

Tonight's dress code:

**Evening Casual** 

Casual separates or dresses, openneck polo shirts and casual trousers (not shorts). Smart dark denim is fine, but not trainers, football shirts or tracksuits.



## Welcome to

Hamburg

Arrival: 7.00am

All aboard: 10.30pm



Hamburg, a major port city in northern Germany, is connected to the North Sea by the Elbe River. It's crossed by hundreds of canals, and also contains large areas of parkland. Near its core, Inner Alster lake is dotted with boats and surrounded by cafes.

#### Currency: € Euro

Euro for your purchases whilst ashore are on sale at Reception. Please note, we cannot accept foreign coins and 500 Euro notes.

#### Concierge Postage Rate

Please see Reception to post any mail 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:

#### Magdalena Blaszke Sartori & Berger GmbH & Co. KG

Mattentwiete 6, 20457 Hamburg hamburg@sartori-berger.de

Phone: +49 (0) 40 / 325 796 - 13 Direct: +49 (0) 40 / 325 796 - 43 Mobile: +49 (0) 173 203 45 48

### European Emergency Number

112 is the European emergency number, available free of charge, 24/7, anywhere in the European Union. Citizens can dial 112 to reach the emergency services, including the police, emergency medical services and the fire brigade.

To contact Iona: Tel: 00870 7732 58564

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

## 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
- A Brightening Eye Collagen Treatment

Today Only. Call 7070 to book or visit the Spa.

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



## Coming Tomorrow Kallati Jewellery Auction

Going once... Going twice.... Sold. Make your way to the auction for spectacular opportunities. Don't miss out on these amazing savings. Auction Preview & Registration from 12 45pm-1.00pm.

1.00pm-2.45pm Limelight club (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! Strobe lighting and atmospheric effects will be used during this performance. My Holiday booking required.

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



#### RISE

An amazing flight of imagination where feathers fly, and a phoenix is born. Watch in wonder as colourful performers soar high around lona's SkyDome.

7.30pm, 9.00pm & 10.30pm SkyDome (Decks 16 & 17) Midship

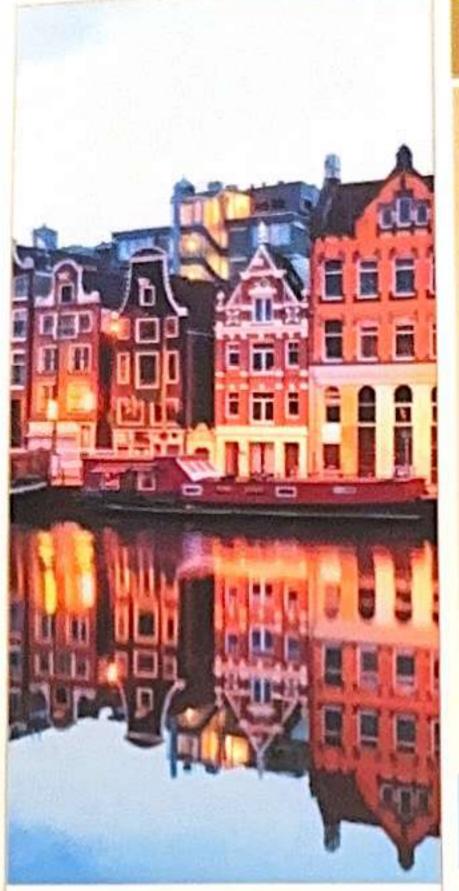


## Magician - Jonny Ritchie

Jonny shares with you a fun filled show, full of magic, music and his own personal madness. Showcasing sleight of hand, 'mind reading' and some impossible. Well, hopefully. Unlike anything else out there - remarkable, amazing for anyone, any age!

8.00pm, 9.30pm & 11.00pm The Club House (Deck 8) Aft





# Introduction Amsterdam

Upon arrival in the cosmopolitan city of Amsterdam, you'll take a short walk to the canal boat pontoon where your glass-topped motorlaunch awaits.

As you relax on board, you'll pass by charming gabled houses and beautiful churches, all the way through to the city's unique UNESCO World Heritage district.

8.00am-10.00am & 5.00pm-7.00pm **Shore Experiences** (Deck 7) Aft

## 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 and coach numbers for tours before 10.30am are shown on the digital screens positioned on 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 - FAB ABS

Enjoy a free fitness class with our Personal Trainer. Oasis Gym (Deck 5) Forward

#### 8.00am - YOGA

See back page for details.

Oasis Gym (Deck 5) Forward

#### 9.00am - 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 - THEME QUIZ - THE REALLY WILD QUIZ

Join your host of Brodie's as they test 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 (Deck 6) Midship

#### 10.00am - WALK IN SKIN ANALYSIS BAR

Drop by for a free skin analysis by our team of qualified beauticians and find out how they can help you achieve truly radiant skin. No appointment necessary.

