

P&O CRUISES

# HORIZON

Discover more on board Iona

GUILTY PLEASURES



A dynamic live music event

Thursday 25 August 2022

Sunrise: 6.18am - Sunset: 9.01pm | Weather: Occasional rain | Temp: 18°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 to Haugesund

Arrival: 10.00am

All aboard: 5.30pm



Haugesund is located between Stavanger and Bergen in the heart of Norway's south-western cruise region. This is the area where Vikings used to live and where the Viking Kings had their Royal seat. Experience the best of what Norway has to offer; fjords, waterfalls, coast and city culture, the unique Viking history and idyllic islands are among what you will find in this region.

**Currency:** NOK Norwegian Krone

NOK for your purchases whilst ashore are on sale at Reception. **Please note, we only accept 50 and 100 NOK notes.**

### Concierge Postage Rate

Please see Reception to post any letters or postcards today which will be charged to your on-board account. Last post leaves the ship two hours before departure.

Should you have any queries or concerns while you are ashore, please contact our Port Agent:

**Denise Venneker**

**European Cruise Service AS**

**Phone: +47 5590 0780**

**Mobile: +47 9670 8887**

To contact Iona: Tel: 00870 7732 58564

Debit/credit card details will be required to call this number.

## Relaxation Spa Package - Only £79

Pamper yourself with all of these treatments. 50 minutes for only £79.

- Swedish or Deep Tissue Back Massage
- Soothing Scalp Massage
- Foot and Ankle Massage
- Neck and Shoulder Massage
- Collagen Eye Treatment. Today only.

Call the Oasis Spa on 7070 visit us to book your appointment.

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



## 25% Off Pandora

One day only, receive 25% Off our Pandora collection. Pandora has grown to become a much loved world renowned brand with distinctive products. Don't miss out and be sure to arrive early for the best selection in our exclusive on-board boutique.

30 Minutes After Sailing-11.00pm  
Pandora Boutique (deck 7) Midship

DEAL OF THE DAY  
ONE DAY ONLY

25% OFF

## Headliners Theatre Company Presents - FESTIVAL



Festivals are the epitome of summer fun! With epic artists, enrapt crowds and a soundtrack full of memories, our Festival show brings all of that nostalgia to Iona! We've tents, wellies and the feel-good anthems that will have you on your feet! Strobe lighting and atmospheric effects will be used during this performance.

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

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



## GUILTY PLEASURES With Party Band, PULSE

One-hit wonders. Cheesy pop songs. Guaranteed feel-good hits. We all have our guilty pleasures and for one night only, let's embrace them! Join our resident party band, PULSE, for one final blowout and indulge in all the biggest party hits from across the decades. No music snobs allowed! PULSE are performing at 7.30pm, 9.00pm & 10.30pm.

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



## TRIBOO

Enter the arena, where two ancient tribes - the Sun and the Moon - clash. Who will be the fastest, go the highest, be the most daring? Iona's awesome SkyDome is the perfect setting for this thrilling show.

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







## Prizes To be Won At The Casino

Could you be sitting in a Hot Seat?

Active players selected for random draws every 30 minutes.

Casino Credits, Bingo tickets and lots of prizes to be won.

You must be present to win.

9.00pm-11.00pm  
Brodie's Casino  
(Deck 7) Forward

## Explore Ashore...

### Going on a Shore Experience?

Here's some handy hints to make it a little easier:

- On arrival in port, please don't head to the gangways until after the 'Welcome' announcement has been made from the bridge.
- The gangway locations are shown on the digital screens positioned at all guest staircases.
- Please meet on the quayside for your tour 15 minutes before the departure time.
- Once ashore, the Shore Experiences team will be available to guide you to your specific tour meeting point.
- Have your cruise cards & tour tickets handy as you head to the gangway.

Enjoy your experience ashore.

## From 7.00am

### 7.00am - MORNING STRETCH

Enjoy a free fitness class with our Personal Trainer.

**Oasis Gym (Deck 5) Forward**

### 8.00am - PATHWAY TO YOGA

A fantastic entry level class to help you stretch, de-stress and relax during your cruise. (Please note: a nominal fee applies for this class.)

**Oasis Gym (Deck 5) Forward**

### 10.00am - THEME QUIZ

One of your Entertainment Team tests your knowledge in today's themed challenge.

