



PRINCESS PATTERN

A daily guide to cruise activities 

PUNTARENAS • THURSDAY, SEPTEMBER 22, 2005 • SUN PRINCESS

Sunrise 5:28am • Sunset 5:35pm • Tonight's Dress: Smart Casual

Welcome to Costa Rica



To Spanish explorers, the rumors of gold and vast riches could only mean that this section of Central America was the Costa Rica – the “rich coast” of their dreams. Those dreams of wealth never materialized – but the contemporary traveler will discover a nation rich in natural beauty and charm. Hailed as the “Switzerland of the Americas”, Costa Rica occupies a unique position, lying between two oceans and two continents. On both coasts, tropical rain forest rises to the mountains of the interior, many of which soar over

13,000 feet above sea level. In the west, a seemingly endless succession of white sand beaches forms the nation's Pacific Coast. Puntarenas is your gateway to Costa Rica's wonders – and to its capital of San José.

For Your Safety and Security

Our primary concern at Princess is your safety and security. Despite all of our efforts and in light of recent world events, we remind all of our passengers that you must ultimately assume responsibility for your actions while ashore. In this regard, we would like to remind you of some common sense precautions when visiting your ports of call:

- Stay in the normal tourist areas and don't travel to out of the way places without the benefit of a reputable guided tour.
- Always travel with a companion.
- Do not leave any of your belongings unattended in public areas.
- Be generally aware of people and activities around you.
- Do not accept packages from anyone you don't know personally.
- Keep a low profile - dress and behave conservatively.
- Be careful in choosing places to eat and drink ashore.



Captain's Circle Membership Enquiries Desk

5:00pm to 8:00pm — Do you know your Cruise Card? Blue means its first timer with us. Gold means you have taken between 2 to 5 cruises, Platinum means you have taken 6 to 15 cruises and Black/Elite means you have taken 16 or more.

Sterling Steakhouse

Deck 14 Forward 6:00pm to 10:30pm



Just relax and enjoy the quiet atmosphere. Dine at the

Sterling Steakhouse. For reservations please dial 3463 between 8:00am and 5:30pm daily. A \$15.00 per person cover charge applies.

FROM THE NAVIGATOR



Early this morning Sun Princess will pass south of Cabo Blanco and enter the Gulf of Nicoya. Shortly after entering the Gulf of Nicoya various northerly headings will be set towards the Pilot Station, where we will embark our local pilot shortly after 4:30am. With the pilot onboard we will proceed to be alongside sometime after 7:00am. At 7:00pm this evening, we will let go our mooring lines and manoeuvre off the berth. Once “pointed and proceeding” we will disembark the pilot and head south out into the Gulf of Nicoya. We will enter open seas shortly after 8:00pm where we will alter course and head southeast along the Costa Rican coastline towards the Panama Canal.

TIME CHANGE



Please note that the ship's clocks will be turned FORWARD 1 hour during the night between September 22nd (Thursday) and September 23rd (Friday).

SHIP'S AGENT FOR HUATULCO

Paseo Colon y Ave. 2
Calle 26, San Jose, COSTA RICA
Email: hspesny@grupoha.com
TEL: 506 284 9005
FAX: 506 223 1318

