

P&O CRUISES

HORIZON

Discover more on board long



I BELIEVE IN A THING CALLED
ROCK

A dynamic live music event

Sunday 21 August 2022

Sunrise: 6.39am - Sunset: 9.07pm

Tonight's dress code

Black Tie

Don your favourite cocktail dress, tuxedo, ball gown or dinner jacket, or alternatively a dark business suit and tie. You may also wear formal national dress or military uniform.



Art Talk: L.S. Lowry; 20th Century British Master

L.S. Lowry is one of the most iconic artists of the 20th Century. Join us as we discuss his life and how it has inspired his internationally acclaimed artwork. We will also reveal the secrets behind his 'matchstick men' and why there has been such an increase in demand for his work recently.

2.00pm The Limelight Club (Deck 6) Forward



Celebration Night Photos

Tonight's the night to showcase your glamorous side with our celebration night portraits. Come find your team of professional photographers this evening at various locations in the Grand Atrium, ready to capture your holiday memories.

6.00pm-10.00pm
Grand Atrium (Decks 6 & 7) Midship

Top-To-Toe Spa Special

Indulge yourself from head to toe for 75 glorious minutes with all of these treatments for only £109:

- Swedish Body Massage,
- Foot and Ankle Massage
- Neck and Shoulder Massage
- Hand and Arm Massage

Brightening Eye Collagen Treatment. Today Only.
Call 7070 to book or visit the Spa.

8.00am-10.00pm Oasis Spa (Deck 6) Forward



25% Off Costume Jewellery

Today only, 25% off costume jewellery brands including Pandora, Swarovski, Couer De Lion, Pilgrim and many more. See instore for further details.

9.00am-10.00pm Avenue Shopping (Deck 7) Midship

DEAL OF THE
DAY

25%
OFF

Vocalist - Jayson Keeler



From The Heart

Jayson shares with you the most powerful and heartfelt songs that have influenced his song-writing career as lead singer of the pop group Cry Red. From classical to modern pop you'll be sure to hear your favourites from artists such as IL Divo, Etta James, and Andrea Bocelli.

6.45pm, 8.30pm & 10.30pm
Headliners Theatre (Decks 6 & 7) Forward



Comedian - Addy Van Der Borgh

Top British stand up comedian who has performed in all of Britain's major comedy clubs. Addy has performed solo shows at comedy festivals around the world including Edinburgh, Adelaide, Auckland, Cape Town and Montreal. He has appeared in many TV stand up shows such as The Stand Up Show (BBC One) and Live at the Comedy Store (Comedy Central), and has made numerous radio appearances.

7.30pm, 9.00pm & 10.30pm The Club House (Deck 8) Aft



I Believe In A Thing Called Rock

The SkyDome gets set for killer electric guitar, a thumping drum beat and just a hint of a rebellious streak... Embrace your inner rock child, dust off your best air guitar and strap in for a night of absolute classics. PULSE will be performing at 8.00pm, 9.30pm & 11.00pm.

7.30pm-11.45pm SkyDome (Decks 16 & 17) Midship



The ship's clocks were put forward by one hour at 2.00am this morning to GMT+2.

From 1.00pm

1.00pm - MINISTRY OF SCIENCE

See back page for details.

Headliners Theatre (Decks 6 & 7) Forward



1.00pm - VOCAL WORKSHOP

Want to learn to perfect your breathing and project your voice? Young or old, angelic or operatic, our musical experts will soon have you singing with confidence.

The Limelight Club (Deck 6) Forward

1.00pm - LADIES' PAMPER PARTY

Learn all the latest tips and tricks in the health and beauty industry. All who attend will receive a free Collagen Eye Treatment, free Neck and Bust Lifting Treatment, and a free Sun Glow makeover. One hour of pure pampering.

Ocean Studios 3 (Deck 6) Aft

1.00pm - JUKEBOX HERO

Put another dime in the jukebox with one of the Entertainment Hosts for this fun music challenge.

Brodie's (Deck 7) Forward

1.30pm - BERING WATCHES TALK

Bering watches have a minimalist Danish design inspired by the beauty of the arctic. Free gift with every Bering watch purchased. Limited stock available.

Tech Store (Deck 7) Midship

1.30pm-5.00pm - SPORTS HUB

Collect all your deck games and sporting equipment.

