Saturday 20 August 2022

Sunrise: 6.00am - Sunset: 8.16pm | Weather: Sunny intervals and a moderate breeze | Temp: 22°C

Tonight's dress code:

Evening Casual

Smart dark denim or trousers and a nice top, open-neck shirts, skirts and dresses (but no tracksuits, football shirts or trainers please).





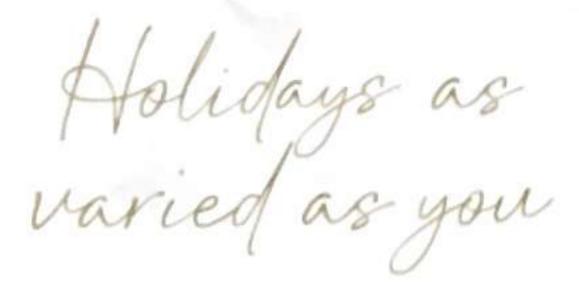
Welcome on board lona

Are you ready to see the world in widescreen? Our newest and most innovative ship, Iona was designed to invite the outdoors in.

Gazing out from the stunning SkyDome, three-tier glass Grand Atrium or the brand-new Conservatory Mini-suite cabins, you're never far from a spectacular view of the ever-changing horizon.

lona is the greenest member of our fleet and the first British cruise ship to be powered by liquefied natural gas (LNG).

She has a host of unique features including an on-board craft gin distillery, spectacular aerial shows and an Infinity Pool with breathtaking panoramas.





The ship's clocks will be put forward by one hour at 2.00am tomorrow morning (21 August) to GMT+2.

Holiday Your Way With My Holiday

Our new digital pocket planner is live for dining reservations, booking entertainment in Headliners Theatre and viewing your account summary. Access to My Holiday is free using the Ship's network.

In order for the portal to work correctly, please turn your phone to airplane mode or switch off your mobile data. Connect to the ship's wifi 'P&OCruises_Guest_WIFI'. Then open your browser and head to

myholiday.pocruises.com. Visit the My Holiday Assistance Podiums for more information and to help you connect. Noon-7.00pm Atrium (Decks 6 & 7) Midship



Book and receive any of our luxurious signature treatments in the Oasis Spa today and receive an additional free 25-minute treatment. Join us for an introduction to the range of relaxing therapies that we offer and enter our Raffle for a chance to win up to £250 worth of Spa Credit. Our loyalty package offers terrific discounts; choose three signature treatments and receive 10% off your first, 20% off your second and 30% off your third!

Noon-10.00pm Oasis Spa (Deck 6) Forward

Headliners Theatre Company Presents - CENTRE STAGE

Join us for a night of the hottest contemporary musicals including Tina, Matilda and 9 to 5. We've got the showstoppers you'd expect of the main stage. And you'll come away feeling as though you've witnessed a little touch of West End magic.

Due to an update in My Holiday we kindly request that you check your upcoming reservations and rebook as necessary.

This show will be repeated on the 22 August.

8.30pm & 10.30pm Headliners Theatre (Decks 6 & 7) Forward



Vocal Group - SHE

Join vocal group 'SHE' as they celebrate some of the world's biggest girl bands, pop icons and soul singers of our time. This feel good show oozes energy, sass and a high kick of class!

8.00pm, 9.30pm & 11.00pm SkyDome (Decks 16 & 17) Midship

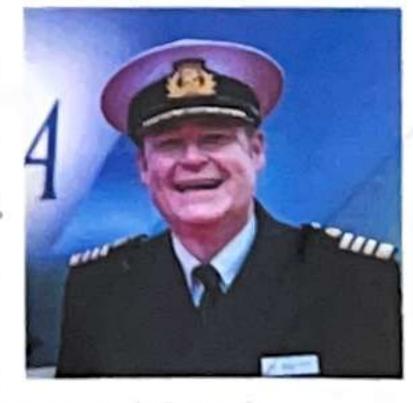


Introducing Your Captain...