Oasis Spa (Deck 6) Forward

#### 10.00am-Noon - 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, Starboard Side

#### 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 - FITSTEPS

A dance fitness class put together by Strictly Dancers lan 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

#### 1.00pm - INTERACTIVE KARTING

Fun in Brodie's today, as we find out who will be victorious in this interactive karting game!

Brodie's (Deck 7) Forward

#### 1.00pm - COMING TOMORROW KALLATI JEWELLERY AUCTION

See front page for details.

Limelight club (Deck 6) Forward

## 1.30pm-5.00pm - 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, Starboard Side

#### 2.00pm - INE DANCING

Try some few and different today with a lively line dancing this . At acres and abilities welcome. Suitable footbar or spread the worm

The Limelight Club (Deck 6) Forward

#### 2.00pm - FAMILY SHIP QUIZ

How well do you know lona? 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

#### 2.30pm - KILLER POOL

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

Brodie's (Deck 7) Forward

#### 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

#### 3.00pm - FLUID RETENTION WALK-IN CLINIC

Do you suffer from tired or swollen feet? Join us to learn how to revive tired, swollen feet, reduce ankle swelling, pain, leg tiredness, and vascular problems. Drop by for a free consultation by our team of qualified beauticians. The 710 Club (Deck 6) Midship

#### 3.00pm - PANTO WORKSHOP

See back page for details.

The Club House (Deck 8) Aft

#### 4.00pm - BURN FAT FASTER

We need energy to move. Our bodies burn fat to create energy. So 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

#### 4.00pm - ARTHRITIS & BACK PAIN SOLUTIONS See back page for details.

Oasis Spa (Deck 6) Forward

#### 4.30pm - CHRISTMAS STORY TIME

Join one of your Ship's Company for today's Christmas Story. Festive fun for all the family and Elves of all ages! Grand Atrium (Deck 6) Midship

#### 5.00pm - INDIVIDUAL QUIZ

Twenty general knowledge questions for individual guests not as teams.

Brodie's (Deck 7) Forward

#### 5.00pm - LGBTQ+ GET TOGETHER

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

The Crow's Nest (Deck 17) Forward

#### 5.00pm - PILATES

A great form of toning and strengthening exercise at 'entry level'. Join our Personal Trainers as they help you stretch and burn calories. (A nominal fee applies for this class.) Oasis Gym (Deck 5) Forward

#### 6.00pm-6.45pm - COCKTAIL PIANIST - JOSH NESBITT

Sit back, relax and enjoy some all-time musical favountes from our cocktail pianist Josh.

Grand Atrium Piano Bar (Deck 6) Midship

#### 6.00pm - STRETCH AND RELEASE

Combining aerobic and resistance training, this fun and unique full body routine will have you burning calories at speed - the ultimate total body work-out! Learn the most effective way to stretch; this unique class will improve your flexibility and mobility, helping you live life to the fullest. Everyone who attends will also receive a free foot and postural analysis.

Oasis Gym (Deck 5) Forward

#### 6.00pm-10.00pm - PHOTO OF THE DAY: IONA SIGN Don't miss this unique opportunity to take a professional photo with the Iona Sign.

(Deck 16) Midship

### 6.00pm-10.00pm - PORTRAIT OF THE DAY - THE BRIGHT LIGHTS OF OCEAN STUDIOS

Red velvet and bright lights make our most cinematic portrait, but you complete the photo!

Grand Atrium (Deck 6) Midship

#### 7.00pm-7.45pm - BUSKER - MAX TOOGOOD-WOLVEY Catch the amazing acoustic sounds of our Busker Max Toogood-Wolvey as the backdrop to your holiday. Brodie's (Deck 7) Forward

## From 7.00pm



"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" - Gary Barlow, Music Director. Spaces in The 710 Club are limited, please book in advance using My Holiday. Make sure you arrive before the performance begins to guarantee your booking - as seating is first come, first served. The doors will open 30 minutes before the performance starts, so order a drink and enjoy the live music experience.

The 710 Club (Deck 6) Midship

7.30pm - RISE

See front page for details.

SkyDome (Decks 16 & 17) Midship

7.30pm-8.15pm - COCKTAIL PIANIST - JOSH NESBITT Cocktail pianist Josh presents more of your favourites. Grand Atrium Piano Bar (Deck 6) Midship

8.00pm - 8 O'CLOCK CHALLENGE

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

8.00pm - MAGICIAN - JONNY RITCHIE See front page for details.

The Club House (Deck 8) Aft

8.30pm - HEADLINERS THEATRE COMPANY PRESENTS - CENTRE STAGE

See front page for details.