Deck Games (Deck 17) Aft, Stbd Side

2.00pm - TANZANITE RENAISSANCE PRESENTATION

Learn how to get the best value when shopping for Tanzanite. A free Tanzanite gemstone for all who attend, while limited stocks last. Take advantage of our fantastic Tanzanite flash sale at 3.00pm and add this stunning gemstone to your collection.

Fine Jewellery Boutique (Deck 7) Midship

2.00pm - EXPRESS FACE & NECK YOGA

See 10.00am for details.

Prai Beauty Counter (Deck 7) Midship

2.00pm - LESS IS MORE GAMESHOW

A gameshow for those who love the obscure. The less popular the better when the least used answers get the most points. Your low score could make you a big winner. Keep it low and climb to the top to compete in the final round.

The Club House (Deck 8) Aft

2.00pm - RELIEVE BACK, LEG AND FOOT PAIN

Overcome needless lower back pain, aching shoulders, and foot problems with a few tips from our expert. Visit and receive a free foot analysis to address your individual concerns.

The 710 Club (Deck 6) Midship

2.00pm - ART TALK: L.S. LOWRY; 20TH CENTURY BRITISH MASTER

See front page for details.

The Limelight Club (Deck 6) Forward

2.00pm - FAMILY SHIP QUIZ

How well do you know Iona? Come along and join in with our family ship quiz. Return your entry to The Reef by 8.00pm this evening. All correct entries to be included in the prize draw. Good luck!

The Reef (Deck 17) Midship

2.00pm-2.45pm - BUSKER - FRANCESCA HUTCHINSON

Catch the amazing acoustic sounds of our Busker Francesca Hutchinson as the backdrop to your holiday.

Brodie's (Deck 7) Forward

2.30pm - NORLENDER TALK

Dating back to 1927 Norlender Knitwear has a history that is inspired by the Nordic knitting heritage, hear the brands story and learn about the craftsmanship.

Destination Shop (Deck 7) Aft

From 3.00pm

3.00pm - MARTIN COX FAMILY FRIENDLY COMEDY MAGIC SHOW

Martin Cox has been a professional magician for over 30 years. Martin is a member of the Inner Magic Circle and Equity and takes his Comedy Magic Show all over the world.

The Club House (Deck 8) Aft

3.00pm - LIVE PREMIERSHIP FOOTBALL

Come along and enjoy coverage of today's live Premiership football: Leeds v Chelsea

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

Brodie's (Deck 7) Forward

3.15pm - SECRETS TO ACUPUNCTURE

Learn how acupuncture is effective in treating many common health conditions.

The 710 Club (Deck 6) Midship

3.30pm - IONA'S FASHION SHOW

See side bar for details.

Grand Atrium (Deck 6) Midship

4.00pm - TAG HEUER TIMEPIECES TALK

This talk explores the origin, design inspiration and details of how TAG Heuer conquered the world of glamour and sports through watches.

Luxury Watches Boutique (Deck 7) Midship

4.00pm - TABLE TENNIS

A classic and friendly game of ping-pong, meet one of the Entertainment Team at the Sports Hub to take part.

(Adult only and Suitable footwear should be worn)

Deck Games (Deck 17) Aft, Stbd Side

4.15pm - WRINKLE REMEDIES

Meet Dr Claudia, our Medi-Spa physician for a free consultation. Why wrinkles form and what effective treatments are available in the Medi-Spa to reduce the appearance of facial wrinkles.

The 710 Club (Deck 6) Midship

4.15pm - £5,000 MEGA-JACKPOT BINGO

See side bar for details.

The Club House (Deck 8) Aft

4.15pm-4.45pm - WALLACE & GROMIT SPECIAL APPEARANCE

A special appearance from Wallace and Gromit. Come and say hello to the cheese-loving inventor and his faithful four-legged friend.

Grand Atrium (Deck 6) Midship

5.00pm - BODY SCULPT BOOT CAMP

Join our Personal Trainers as they take you through a Body Sculpt program designed to help you enjoy your holiday to the max. (A nominal fee applies for this class.)

Oasis Gym (Deck 5) Forward

5.00pm - EXPRESS FACE & NECK YOGA

See 10.00am for details.

Prai Beauty Counter (Deck 7) Midship

5.00pm - LGBTQ+ GET TOGETHER

A chance to meet your fellow LGBTQ+ guests in this un-hosted get-together.