Captain Wesley Dunlop

Wesley was born near Glasgow and at the age of 2, relocated to Mallorca where his parents ran a successful bar in the 'lively' resort of Magaluf. Wesley's initial career ambition was to become an airline pilot, however it was his father who suggested a career navigating on the sea. Wesley commenced his sea going career in 1998 with Airtours Sun Cruises and in 2004 he joined Saga Cruise Lines where he rose through the ranks quickly and was promoted to Master in 2010 at the age of just 30. In 2016 he was delighted to be offered the chance to join P&O

Cruises, and during his time has now commanded Aurora, Arcadia and most recently Britannia. When at home Wesley loves spending quality time with his fiancée Fiona, his two sons Corey and Joey and he also plays the odd round of golf (badlyi). He considers being asked to be Iona's Captain the pinnacle of his career and is delighted to welcome you all on board this beautiful new ship!





Holiday your way with My Holiday

Our digital pocket planner makes life on board a breeze





Book a shore experience



View your on-board account



Book a seat for a show



Make a dining reservation or join a virtual queue

To get started, connect to the ship's free Wi-Fi and visit myholiday pocruises.com or scan the QR code with your device's camera



From 12.30pm

12.30pm - LIVE PREMIERSHIP FOOTBALL

Come along and enjoy coverage of today's live Premiership football: Tottenham v Wolves (Satellite reception permitting. Match is subject to change by provider)

Brodie's (Deck 7) Forward

1.00pm - ASK THE ACUPUNCTURIST

Drop by Oasis Spa today to meet our Acupuncturist and find out how you may benefit.

Oasis Spa (Deck 6) Forward

1.00pm-1.45pm - BUSKER - FRANCESCA HUTCHINSON Catch the amazing acoustic sounds of our Busker Francesca Hutchinson as the backdrop to your holiday. Grand Atrium Piano Bar (Deck 6) Midship

2.00pm - MEET YOUR ON-BOARD PERSONAL TRAINER Learn about the range of speciality classes and free talks available to you during your cruise. Oasis Gym (Deck 5) Forward

2.00pm - MEET YOUR MEDI-SPA PHYSICIAN Dr Claudia can help you look your absolute best with the latest in skin rejuvenation treatments. Consultations are free. Oasis Spa (Deck 6) Forward

2.00pm-2.45pm - PIANO VOCALIST - ELENA SAFONOVA Sit back, relax and enjoy some all-time musical favourites from our piano vocalist Elena Safonova. Grand Atrium Piano Bar (Deck 6) Midship

2.00pm-5.00pm - CHILDRENS CLUB REGISTRATION Calling all families travelling with children and teenagers up to 17 years who wish to use the Children's Clubs and are yet to register, please come along and find out more about our fantastic facilities. Please note, to use The Reef and Scene facilities and join in the activities and events throughout the cruise, registration is essential. The Reef (Deck 17) Midship

3.00pm - LIVE PREMIERSHIP FOOTBALL

Everton v Nottingham Forest (Satellite reception permitting. Match is subject to change by provider)

Brodie's (Deck 7) Forward

3.00pm-4.30pm - CASINO HOST DESK

Our Casino Host will be available for any questions you may have. Learn about the Welcome Bonus program, how to earn free drinks whilst playing at our slots.

Casino (Deck 7) Forward

3.30pm - SHOP TOUR

Join us for a tour of the shops and learn about all upcoming events and fantastic promotions available throughout the cruise. Free charm bracelet for all those who attend. Another tour will be held at 4.15pm.

Prai Beauty Counter (Deck 7) Midship

4.00pm - FREE FOOTPRINT CLINIC

Join our Foot Specialist at this free seminar and learn what Good Feet can do for you. Free footprint analysis for all who attend. Oasis Gym (Deck 5) Forward

5.30pm - LIVE PREMIERSHIP FOOTBALL

Bournemouth v Arsenal

(Satellite reception permitting. Match is subject to change by provider)

Brodie's (Deck 7) Forward

6.00pm-8.00pm - CHILDRENS CLUB REGISTRATION See 2.00pm for details.

