAY TOASTED ALMOND - \$5.95

Kahlua, Amaretto and Cream
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

MOCKTAIL OF THE DAY PINEAPPLE CRUSH - \$2.25

A delightful combination of
Pineapple and Grapefruit Juice topped with soda

MAITRE D' WINE SUGGESTION

Today our Maitre D' Jacques suggests two excellent wines:
Cuvaision and Duckhorn Paraduxx

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.



PRINCESS CRUISES
escape completely™