**Brodie's (Deck 7) Forward**

### 10.00am - TRAVELLING SOLO - ASHORE

A chance for solos to meet and make plans to explore ashore. This is an un-hosted event.

**Grand Atrium (Decks 6 Vistas) Midship**

### 10.00am - 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**

### 10.00am-12.30pm - SPORTS HUB

Collect all your deck games and sporting equipment. Shuffleboard, Deck Quoits, Table Tennis, Football, Basketball and Golf. (Weather permitting)

**Deck Games (Deck 17) Aft, Stbd Side**

### 11.00am - FITSTEPS

A dance fitness class put together by Strictly Dancers Ian Waite and Natalie Lowe. A mix of graceful ballroom and upbeat Latin dance steps in a fun routine to keep you fit. No partner required. Suitable footwear should be worn.

**The Limelight Club (Deck 6) Forward**

### 11.00am - FRIENDS OF BILL W GET-TOGETHER

Join your fellow guests in this informal un-hosted get-together.

**The Crow's Nest (Deck 17) Forward**

### Noon - LINE DANCING

Try something fun and different today with a lively line dancing class. All ages and abilities welcome. Suitable footwear should be worn.

**The Limelight Club (Deck 6) Forward**

### 12.15pm - ARCHERY

Try your hand at archery this holiday and take a new skill back home. Suitable footwear should be worn. Weather permitting.

**Arena Sports Court (Deck 19) Aft**

### 1.00pm - FAMILY BINGO

Come and join The Youth team for our fun Family Bingo, you have to be in it to win it!

**The Club House (Deck 8) Aft**

### 1.30pm-5.00pm - SPORTS HUB

Collect all your deck games and sporting equipment.

**Deck Games (Deck 17) Aft, Stbd Side**

### 2.00pm - MINI POP DANCE CLASS FOR 2-4 YEAR OLDS

Mini pop dance lesson to get the little ones moving.

**The Club House (Deck 8) Aft**

### 2.00pm - KILLER POOL

Join one of your Entertainment Team for this classic pub game.

**Brodie's (Deck 7) Forward**

### 2.00pm - NEXT GENERATION SKINCARE

Join your Skin Specialist at this informative seminar to learn how one of our most advanced skin treatments can help with some of your most common concerns. A free Collagen Eye Treatment for all who attend.

**The 710 Club (Deck 6) Midship**

## From 3.00pm

### 3.00pm - MARTIN COX FAMILY GAME SHOW

Martin Cox's gameshow, fun for all.

**The Club House (Deck 8) Aft**



### 3.00pm - BURN FAT FAST SEMINAR

Why is it so hard to burn fat, lose weight, and increase your energy levels? Let our Personal Trainers explain it all to you and show you how to achieve real results.

**The 710 Club (Deck 6) Midship**

### 3.00pm - GOLF PARTEE

This hybrid pong and putt golf game is a hole in one with its easy rules and exciting fun. Suitable footwear should be worn.

**The Limelight Club (Deck 6) Forward**

### 4.00pm - GUEST SPEAKER - THERESA STAVNEM

ABC's of Petroleum Norway

Would you like to know more about Norway's oil and energy industry, and how it changed us as a nation? If so, why not join me to find out more.

**The Club House (Deck 8) Aft**

### 4.00pm - HERBS THAT HEAL

Herbal therapies are natural solutions to your common health conditions. Come along to our free seminar to find out more.

**Oasis Spa (Deck 6) Forward**

### 4.00pm - WATCHES & SCOTCHES PRESENTATION

Meet our Specialists in Whisky and Fine Watches as they share their passion in the finer things in life.

**The 710 Club (Deck 6) Midship**

### 5.00pm - INDIVIDUAL QUIZ

Twenty general knowledge questions for individual guests not as teams.

**Brodie's (Deck 7) Forward**

### 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 - LGBTQ+ GET TOGETHER

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

**The Crow's Nest (Deck 17) Forward**

### 6.00pm - EVENING STRETCH

Enjoy a free fitness class with our Personal Trainer.

**Oasis Gym (Deck 5) Forward**

### 6.00pm-6.30pm - SAILAWAY SOUNDS WITH FRANCESCA HUTCHINSON

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

**Brodie's (Deck 7) Forward**

### 6.00pm-6.45pm - SAIL AWAY SOUNDS WITH EVA MATE

Live melodies on the piano from Eva as we sail away from the beautiful port of Haugesund.