The Reef (Deck 17) Midship

6.30pm-7.15pm - SAIL AWAY SOUNDS WITH FRANCESCA HUTCHINSON

Join Francesca at the top of the ship as we say goodbye to Southampton. Relax outside, enjoy a cocktail and listen to her smooth grooves and tunes! (Weather Permitting) Infinity Bar (Deck 16) Aft

6.30pm-7.15pm - SAIL AWAY SOUNDS WITH ELENA SAFONOVA

Live melodies on the piano from Elena as we sail away from the beautiful port of Southampton.

The Crow's Nest (Deck 17) Forward

6.45pm-7.30pm - GRAND ATRIUM COCKTAIL PIANIST -**EVA MATE**

Sit back, relax and enjoy some musical favourites from Eva Mate. Grand Atrium Piano Bar (Deck 6) Midship

7.30pm-8.15pm - PURE POP WITH PARTY BAND, PULSE See back page for details. The Club House (Deck 8) Aft

8.00pm - 8 O'CLOCK CHALLENGE

Join your Entertainment Host for tonight's challenge. Brodie's (Deck 7) Forward

8.00pm - VOCAL GROUP - SHE See front page for details. SkyDome (Decks 16 & 17) Midship

From 8.00pm

8.00pm - THE 710 CLUB - SUPERGROUP SOUND

"Come and see the creations of some of the most talented minds coming together - the result is pure art. The 710s reimagine your Supergroup favourites with style as you enjoy the comforts of this atmospheric venue. With a cocktail, maybe?" - Gary Barlow, Musical Director. Out of consideration for your fellow guests please kindly vacate the venue after you have enjoyed the show. Doors will open at approximately 7.30pm. The 710 Club (Deck 6) Midship

8.30pm - HEADLINERS THEATRE COMPANY PRESENTS -**CENTRE STAGE**

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

8.45pm-9.30pm - GRAND ATRIUM COCKTAIL PIANIST -**EVA MATE**

More of your musical favourites with Eva Mate. Grand Atrium Piano Bar (Deck 6) Midship

9.00pm - EXCLUSIVE KALLATI JEWELLERY COLLECTION UNVEILING

Try on some of the Rarest gemstones in the world! Tonight only we have some never before seen discounts, don't miss out on these crazy prices. Prize draw for all those who attend. Fine Jewellery Boutique (Deck 7) Midship

9.00pm - PURE POP WITH PARTY BAND, PULSE See back page for details. The Club House (Deck 8) Aft

9.30pm - WELCOME ABOARD QUIZ

Join one of the Entertainment Team this evening, as they kick start your cruise with a fun team quiz in Iona's friendly local. Brodie's (Deck 7) Forward

9.30pm - VOCAL GROUP - SHE See front page for details. SkyDome (Decks 16 & 17) Midship

9.30pm - THE 710 CLUB - SUPERGROUP SOUND See 8.00pm for details. Out of consideration for your fellow quests please kindly vacate the venue after you have enjoyed the show. Doors open at approximately 8.50pm. The 710 Club (Deck 6) Midship

9.30pm-10.15pm - PIANO VOCALIST - ELENA SAFONOVA Elena Safonova is back at the piano with more of your favourites. The Crow's Nest (Deck 17) Forward

10.30pm - HEADLINERS THEATRE COMPANY PRESENTS -CENTRE STAGE

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

10.30pm - PURE POP WITH PARTY BAND, PULSE See back page for details. The Club House (Deck 8) Aft

10.30pm-11.00pm - BUSKER - FRANCESCA HUTCHINSON Even more amazing sounds from our Busker Francesca Hutchinson. Brodie's (Deck 7) Forward