MEDICAL CENTRE



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

Office Hours Today
8:00am to 10:00am & 4:30pm to 6:30pm

For urgent medical attention
please dial 911

DAYTIME ACTIVITIES

- 7:00am **SUN PRINCESS IS EXPECTED TO ARRIVE IN PUNTARENAS, COSTA RICA**
- 8:00am Daily **BRAIN WAVES QUIZ**
Pick up your daily teasers.
Bayview Reading Room, Deck 7
- 9:45am **CREW EMERGENCY STATIONS**
At approximately 9:45am this morning, alarm bells will be sounded and broadcasts made as the crew are exercised in their Emergency Duties. During the exercise, most guests services will cease. Please keep clear of the outside area of Promenade Deck during this exercise.
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- 11:15am **MORNING TRIVIA CHALLENGE**
With Dave of the Cruise Staff (maximum of 6 to a team).
Atrium Lounge, Deck 7
- 11:30am to 3:30pm **LUNCH BUFFET**
Enjoy Executive Chef Michael's food specialties.
Horizon Court, Deck 14
- 12:15pm **FRIENDS OF DR. BOB AND BILL W. MEETING**
Shooting Stars, Deck 7
- 2:00pm **AFTERNOON MOVIE: FEVER PITCH**
Starring: Drew Barrymore & Jimmy Fallon
Rated: PG-13 (Romantic Comedy)
Duration: 103 mins. *Princess Theatre, Deck 7 Forward*
- 2:00pm **PICTIONARY**
Join Dave of the Cruise Staff for this artful game.
Atrium Lounge, Deck 7
- 2:30pm **TABLE TENNIS**
With Mark of the Cruise Staff.
Starboard Side Riviera Deck 12
- 3:00pm to 5:00pm **ISLAND GROOVES BY 'TIDAL WAVE'.**
Riviera Deck 12
- 3:30pm **AFTERNOON TEA IS SERVED**
Music by Anatolie. *Regency Dining Room, Deck 6*
- 4:00pm **SHUFFLEBOARD PLAY**
With Dave of the Cruise Staff. *Deck 14 Aft Port Side*
- 4:00pm **BRIDGE PLAY**
Join your fellow passengers. *Shooting Stars, Deck 7*
- 4:15pm **AFTERNOON TRIVIA TRAIL**
Join a team as Mark of the Cruise Staff hosts another trivia challenge.
Atrium Lounge, Deck 7
- 5:00pm to 9:00pm **PRE-DINNER MUSIC**
With Anatolie & Heather. *Grand Plaza, Deck 5*
- 5:30pm **BASKETBALL PLAY**
Join your fellow passengers & the Cruise Staff.
Sports Deck 15 Aft
- 5:30pm to 7:30pm **SPECIAL ROYAL TREAT**
Treat yourself to a selection of champagne cocktails before dinner at reduced prices and receive a couple of Chef's own selection of complimentary canapés. Regular size Champagne Cocktails at \$3.95.
Wheelhouse Bar, Deck 7 & Rendez Vous Lounge

6:30pm to 7:00pm **PASSENGERS ALL ABOARD PLEASE
SUN PRINCESS SAILS FOR PANAMA CANAL**

LIBRARY OPENING HOURS

10:00am to 6:00pm **THE LIBRARY IS OPEN**
Bayview Reading Room, Deck 7

PRINCESS LINKS GOLF SIMULATOR

4:00pm to 6:00pm Visit Erich our resident Golf Pro and check out your swing. Stateroom charge of \$20 per half hour applies.
Princess Links, Deck 12

STEINER'S LOTUS HEALTH AND FITNESS PROGRAM

7:00am Power Walk Session *Promenade, Deck 7*
8:00am Kickboxing *Aerobics Studio, Deck 12 Aft*
4:00pm Step Xpress *Aerobics Studio, Deck 12 Aft*
5:00pm Lotus Fusion Class *Aerobics Studio, Deck 12 Aft*

COMPUTERS@SEA

Kristoffer is available today for private instruction. Inquire at the Purser's Desk, Deck 5 Midship
24 Hours Internet Access (Satellite Permitting)
Internet Café, Deck 7

STATEROOM TV

PRINCESS CHANNEL (Channel 21)

6:00am-10:00am The Morning Show with Gavin
10:00am-Noon Reflections Video
Noon-4:00pm The Art of M. Behrens and A. Schring
4:00pm-6:00pm Acapulco Folkloric Show
6:00pm-8:00pm Panama Canal Presentation
8:00pm-On Movie: Miss Congeniality 2

PRINCESS CHANNEL (Channel 25)

6:00am-9:00am Designer Showcase
9:00am-6:00pm Adventures Ashore - Aruba until Ft. Lauderdale
6:00pm-On Designer Showcase

IMPORTANT NOTICE

EATING AND DRINKING ASHORE

Princess Cruises has received reports of passengers becoming ill after drinking alcoholic beverages ashore. Please be aware that the contents of some alcoholic drinks ashore are unknown - Alcoholic content may be such stronger - Drinks may contain different ingredients than expected. Princess Cruises advises passengers to use caution when consuming alcoholic beverages ashore and disclaims responsibility for any resulting illnesses or intoxication.