The Crow's Nest (Deck 17) Forward

5.30pm - LIVE PREMIERSHIP FOOTBALL

Newcastle United v Manchester City (Satellite reception permitting. Match is subject to change by provider)

Brodie's (Deck 7) Forward

6.45pm - VOCALIST - JAYSON KEELER

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

7.30pm - COMEDIAN - ADDY VAN DER BORGH

See front page for details.

The Club House (Deck 8) Aft

7.30pm-11.45pm - I BELIEVE IN A THING CALLED ROCK

See front page for details.

SkyDome (Decks 16 & 17) Midship



fashion

Iona's Fashion Show

See our crew take to the catwalk, showcasing a wide variety of clothing from our fashion range.

From Norwegian Knitwear to casual and beachwear, all the way through to 'ship exclusive' merchandise clothing for both Ladies and Gentlemen.

Our fashion experts have styled our models in the latest must-have collections from Mulberry, Barbour, Joules, Lacoste and many more.

There are looks for everyone from evening wear to summer vacations. Come early on Deck 6 in the Grand Atrium to get the best seat for the ultimate view.

3.30pm
Grand Atrium
(Deck 6) Midship

Today's Activities



my wi-fi
ON BOARD ON YOUR TERMS

My Wi-Fi...
your new
and improved way
to stay connected
on board

ULTIMATE package

£15 per day
with cruise plan
or
£20 per day

Everything from the
ESSENTIAL package
+
Video streaming
+
Up to 3x faster
connection

ESSENTIAL package

£10 per day
with cruise plan
or
£15 per day

Web browsing
+
Email
+
Music streaming
+
Social media,
text and images
(no video)

Buy your My Wi-Fi
package at
internet.pocruises.com

Satellite reception
permitting. For full terms
and conditions visit
internet.pocruises.com

From 8.00pm

8.00pm - 8 O'CLOCK CHALLENGE

Join your Entertainment Host for tonight's challenge.

[Brodie's \(Deck 7\) Forward](#)

8.00pm - THE 710 CLUB - HANDWRITTEN

The music of the most famed singer-songwriters has an irresistible flair, and I wanted Handwritten to be all about delivering that flair with vintage timelessness and modern style. 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 - VOCALIST - JAYSON KEELER

See front page for details.

[Headliners Theatre \(Decks 6 & 7\) Forward](#)



9.00pm - COMEDIAN - ADDY VAN DER BORGH

See front page for details.

[The Club House \(Deck 8\) Aft](#)

9.30pm - ALL ABOUT THE BLANK

Join one of your Entertainment Team in this fun family friendly gameshow. Can you fill in the _____?

[Brodie's \(Deck 7\) Forward](#)

9.30pm - THE 710 CLUB - HANDWRITTEN

See 8.00pm for details. Out of consideration for your fellow guests 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

Sit back, relax and enjoy some all-time musical favourites from our piano vocalist Elena Safonova.

[The Crow's Nest \(Deck 17\) Forward](#)

10.30pm - COMEDIAN - ADDY VAN DER BORGH

See front page for details.

[The Club House \(Deck 8\) Aft -](#)

10.30pm - VOCALIST - JAYSON KEELER

See front page for details.

[Headliners Theatre \(Decks 6 & 7\) Forward](#)



10.30pm-11.00pm - BUSKER - FRANCESCA HUTCHINSON

Amazing acoustic sounds with Francesca Hutchinson.

[Brodie's \(Deck 7\) Forward](#)

10.30pm-11.15pm - 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-Midnight - KARAOKE

Shy by day, unstoppable karaoke force by night? Show us what you've got in our popular karaoke session. Adults only.

[The Limelight Club \(Deck 6\) Forward](#)

10.45pm - THE 710 CLUB - HANDWRITTEN

See 8.00pm for details. Out of consideration for your fellow guests please kindly vacate the venue after you have enjoyed the show. Doors open at approximately 10.20pm.

[The 710 Club \(Deck 6\) Midship](#)

11.00pm-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 DJ rock you as you step into The Club House after-hours party.

[The Club House \(Deck 8\) Aft](#)

11.15pm-Midnight - BUSKER - FRANCESCA HUTCHINSON

Even more amazing sounds from our Busker Francesca Hutchinson.

[Brodie's \(Deck 7\) Forward](#)

11.30pm-12.15am - PIANO VOCALIST - ELENA SAFONOVA

Late night music with Elena Safonova.