10.30pm-11.00pm - THE LIMELIGHTS

As we unlock the doors for late night Limelight, join our amazing band as they change up the atmosphere with live music to boost your energy. No bookings are required. The Limelight Club (Deck 6) Forward

10.30pm-11.15pm - PIANO VOCALIST - ELENA SAFONOVA More of your favourites with Elena Safonova. The Crow's Nest (Deck 17) Forward

10.45pm - THE 710 CLUB - SUPERGROUP SOUND See 8.00pm for details. Doors open at approximately 10.20pm. The 710 Club (Deck 6) Midship

11.00pm - VOCAL GROUP - SHE See front page for details. SkyDome (Decks 16 & 17) Midship

11.15pm-Midnight - BUSKER - FRANCESCA HUTCHINSON Late night acoustic sounds with Francesca Hutchinson. Brodie's (Deck 7) Forward

11.15pm-Midnight - THE LIMELIGHTS See 10.30pm for details. The Limelight Club (Deck 6) Forward

11.15pm-Late - LATE NIGHT AT THE CLUB HOUSE After an evening of entertainment the lights turn down and the fun continues into tomorrow. Let the late night DI rock you as you step into The Club House after-hours party. The Club House (Deck 8) Aft

12.15am - THE 710 CLUB - SUPERGROUP SOUND See 8.00pm for details. Doors open at approximately 11.35pm. The 710 Club (Deck 6) Midship



Booking your space is necessary via My Holiday or by dialling 7070.

Restaurant Opening Times

Dining has never been easier. Log into My Holiday to make your dining reservations for today. If you're in a virtual queue, please don't leave the web page or switch on your data as this may cause you to lose your place in the queue and not received a "table is ready" notification.

Horizon Restaurant (Deck 16) Aft

Lunch Noon-5.00pm Dinner 5.30pm-9.30pm Late Snacks (Port Side, Forward) 11.00pm-1.00am

5.30pm-9.30pm

5.30pm-9.30pm

5.30pm-9.30pm

Seating at 7.00pm

Coral Restaurant (Deck 7) Aft Dinner

Pearl Restaurant (Deck 6) Aft Dinner

Aqua Restaurant (Deck 6) Aft, Port Side

Dinner

Opal Restaurant (Deck 6) Aft, Starboard Side

5.30pm-9.30pm Join the virtual queue via My Holiday (opens 15 minutes prior to service)

The Quays (Deck 8) Aft

All Day Dining Noon-9.30pm Ripples (Deck 8) Midship Noon-9.30pm

Deck 16 SkyDome

Dinner

Taste 360 Noon-8.30pm Sundaes Noon-8.30pm

Speciality Restaurants

My Holiday - Join The Virtual Queue

The Keel and Cow*

Noon-9.30pm My Holiday Booking Required The Olive Grove* Noon-9.30pm Epicurean Dinner* 6.00pm-9.30pm The Beach House* 6.00pm-9.30pm Sindhu* 6.00pm-9.30pm The Limelight Club*

*Charges apply at speciality venues.

For room service dial 5000 (available from 6.00pm)

Bar Opening Times

Beachcomber Bar* (Deck 18) Forward Noon-7.00pm Panorama Bar* (Deck 18) Aft Noon-7.00pm Vistas (Deck 6) Atrium Noon-10.00pm Infinity Bar* (Deck 16) Aft Noon-10.00pm Sunset Bar* (Deck 8) Aft Noon-10.00pm Laguna Bar (Deck 16) SkyDome Noon-10.30pm The Keel and Cow (Deck 8) Atrium Noon-11.00pm Noon-11.00pm The Glass House (Deck 7) Atrium Noon-Late Crystal Bar (Deck 16) SkyDome Emerald Bar (Deck 6) Atrium Noon-Late The Crow's Nest (Deck 17) Forward Noon-Late Noon-Late Brodie's (Deck 7) Forward 4.30pm-11.00pm Anderson's Bar (Deck 6) Midship 5.00pm-Late The 710 Club (Deck 6) Atrium 5.00pm-7.00pm Sky Bar (Deck 17) SkyDome 6.00pm-Late The Club House (Deck 8) Aft 10.30pm-Late The Limelight Club (Deck 6) Forward

Weather Permitting

Responsible Service of Alcohol

All bars are proud to serve Costa coffee.