**Grand Atrium Piano Bar (Deck 6) Midship**

### 6.30pm - EXPRESS FACE & NECK YOGA

Join us for an informative and fun Face & Neck Yoga Session, learn all about maintaining that youthful look and feel.

**Prai Beauty Counter (Deck 7) Midship**

### 6.30pm-8.30pm - JOHN HARDY JEWELLERY FLASH SALE

Exclusive two Hour Flash Sale for today only, save 10% when you purchase one item and save 15% when you purchase two or more items.

**Fine Jewellery Boutique (Deck 7) Midship**

### 7.00pm - JEWELLERY AUCTION PREVIEW

Come and take a sneak peek at the items going on auction tomorrow and preview some of the amazing savings on offer.

**Fine Jewellery Boutique (Deck 7) Midship**

### 7.00pm-7.45pm - BUSKER - FRANCESCA HUTCHINSON

Amazing acoustic sounds with Francesca Hutchinson.

**Brodie's (Deck 7) Forward**

### 7.15pm-8.00pm - GRAND ATRIUM COCKTAIL PIANIST - EVA MATE

Sit back, relax and enjoy some all-time musical favourites from our cocktail pianist Eva Mate.

**Grand Atrium Piano Bar (Deck 6) Midship**

### 7.30pm-8.15pm - GUILTY PLEASURES WITH PARTY BAND, PULSE

See front page for details.

**The Club House (Deck 8) Aft**

### 7.30pm - EMERALD PRESENTATION

For over 5000 years the world has been in love with Emeralds. Join us to learn more about this the most desirable and valuable coloured gemstone and what makes them so unique. Free gift for all those who attend the seminar.

**Kallati Gembar (Deck 7) Midship**



From 7.30pm

**7.30pm - DIEGO DALLA PALMA**

DDP is a fragrance free, Italian makeup brand, its made for skin that is on the sensitive side. Come and join us to try out the amazing range of lipsticks, mascaras, and eye products!  
**Beauty Boutique (Deck 7)**

**8.00pm - 8 O'CLOCK CHALLENGE**

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

**8.00pm - GARMIN WATCHES TALK**

Garmin produces activity trackers and sports watches, aimed at activities such as running, watersports, golf, cycling and swimming with sensors such as heart rate and GPS. Join our tech specialists instore to learn more.  
**Tech Store (Deck 7) Midship**

**8.00pm - TRIBOO**

See front page for details.  
**SkyDome (Decks 16 & 17) Midship**

**8.00pm - THE 710 CLUB - ON THE ROCKS**

"Lose yourself to your rock favourites, reimagined with verve and finesse against lounge-style comforts. The world easily slides away when the lights are low, you've a cocktail in hand, and the band really is that good." - 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 - FESTIVAL**

See front page for details.  
**Headliners Theatre (Decks 6 & 7) Forward**

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

Cocktail pianist Eva Mate presents more of your favourites.  
**Grand Atrium Piano Bar (Deck 6) Midship**

**9.00pm - EXPRESS FACE & NECK YOGA**

See 6.30pm for details.  
**Prai Beauty Counter (Deck 7) Midship**

**9.00pm-9.45pm - GUILTY PLEASURES WITH PARTY BAND, PULSE**

See front page for details.  
**The Club House (Deck 8) Aft**

**9.30pm - MEGA MOVIES CHALLENGE**

Lights, Camera, Action! Are you a movie buff because its all about the Silver Screen in tonights challenge.  
**Brodie's (Deck 7) Forward**

**9.30pm - TRIBOO**

See front page for details.  
**SkyDome (Decks 16 & 17) Midship**

**9.30pm - THE 710 CLUB - ON THE ROCKS**

See 8.00pm for details. 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 - HEADLINERS THEATRE COMPANY PRESENTS - FESTIVAL**

See front page for details.  
**Headliners Theatre (Decks 6 & 7) Forward**

**10.30pm-11.00pm - BUSKER - FRANCESCA HUTCHINSON**

Even more amazing sounds from our Busker Francesca Hutchinson.  
**Brodie's (Deck 7) Forward**

**10.30pm-11.15pm - GRAND ATRIUM COCKTAIL PIANIST - EVA MATE**

Eva Mate is back with more piano classics.  
**Grand Atrium Piano Bar (Deck 6) Midship**