[The Crow's Nest \(Deck 17\) Forward](#)

12.15am - THE 710 CLUB - HANDWRITTEN

See 8.00pm for details. Doors open at approximately 11.35pm.

[The 710 Club \(Deck 6\) Midship](#)

Showing Today At Ocean Studios



Batman (2022)

Studio 1 - 10.00am, 2.00pm, 6.00pm & 9.30pm

Studio 2 - 10.15am, 2.15pm, 6.15pm & 9.45pm

Starring: Robert Pattinson, Zoë Kravitz, Jeffrey Wright.

Rated: 15 for strong threat and violence.

Running Time: 2hrs 56mins

When a sadistic serial killer begins murdering key political figures in

Gotham, Batman is forced to investigate the city's hidden corruption and question his family's involvement.



West Side Story

Studio 3 - 5.00pm, 8.00pm & 11.00pm

Starring: Ansel Elgort, Rachel Zegler, Ariana DeBose

Rated: 12A for moderate violence, discrimination, sexual threat and implied strong language.

Running Time: 2hrs 36mins

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the

Sharks, two teenage street gangs of different ethnic backgrounds.



Encanto

Studio 4 - 10.30am, 1.30pm, 4.30pm & 7.30pm

Starring: Stephanie Beatriz (voice), María Cecilia Botero (voice), John Leguizamo (voice).

Rated: PG for some thematic elements and mild peril.

Running Time: 1hr 42mins

A young Colombian girl has to face the frustration of being the only member of

her family without magical powers.



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

The majority of our entertainment programme is family friendly, however please see our recommended highlights of the day.

My Holiday

Access to My Holiday is free when using the ship's guest Wi-Fi. It is a web app so you don't need to download anything. Simply connect to the ship's Wi-Fi 'P&OCruises_Guest_WIFI', open your internet browser and head to myholiday.pocruises.com. Once logged in, to maintain full functionality you should place your phone in airplane mode and turn off your mobile data.

If you are in a virtual queue, please do not leave the web page or switch on your data as this may cause you to lose your place in the queue.

You can book dining reservations, view your on-board account and book entertainment which is shown in Headliners Theatre.

If don't have a tablet or smart phone, you can call the My Holiday Experience Line on 7070 to make your reservations. You can also book Spa appointments here or speak to Reception for any other queries.

My Holiday Assistance Podiums are located below and we will be happy to show you how to connect and use the portal.

My Holiday Assistance Podiums Atrium (Decks 6 & 7) Midship

9.00am-4.00pm

My Holiday Assistance Line

Dial 7070 from any of the ship's telephones.
8.00am-7.00pm

Shipboard Information

Dress Code

Tonight's dress code is Black Tie and applies in all the main restaurants, Sindhu, The Crow's Nest and The Chef's Table. If your outfit has a jacket, we ask that it is kept with you at all times.

Appropriate Footwear In The SkyDome Area

If you're wearing high heel shoes tonight and are planning to attend a show in the SkyDome, please be aware of the drainage grates which are situated at the entrances to the SkyDome area and around the pool, to avoid shoes getting caught in them.

Hand Washing

Hand washing is a simple and effective method of helping to reduce the risk of infection and helping to keep you healthy during your cruise. In addition, we ask you to make use of the alcohol hand gel prior to entering our food service areas.

Sudoku/Crossword & Britain Today

These will be available from the Sports Hub (Deck 17) Aft, Vistas (Deck 6) Midship and Crows Nest (Deck 17) Forward.

Credit Card Authorisations

Whilst you are on board your daily spend will be authorised with your credit or debit card provider at the end of each day to cover your daily charges for the previous day. Your card provider, as part of their standard procedures, may retain these authorisations for up to 28 days and this is outside the control of P&O Cruises. Until these authorisations are released, the available funds in the account could be affected. For further information, please contact the Reception Desk, (Deck 7) Midship.

Dietary Requirements

We have a great selection of menus on board and we are aware that you may have to follow specific dietary requirements. The Head Waiters in each of our restaurants are available to assist you. The dishes from the main menu can be adapted to suit your needs and preferences in the Aqua, Coral, Opal and Pearl Restaurants. Similarly, whilst dining in the Horizon Buffet our knowledgeable Headwaiters, Buffet Stewards or Chefs will be happy to explain the ingredients used in each dish.