Guests under the legal drinking age will not be served alcoholic beverages nor are they to consume alcoholic beverages. Please understand that you may be requested to show proof of age.

Shipboard Services



Reception (Deck 7) Midship is open 24 hours a day and can be contacted by dialling 7070 from any of the ship's telephones.

My Holiday Assistance Podiums - Atrium (Decks 6 & 7) Midship Noon-7.00pm

My Holiday Assistance Line dial 7070 from any of the ship's telephones. Noon-7.00pm

Medical Centre please dial 8880 to make an appointment. The appointment line is available 8.00am-9.00am & 4.00pm-5.00pm For any medical emergency, please dial 999.

Voicemail if you have a red light on your cabin phone, you can listen to your message by dialing 9801.

WE ARE OPEN TODAY SCENE



If you haven't already registered online, please attend today's Registration Sessions.



2.00pm-5.00pm & 6.00pm-8.00pm

There is no need to attend The Reef if you have registered prior boarding, all information will be sent to your cabins.

Discover More On Board



Noon-8.00pm (SkyDome Pool closes at 5.00pm)

Noon-8.00pm

Oasis Gym (Deck 5) Forward

Noon-7.00pm

Oasis Spa & Health Club (Deck 6) Forward, Tel: 7070

Noon-10.00pm

Oasis Hydrotherapy Suite (Deck 5) Forward

To book your session visit the Oasis Spa Reception or dial 7070. Noon-8.00pm

The Retreat (Deck 18) Forward

Our premium VIP open-air deck area. Book this exclusive experience at the Spa. Noon-8.00pm

Shore Experiences (Deck 7) Aft

Guests who have pre-booked a shore experience, tickets will be delivered to your cabins this evening

1.30pm-7.00pm

Loyalty & Cruise Sales (Deck 7) Aft

Your Loyalty & Cruise Sales Team, Philip, Margarita, Ben & Aaron are here to help you with Peninsular Club loyalty enquiries and make your future cruise bookings. Speak to a member of the team today to benefit from exclusive offers including extra on-board spending money and low deposit. 4.00pm-8.00pm

Anderson's Library Bookcases (Deck 6) Midship Noon-5.00pm

Whitewall Art Gallery (Deck 6) Forward

6.00pm-9.00pm

Brodie's Casino Slots & Tables (Deck 7) Forward

Guests are reminded that according to current UK legislation persons under the age of 18 are not permitted to gamble or be present on the Casino floor. Casino area may be used as a walkthrough area only. Proof of age may be required prior to service.

30 Minutes After Sailing-Late

Shopping On Board



Harbour Shop (Deck 6) Atrium 30 Minutes After Sailing-11.00pm

Daily Specials At Market Place (Deck 7) Midship 30 Minutes After Sailing-10.00pm

Avenue Shopping (Deck 7) Midship

30 Minutes After Sailing-11.00pm

Promenade Shop (Deck 8) Atrium

30 Minutes After Sailing-11.00pm

Showing Today At Ocean Studios

DEATH NILE

Death On The Nile (2022)

Studio 1 - 7.00pm & 10.00pm

Studio 2 - 7.15pm & 10.15pm

Starring: Tom Bateman, Annette Bening, Kenneth Branagh Rated: 12A for violence, some bloody images, and sexual material

Running Time: 127 minutes

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress.

NICOLAS CAGE . NICK CAGE

The Unbearable Weight Of Massive Talent

Studio 3 - 7.30pm & 10.30pm

Starring: Nicolas Cage, Pedro Pascal, Tiffany Haddish

Rated: 12A for some violence, strong language, a sexual reference and brief drug references.