WATER STATION

Each morning before your tour departure, Chilled Water and Sodas will be available for purchase from our table located by the gangway.

VACUUM TOILETS

Sun Princess, as all modern cruise ships has a vacuum operated toilet system. The pipe work of these systems is much smaller than that used ashore. Whilst it is eminently suitable for its designed purpose, sanitary items, paper hand towels and items that are not rapidly biodegradable, will cause obstructions and great inconvenience to all onboard. Your cooperation will be appreciated.

ADVENTURES ASHORE

Located on Plaza Deck, Deck 5 in the Atrium Lobby

Tour office hours: 6:00am-7:00am & 5:00pm-6:30pm

Approximately 8:00am – Sun Princess is expected to arrive in Puntarenas.

SHIP'S SECURITY NOTICE

In order to prevent unauthorized persons boarding the ship, you are asked to carry your "Cruise/Key Card" ashore with you. You will be asked to produce it at the security stand by the gangway when you leave the ship and again when you return on board. We kindly ask that you do not bring on board any parcels from unknown people. You may also be asked to open parcels or handbags which you are carrying. We are sure you will appreciate that this security is in the best interest of all concerned. When returning to the ship you will pass through security. All hand luggage and boxes will be checked.

IMPORTANT NOTICE

When proceeding ashore in addition to your cruise card, you must also carry a formal photo ID with you (e.g. driver's license.)

PASSENGERS ON TOUR TODAY

Those passengers who are on organized ship's tours this morning should go to the designated meeting point at the time printed on your tour ticket.

Enjoy your day in Puntarenas!

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 two rows reserved for passengers with limited mobility.

PRINCESS THEATRE

Deck 7 Forward

Showtimes: 8:30pm & 10:30pm

(TONIGHT ONLY)

SPOTLIGHT SHOWTIME

'Falling in Love Again' with Vocalist

EMILY WALTER

MC: Cruise Director Gavin Chandler

Musical Backing By:
Nick Connell & The Sun Princess Orchestra

VISTA LOUNGE

Promenade Deck 7 Aft

Showtimes: 7:00pm & 8:45pm
(Repeated tomorrow at 8:30pm)

SPOTLIGHT SHOWTIME

STARRING:

JOHN BRANYON

A high energy, laugh out loud
one-man tour de force!

MC's:

Cruise Director Gavin Chandler
and Sr. Asst. Cruise Director Julie James

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

SHOOTING STARS NIGHTCLUB

Promenade Deck 7 Midship
PLEASE NOTE:

**SHOOTING STARS WILL BE
CLOSED THIS EVENING**

Join us on the open deck for a
Fantastic Night of Dancing & Partying.
See you there!

WHEELHOUSE BAR

Deck 7 Forward

Music with our resident bands for your
dancing and listening pleasure

5:30pm to 8:30pm

THE MELODICS
PLAY YOUR FAVORITE
DANCE TUNES

8:30pm till late

THE MELODICS
MUSIC FROM
THE 50'S TO THE 90'S

RIVIERA DECK 12 & LIDO DECK 14

9:30pm till late

ISLAND NIGHT DECK PARTY

Join your Cruise Director Gavin
& the Cruise Staff for a night to remember!
Music by: Tidal Wave & The Barnacles

ISLAND NIGHT FOOD FARE

Our Executive Chef Michael and his team have prepared an amazing buffet. You will have an opportunity to take pictures of this beautiful buffet from 10:15pm until 10:30pm and the buffet will be open from 10:30pm until 11:30pm.

From Midnight to late - Disco on Deck! DJ Rich keeps the party going!