**10.30pm-11.15pm - GUILTY PLEASURES WITH PARTY BAND, PULSE**

See front page for details.  
**The Club House (Deck 8) Aft**

**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 - ON THE ROCKS**

See 8.00pm for details. Doors open at approximately 10.20pm.  
**The 710 Club (Deck 6) Midship**

From 11.00pm

**11.00pm - TRIBOO**

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**

**11.30pm - ADDY VAN DER BORGH - LATE NIGHT COMEDY**

See back page for details.  
**The Club House (Deck 8) Aft**

**11.30pm-12.15am - PIANO VOCALIST - ELENA SAFONOVA**

Late night music with Elena Safonova  
**The Crow's Nest (Deck 17) Forward**

**Midnight-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**

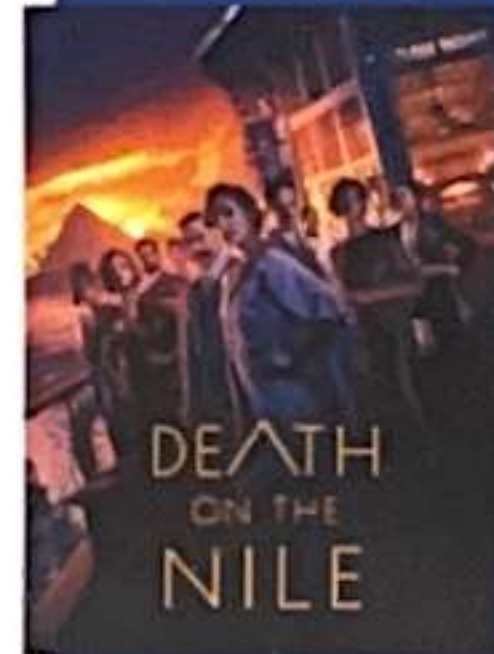
**12.15am - THE 710 CLUB - ON THE ROCKS**

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

**Showing Today At Ocean Studios**



**Death On The Nile (2022)**

Studio 1 - 9.00am, Noon, 3.00pm, 6.00pm & 9.00pm

Studio 2 - 9.15am, 12.15pm, 3.15pm, 7.15pm & 10.15pm

Starring: Tom Bateman, Annette Bening, Kenneth Branagh

Rated: 12A for violence, some bloody images, and sexual material

Running Time: 2hrs 7mins

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



**West Side Story**

Studio 3 - 10.15am, 3.00pm, 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.



**Cinderella**

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

Starring: Camila Cabello, Billy Porter, Nicholas Galitzine

Rated: PG

Run Time: 1hr 53mins

A modern movie musical with a bold take on the classic fairy tale. Our ambitious heroine has big dreams and with the help of her fab Godmother, she perseveres to make them come true.

**Showing Today At Headliners Theatre**



**Film Premiere: A Grand Day Out 4.00pm**

Wallace takes a break from trying to decide on a holiday destination only to find he has no cheese for his crackers. The solution to both problems is a trip to the moon, with dog Gromit, because everybody knows the moon's made of cheese.



**Soak Up The Sunshine With Arvia In 2024**

Discover the Magical Mediterranean on Arvia and indulge in Spanish tapas, fine wine and relax on the beaches.

Book on board and receive a £100pp discount plus extra on-board spending money too!

4 August 2024 | K416 | 14 Nights  
From Southampton to La Coruna, Valencia, Marseilles, Barcelona, Alicante and Seville (from Cadiz).

Balcony cabins from just £1,979pp with £220 on-board spending money per cabin. 3rd and 4th Child in the same cabin from £799pp.

T&C's apply

8.00am-11.00am & 2.00pm-8.00pm  
Loyalty & Cruise Sales (Deck 7) Aft



## Shipboard Information

### Passports Ashore

Is it a local requirement to take my passport ashore today: **No**

### Ship's Security Notice

In order to prevent unauthorised persons boarding the ship, you are required to carry your "Cruise Card" with you when going ashore. You will be asked to produce this at the gangway when you leave and return to the ship. Be aware that we have established a secure area around the vessel and our security procedures require that you must be prepared to show your cruise card when entering this area, in addition to showing it to the security staff at the gangway when leaving or boarding the ship. We kindly ask you not to accept and bring on board any parcels or packages from strangers.