Running Time: 1hr 47mins

In this action-packed comedy, Nicolas Cage plays Nick Cage, channeling his iconic characters as he's caught between a superfan and a CIA agent.



Turning Red

Studio 4 - 7.30pm

Starring: Chloë Grace Moretz, Michael Peña, Colin Jost.

Rated: PG for thematic material, suggestive content and language.

Running Time: 1hr 40 mins

A 13-year-old girl named Meilin turns into a giant red panda whenever she gets too excited.







Shipboard Information

Muster Station Familiarisation

It is a maritime safety requirement that all guests attend their muster station for familiarisation purposes. Please visit your muster station if you have not already done so where your boarding pass will be scanned to record your attendance. Your allocated muster station is indicated on the back of your cabin door and on your cruise card. There is no need to take your life jacket with you. We ask that all guests watch the life jacket demonstration and P&O Cruises safety video on your cabin TV.

General Emergency Broadcast

At approximately 5.00pm, the Captain will make a broadcast and alarm bells will be sounded for familiarisation purposes only. If you attended your muster station to familiarise yourself throughout the day no action is required. During this exercise all guest services will be paused.

Wearing Of Face Masks

Whilst we highly recommend that guests wear masks on board, they are only required if you visit the medical centre. There are no medical exemptions and your mask must cover your nose and mouth and be of a good quality (ideally medical grade). Destinations may also require you to wear a mask when ashore.

Smoking And Vaping On Board

Smoking and vaping is not allowed in cabins, on cabin balconies or in public rooms. There are dedicated areas on the open deck where you will find fixed ashtrays at dedicated signs available on: Deck 18 Aft port side and Deck 18 Forward port side for smoking and vaping.

On-Board Account

For your convenience all of our ships operate a 'cash-free' environment with everything priced in Pound Sterling. To make any purchases on board you just need to present your cruise card. Our ships do not accept cash, except at Reception for the settlement of your account. In order for the charges to be posted on to your account you will need to register your credit card or Visa/Master Card Debit card. We cannot accept any prepaid cash/credit cards so if this has inadvertently been registered please contact Reception (Deck 7) Midship, so it can be rectified. Don't forget you can view your account on you cabin TV or by using My Holiday.

Travelling As A Family

For everyone's safety and enjoyment, guests under the age of 18 are not able to use the Casino, The Retreat, The 710 Club or The Limelight Club (after 6.00pm). When enjoying all other bars, we ask that guests under 16 are accompanied by a parent or guardian, and that guests under 13 are accompanied in all main venues.

Dietary Requirements

The dishes from the main menu can be adapted to suit your needs and preferences in the Aqua, Coral, Opal and Pearl Restaurants. Whilst dining in the Horizon Buffet our knowledgeable Headwaiters, Buffet Stewards or Chefs will be happy to explain the ingredients used in each dish.

Give Us A Smile!

There will be many opportunities this cruise to capture your holiday memories with our professionally trained photographers. Look out for our favourite photo highlights in the Horizon. All photos are no obligation to buy and can be viewed 24/7 via the screens.

The Photo Hub (Deck 7) Midship



Duty Free Deals -2 For £30 & 4 For £55

With the customs allowance of 4 litres per person it is even easier to treat yourself to a tax free bottle that's cheaper than the UK. We only sell genuine quality spirits. We have limited stock so arrive early.

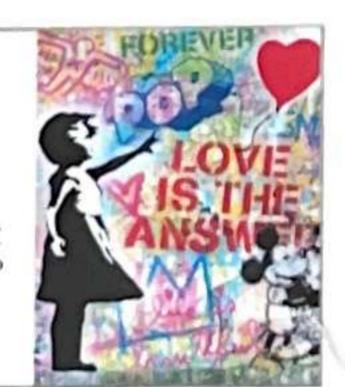
30 Minutes After Sailing-11.00pm Duty Free Store (Deck 7) Midship



Art - Register Your Interest

Make sure you visit the art gallery this evening to register your interest in Whitewall Galleries exciting and informative schedule of events during your cruise. Meet your friendly art team of Charlotte and Paula and find out more about what they have planned including special VIP events as well as a range of seminars and exhibitions.