BOUTIQUES ONBOARD

Emerald Deck 6 Sailing to 11:00pm

LOOSE GEMSTONES EVENT

Pink & Blue Topaz, Paraiba Topaz,
Citrine, Amethyst, Peridot, Garnet
Starting At \$10 Per Carat
Set pieces in 14K White & Yellow Gold
Sailing till 10:00pm, Atrium Deck 6

TANZANITE

Discover the Rare African Beauty
Choose from Selected Styles
Save up to 50% Off the Original Retail
5 YEAR GUARANTEE
Sailing till 11:00pm, Reflections Deck 6

WORLD MAP BAGS & ACCESSORIES

Take An Extra 20% Off The Ticketed Price
Sailing till 10:00pm, Atrium 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

AROMA FLEX - \$79.00

25 min foot and ankle pressure point massage. The various techniques used in triggering the body's ability to heal itself, relax muscles and release tension. This will help to relieve conditions such as arthritis, fluid retention, skin problems, headaches, sinus problems, insomnia, anxiety and many more and receive 25 min back, neck and shoulder massage.

SPA TASTER - \$79.00

25 minute hydrating and rejuvenating facial &
25 minute back massage for tired stressed muscles.

PICK N MIX - \$79.00

Choose 3 of the following
25 min neck and shoulder massage • foot & ankle massage
mini facial • lime and ginger scrub • scalp massage.

METABOLISM TEST

How Much Water Are You Retaining? Are You Constantly Tired With Low Energy Levels? Are You Struggling to Successfully Manage Your Body Weight? What Other Information Are You Missing That is Stopping You From Achieving Your Goals? If these are all questions running around in your head, come and listen to the experts.

METABOLISM CHECK ONLY \$15



GRAND CASINO

Dolphin Deck 8 Midship

Slot Machines: 7:30pm until the wee hours
Gaming Tables: 7:30pm until the wee hours

FACE UP BLACKJACK

Back by popular demand
ANOTHER CHANCE TO SEE BOTH DEALERS CARDS
FACE UP BLACKJACK

Don't forget to purchase your souvenir playing cards.
See our lovely cashiers for details.

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 5:00pm to 11:00pm

Make sure you stop on the Gangway this morning for a fantastic photo opportunity on our one and only stop in fabulous Costa Rica

OVERNIGHT FILM & DIGITAL PROCESSING

Only \$7.95 For 24 & \$9.95 For 36 Exposures
Standard Digital Prints only 35¢ each / Pixel Magic Prints 45¢ each
Drop your film or memory card off at the Photo Gallery by 10pm
Your order will be ready to collect after 6pm the following evening.

Reflections is capturing Costa Rica's Favorites on tour PA4-K



FUTURE CRUISE SALES

Wheelhouse Bar, Deck 7 Fwd 6:30pm-9:00pm

EARLY BOOKING DISCOUNTS!!!

Are now available on most cruises in the 2006/2007 program. Save as much as \$1500 per person on selected sailing. Book now for only USD\$100 per person, refundable until final payment date for North American bookings. Speak to Leeanne for more details. An appointment system is operating to more efficiently handle Future Cruise enquiries, sign up sheet is located outside Future Cruise Office.



FINE ARTS

Wheelhouse Bar, Deck 7

MATT AND SANDRA WISH YOU AN ARTFUL DAY IN COSTA RICA. PURA VIDA!



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.

ISLAND NIGHT DECK PARTY MONKEY RITA OR MONKEY COLADA

Served in a Souvenir Monkey Coconut for you to keep.
\$9.50 only at Riviera Bar on Deck 12 from 9.00pm until Midnight

DRINK OF THE DAY: UNTAMED IGUANA

For this perfect day, we have come up with the ideal way to sip back, relax and enjoy one of our favorite cocktails. Enjoy this magnificent blend of Vodka, Melon Liquor and Pineapple Juice
Regular \$3.25 - Medium \$4.95 - Large \$6.50

MARTINI OF THE DAY: LICENSE TO FILL - \$4.95

Beefeater Gin, Triple Sec and Blue Curacao
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: LEMON FIZZ - \$2.25

A delightful combination of Sweet and Sour,
Sugar Syrup topped with Sprite

5 DOS XX OR BECKS IN A BUCKET FOR \$14.00

Enjoy 5 of our ice cold Dos XX Lagers or Beck's in a Bucket
for the incredible price of only \$14.00

MAITRE D' WINE SUGGESTION

Today our Maitre D' Jacques suggests two excellent wines:
Chardonnay Calitera and Cabernet Sauvignon Kendall Jackson

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.