### Norwegian Tax Refund

Any guests who have purchased items ashore in a 'Tax free shop' and have received a Global Blue Form 'tax refund' receipt by the shopkeepers, may claim tax back from the local officials. Tax refunds in Norway are applicable for any single purchase to the value of 315 Norwegian Krone or above (i.e. one purchase in one shop, not several purchases adding up to 315 Krone). Tax Refund Officials will be in attendance in the Atrium, Deck 6 today between 1.00pm -3.30pm. Please bring your Global Blue Form, receipts, passports and credit card used to purchase goods excluding food.

### Account Queries

If you have any queries regarding your on-board account relating to Shore Experiences, please come along and one of the team will be happy to assist. Accounts will close tomorrow at noon and amendments to accounts cannot be made after this time.

### Don't Delay, Book Your Next Cruise Today

Avoid queuing on the busy last sea day before Southampton by booking earlier in the cruise. Our experts are on hand every day with exclusive benefits including low deposits on most cruises and extra on-board spend offers. Visit them between 8.00am-11.00am & 2.00pm-8.00pm on (Deck 7) Aft.

### Lost and Found Notice

We have a lost and found on board Iona. We ask that if you find anything then please hand it into reception. If you have lost something, please visit reception to check if it's not been handed in.

## 50% Off Inch Of Gold

Today only you get 50% off your Inch of Gold purchase. Design your own necklace or bracelet. Visit us in store.

**30 Minutes After Sailing-10.00pm  
Market Place (Deck 7) Aft**



## Street Art Exhibition

With Street art fast becoming the most collectible movement of the era, your art team have hand-selected the very best pieces to exhibit for you this evening ahead of your Art Director's talk tomorrow on Warhol to Banksy.

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



## Final Photo of the Day - Grand Atrium Staircase

Today is your last opportunity to have your photograph taken on the beautiful Iona. Find your photographer waiting at the bottom of the stairs for you in the Grand Atrium.

**7.00pm-9.00pm Grand Atrium (Deck 6) Midship**



## Martin Cox Family Game Show

Martin Cox's gameshow, fun for all.

**3.00pm The Club House (Deck 8) Aft**



## Addy Van Der Borgh - Late Night Comedy

Addy Van Der Borgh returns with a completely different show. Our Late Night Comedy is for an adult audience and will contain material that pushes the boundaries. Please consider this if you are planning to come along.

**11.30pm The Club House (Deck 8) Aft**



## You've Just Got To Try The Prime Minister Burger

Introducing The Keel and Cow's signature burger, The Prime Minister. We believe our freshly elected boss of all burgers is the best at sea! Don't believe us? Try it for yourself...

**11.30am-9.30pm**

**The Keel and Cow (Deck 8) Atrium**



## Sindhu - Taste The Exotic

Get ready for a flavour-filled adventure. In a delicately spiced celebration of contemporary Indian cuisine, Sindhu is a sumptuous spot for stylish dinners.

**6.00pm-9.30pm Sindhu (Deck 7) Midship**



## Fresh Gelato From The World's Finest Ingredients

Snowflake Luxury Gelato blends the best of British and Italian cultures in a range of artisan flavours. A traditional cone with your choice of toppings? A gelato afternoon tea, cookie or sundae? With so many treats, you're sure to be back for more.

**11.00am-9.30pm Ripples (Deck 8) Midship**



## Fly To The Sunny Med With Double On-board Spend

Vibrant destinations on Azura include Italy, Croatia or the Greek Isles on a choice of 7 or 14 night escapes. Secure your holiday today with a £50pp low deposit and we'll give you double the extra on-board spending money that we give you for booking on board. Plus we will give you a further £100pp discount off the price of the cruise, exclusively for booking on board. Visit us for details. T&C's apply.

**8.00am-11.00am & 2.00pm-8.00pm  
Loyalty & Cruise Sales (Deck 7) Aft**



## £39 Salon Pamper Package

Pamper yourself with the below treatments today, for only £39.

- Kerastase Scalp Massage
- Elemis Eye Treatment
- Sunglow Makeover

Upgrade it with an additional £20 conditioning hair treatment and wash and blowdry.

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



## Save 40% With Our 10 Photo Package

From the original price of £250 you can now purchase your holiday memories for £150. Speak to one of our friendly photographers who will help create the perfect package.

**6.00pm-10.00pm The Photo Hub (Deck 7) Midship**



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

Tonight only! 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**