Headliners Theatre (Decks 6 & 7) Forward

8.45pm - THE 710 CLUB - HANDWRITTEN

See 7.00pm for details.

The 710 Club (Deck 6) Midship

9.00pm - RISE

See front page for details.

SkyDome (Decks 16 & 17) Midship

9.00pm-9.45pm - COCKTAIL PIANIST - JOSH NESBITT

Josh is back with more piano classics.

Grand Atrium Piano Bar (Deck 6) Midship

#### 9.15pm-10.00pm - 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

9.30pm - FULL HOUSE PARTY BINGO

A game of musical bingo where numbers are replaced with classic songs that you know and love. Grab a drink in time for eyes down. Who knows, today may be your lucky day! Brodie's (Deck 7) Forward

9.30pm - MAGICIAN - JONNY RITCHIE

See front page for details.

The Club House (Deck 8) Aft

#### 10.15pm-11.00pm - 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 - RISE

See front page for details.

SkyDome (Decks 16 & 17) Midship

10.30pm - THE 710 CLUB - HANDWRITTEN

See 7.00pm for details.

The 710 Club (Deck 6) Midship

10.30pm-11.00pm - BUSKER - MAX TOOGOOD-WOLVEY Even more amazing sounds from our Busker Max Toogood-Wolvey.

Brodie's (Deck 7) Forward

10.30pm-11.00pm - THE LIMELIGHTS

See back page for details.

The Limelight Club (Deck 6) Forward

10.30pm-Midnight - SILENT DISCO

See back page for details. Grand Atrium (Deck 6) Midship

## From 11.00pm

11.00pm - MAGICIAN - JONNY RITCHIE See front page for details. The Club House (Deck 8) Aft

#### 11.15pm-Midnight - BUSKER - MAX TOOGOOD-WOLVEY

Late night acoustic sounds with Max Toogood-Wolvey. Brodie's (Deck 7) Forward

11.15pm-Midnight - THE LIMELIGHTS See back page for details.

The Limelight Club (Deck 6) Forward

11.15pm-Midnight - PIANO VOCALIST - ELENA SAFONOVA

More of your favourites with Elena Safonova The Crow's Nest (Deck 17) Forward

11.45pm-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.

12.15am - THE 710 CLUB - HANDWRITTEN

See 7.00pm for details.

The Club House (Deck 8) Aft

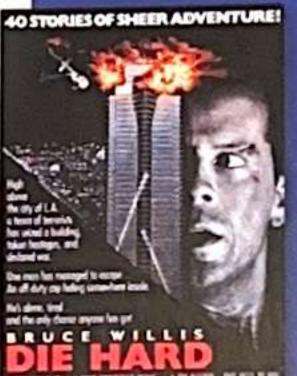
The 710 Club (Deck 6) Midship



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



Die Hard (1988)

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

Studio 2 - 9.15am, 12.15pm, 3.15pm, 6.15pm & 9.15pm

Starring: Bruce Willis, Alan Rickman, Bonnie Bedelia

Rated: 18

Running Time: 2hrs 12mins

New York City policeman John McClane is visiting his estranged wife

and two daughters on Christmas Eve. He joins her at a holiday party in the headquarters of the Japanese-owned business she works for. But the festivities are interrupted by a group of terrorists who take over the exclusive high-RISE, and everyone in it. Very soon McClane realizes that there's no one to save the hostages -- but him. Starring: Bruce Willis, Alan Rickman, Alexander Godunov, and Bonnie Bedelia.



#### The King's Man

Studio 3 - 10.15am, 3.00pm, 7.00pm & 10.00pm

Starring: Ralph Fiennes, Gemma Arterton, Rhys Ifans.

Rated: 15 for sequences of strong/ bloody violence, language, and some sexual material.

Run Time: 131 minutes.

In the early years of the 20th century,

the Kingsman agency is formed to stand against a cabal plotting a war to wipe out millions.



Ron's Gone Wrong (2021)

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

Starring: Jack Dylan Grazer(voice), Zach Galifianakis(voice), Ed Helms(voice)

Rated: PG for some rude material, thematic elements and language.

Running Time: 1hr 47mins

The story of Barney, an awkward middle-schooler and Ron, his new walking, talking, digitally-connected

device. Ron's malfunctions set against the backdrop of the social media age launch them on a journey to learn about true friendship.



## Discover The Norwegian Fjords

The best way to appreciate the breath-taking scenery of the Norwegian Fjords is to sail through them.

Departing from Southampton between April to September for seven nights on Iona and Britannia.

Book on board with a low deposit of just £50pp and receive extra on-board spending money.

Prices starting from £649pp with on-board spending money £110 per cabin.

8.00am-11.00am & 4.00pm-8.00pm Loyalty & Cruise Sales (Deck 7) Aft