Beauty & Fragrance - Buy One & Get One 50% Off

Buy one item and save 50% on your second lower-priced item. This offer is valid on selected lines only. Don't miss out on this deal and treat yourself today.

9.00am-10.00pm Beauty Boutique (Deck 7) Midship

DEAL OF THE DAY
BUY ONE GET ONE
50% OFF

Philip Gray, Artist Adventurer - Art Talk

Travelling the world has allowed Philip to create in unusual places and each new experience inspires his work on the canvas. From sprawling seascapes to the majesty of a volcano, Philip Gray paints the world at its most glorious, so join us as we guide you through his adventures.

10.00am Ocean Studios 3 (Deck 6) Aft



Blackjack Tournament Qf1

Only £5 to enter, enter twice and get a third entry free. Tickets available from the Casino Cashiers Desk. Grand Final on Friday at 3.00pm and only a Champion will walk away cash prize up to £150.

12.30pm-2.30pm Casino (Deck 7) Forward



Guest Speaker - Theresa Stavnem

What is typically Norwegian?
A lighthearted look into some of the known, and perhaps lesser-known facts of customs and habits in the daily life of Norwegians.

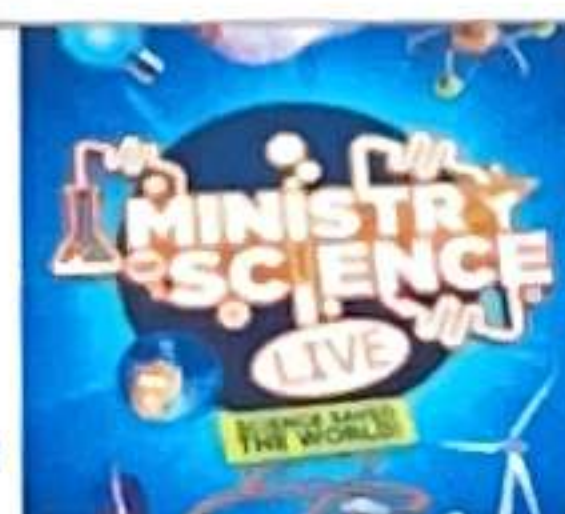
11.00am Headliners Theatre (Decks 6 & 7) Forward



Ministry Of Science

This year saw Science lead the way in getting our lives back to normal. Now, the UK's favourite science team are back and more explosive than ever!

1.00pm Headliners Theatre (Decks 6 & 7) Forward



The Captain's Welcome!

Prepare for a night of spectacular dining, entertainment and a free glass of fizz to toast the occasion. Black Tie, a five-course feast, the Captain addressing the whole ship from the bridge - Celebration Night, just like our previous Gala Evening, offers some well-deserved glitz and glamour.

Freedom Dining For Breakfast And Lunch

Step into one of our Freedom restaurants and settle into a lively atmosphere for breakfast and lunch. These are the perfect places to get together and enjoy bubbly conversation along with mouth-watering food. Book your dining experiences or join virtual queues via the My Holiday app.

Lunch - Pearl and Coral Restaurants (Deck 6 & 7) Aft
Breakfast - Aqua, Coral and Pearl (Decks 6 & 7) 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)



Recommended Olden Shore Experience

Fjords and Glaciers

Visit the Utvik Mountain viewpoint before heading off to the Norwegian Glacier Museum to explore their fascinating interactive exhibitions. After tucking into a traditional Norwegian lunch you'll pass by the Bøyabreen Glacier on your return to the ship and if you're lucky, you might even see huge chunks of ice crashing down the mountainside.

9.00am-6.00pm Shore Experiences (Deck 7) Aft



Exclusive £200 Discount When You Book Arvia

Book your Arvia cruise on board to benefit from a £200pp discount on sailings departing before March 2024. Secure this amazing offer with a £50pp deposit and you'll receive extra on-board spending money too. Will you choose Summer in the Med or winter in the Caribbean? Visit us today to find out more. Free Gift with every booking made today. T&Cs apply.

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



Red Carpet Blow Out

Award yourself with a glamorous red carpet ready look and enjoy pampering with all of the following treatments for only £59 (Add £5 for long hair):

- Vanilla Bean Hair Mask
- Soothing Scalp Massage
- Blow Dry and Style
- Sunglow application
- ELEMIS Bright Eye Treatment.

8.00am-10.00pm Oasis Spa (Deck 6) Forward