6.00pm-10.00pm Art Gallery (Deck 6) Forward



Pure Pop With Party Band, PULSE

Start as you mean to go on and get the fun times rolling with a night of Pure Pop. A contemporary night with a hint of nostalgia, we'll throw back to the 90s and 00s. PULSE will play it all from Kylie to George Michael, Amy Winehouse to Jess Glynne – a night of pure pop classics. PULSE will be performing at 7.30pm, 9.00pm & 10.30pm.

7.30pm-11.15pm The Club House (Deck 8) Aft



The Chef's Table

Don your finery for an exclusive evening of fine dining.
On Celebration Night, The Chef's Table celebrates
British and regional cuisines with a unique menu created
by Marco Pierre White and wine selected by Olly Smith.
Book via My Holiday.

Tomorrow 21 August.

6.00pm & 8.30pm The Beach House (Deck 16) Aft



Refuel Yourself With A Costa Coffee

Buy a Costa Coffee from any of our popular bars: Crow's Nest, Laguna, Infinity (Upper Decks) Brodies, Glass House, Keel & Cow, Ripples, Sindhu, Sunset Bar and the Vistas Café (Lower Decks)



Stunning Scenery From The Privacy Of The Retreat

It's truly time to relax and unwind. Introducing the serene and tranquil surroundings of The Retreat. Sit back and relax on one of our stunning day beds and perhaps enjoy a free smoothie or fruit platter as you take in the scenic panoramic views. There's even blankets if it's chilly!

Noon-8.00pm Oasis Spa (Deck 6) Forward

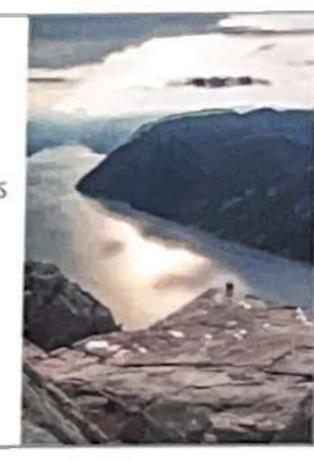


Recommended Stavanger Shore Experience

Pulpit Rock Hike

If you want your sightseeing to reach dizzy new heights, then this unforgettable hike to one of Norway's most famous landmarks is the perfect experience for you. Stand on top of the majestic, 2,000-foot-tall rock formation where you can soak up the awe-inspiring views of the surrounding area. Book today via My Holiday or visit us.

1.30pm-7.00pm Shore Experiences (Deck 7) Aft



It's Great To See You Again

Your Loyalty & Cruise Sales Team are here to help you with Peninsular Club loyalty enquiries and make your future cruise bookings. We are open every day so visit us to benefit from a low deposit offer on the majority of cruises and take advantage of our exclusive on-board spend offer. Even if you usually book with a particular Travel agent, your new booking can be transferred to them to manage it for you.

4.00pm-8.00pm Loyalty & Cruise Sales (Deck 7) Aft



£5,000 Mega-Jackpot Bingo Tickets Pre-Sale

Tonight onlyl Get 3 extra chances free to win the Mega-Jackpot on tomorrow's Bingo when you purchase 'Canoe for Two' or 'Dive Right In' packages. Additionally, purchasing 'Canoe for Two' will get you a free £2 Scratch Card. Avoid the queues and get your tickets early.

7.30pm-10.00pm Casino (Deck 7) Forward



Welcome Aboard Jewellery Celebration

Let's start your holiday with a celebration; come join the fine jewellery specialists as we welcome you aboard. With exclusive first night offers with extra discounts on all fine jewellery plus a free Kallati gift while stocks last.

30 Minutes After Sailing-11.00pm Fine Jewellery Boutique (Deck 7) Midship

