

THURSDAY, SEPTEMBER 9, 2010

JUNEAU

BREAKFAST
6:00am Coffee & Danish *La Playa Grill, 9 Aft*
6:30am – 10:30am Breakfast on Deck *La Playa Grill, 9 Aft*
8:00am – 12:00pm Late Risers Breakfast *La Playa Grill, 9 Aft*
7:30am – 9:30am Open Seating *Empire, 2 Aft*

LUNCH
11:00am – 6:00pm Grill *La Playa Grill, 9 Aft*
12:00pm – 3:30pm Lido Lunch *La Playa Grill, 9 Aft*
12:00pm – 1:30pm Open Seating *Empire, 2 Aft*
Taste of Nations Caribbean *La Playa Grill, 9 Aft*

DINNER
Assigned Dining Guests *Empire, 2 & 3 Aft*

Early Dining: 6:00pm **Late Dining: 8:15pm**

Your Time Dining™ Guests
Empire Dining Room
Guests assigned to Your Time Dining are invited to dine when and with whom they choose each evening.
5:45pm – 9:30pm *Empire, 3 Aft*

Tonight’s dining room attire is **Cruise Casual**
Please Note: Gym or basketball shorts, flip-flops, bathing suit attire, cut-off jeans, men’s sleeveless shirts and baseball hats are not allowed in the dining rooms.

Maitre D’ Wine Selection
White: Pinot Grigio, Santa Margarita
Red: Pinot Noir, Mirassou
Alaskan Fish Special - Rock Fish

ALTERNATIVE DINING
We are pleased to offer alternative dining venues with varied selections.

La Playa Grill
6:00pm – 9:30pm *La Playa Grill, 9 Aft*

Deli
11:00am – 11:00pm *Deli, 9 Aft*

Late Night Bistro
11:30pm – 1:00am *La Playa Grill, 9 Aft*

Open 24 Hours
Pizza Bar *La Playa Grill, 9 Aft*
Coffee, Tea & Ice Cream *La Playa Grill, 9 Aft*
Room Service *Dial 8000*

BEVERAGE SERVICE
You must be at least 21 years old to be served alcohol on board. Proper identification with birth date is required.

Today’s Drink Special
“The Floatplane”

Morning Special
“Bloody Mary’s, Mimosas & Screw Drivers” *Canopy Bar, 9 Mid*

Hot Drink Special
“Snugger” *Canopy Bar, 9 Mid / Fantail Bar, 9 Aft*

Carnival Classic Cocktail
“Sex on the Beach”

Master Mixologist - Tammy Sorenson
“Tammy’s Special”

Fountain Café
Latte, Cappuccino or Espresso. Treat yourself to a thick milkshake made-to-order or indulge with a fresh pastry.
7:00am - 2:00pm & 4:30pm - 12:00am *Fountain Café, 2 Fwd*
6:30am - 4:30pm *Lido, 9 Aft*

United States Department of Public Health has determined that eating uncooked or partially cooked poultry, meat, eggs or seafood may present a health risk to the consumer, particularly those who may be more vulnerable.

FOR YOUR INFORMATION

MEDICAL CENTER *Deck A Fwd*
Phone: 4444
Medical Center Hours
8:00am – 8:00pm
Doctor’s Hours:
8:00am – 11:00am & 3:00pm - 6:00pm

SMOKING AREAS
Smoking is permitted in the Casino, Casino Bar, Shanghai Piano Bar, Dancin’ Dance Club, Champion’s Sports Bar and the starboard (right) side of the open deck only. Cigar smoking is only permitted in the Champion’s Sports Bar located on Deck 2, Fwd & Fantail Bar located on Deck 9, Aft Starboard side.

GUEST SERVICES
Feel free to visit us throughout your cruise for general questions information, or to report lost or found items. Open 24 hours a day, located on Deck 2, Mid.

HELP US HELP YOU
The goal of all the Officers, Staff and Crew on board the Carnival Spirit is to provide you with a memorable and fun-filled vacation. If for any reason we have not met your expectations, please contact a Guest Service Associate at extension 7777. We welcome your feedback and will work to resolve any issue immediately.

ON AIR
Channel 16 - TV Channel Guide
Channel 17 - Cruise Director channel
Channel 33 - Daily movie - The Open Road
Channel 34 - Daily movie - Avatar
Channel 35 - Daily movie - Dr Seuss - Horton Hears Who

Stay in touch with the fun.
Follow us on Facebook.com/carnival

OPEN TIMES

Gymnasium	6:00am - 10:00pm	<i>Deck 9, Fwd</i>
Shore Excursions	10:00am - 1:00pm	<i>Deck 2, Mid</i>
Towel Hut	8:00am - 8:00pm	<i>Deck 9, Mid</i>
Spa Carnival®	8:00am - 10:00pm	<i>Deck 9, Fwd</i>
Whirlpools	8:00am - 10:00pm	<i>9, Mid/Fwd</i>
	8:00am - 12:00am	<i>Deck 9, Aft</i>
Swimming Pools	8:00am - 8:00pm	<i>9, Fwd/Aft</i>
	8:00am - 10:00pm	<i>Deck 9, Mid</i>
	8:00am - 8:00pm	<i>Deck 9, Aft</i>
Casino Slots	8:00am - Arrival	<i>Deck 2 Mid</i>
Casino Tables	10:00am - Arrival	<i>Deck 2 Mid</i>
The Fun Shops™	9:00am - Approx 1pm	<i>Deck 3, Mid</i>
Photo Gallery	9:00am - 10:30pm	<i>Deck 3, Mid</i>
Formalities	9:00am - 12:00pm	<i>Deck 3, Mid</i>
Formalities	1:00pm - 2:00pm	<i>Deck 3, Mid</i>

HELP US GREENIFY: Carnival Spirit is certified by ISO14001 for the Environmental Management System. Please help us to Save Energy, Conserve Water & Reduce/Recycle Waste for a Sustainable Environment. For all environmental concerns, please contact 1-305-406-5863 (international); 1-888-290-5105 (North America); or 4ENV(4368) from your ship phone. Environmental Compliance web site: www.carnivalcompliance.com.
“Carnival’s goal is to be the industry leader in environmental excellence.”

BEACH TOWELS
Please remember to return the Carnival Beach Towel or Bathrobe to your Stateroom Steward or your Sail & Sign® Card account will be billed. If you’d like to purchase one as a souvenir, your Stateroom Steward will be happy to deliver a new one. Just ask.

CELLULAR PHONE SERVICE
Stay connected out at sea using your cellular phone. International rates apply. Please remember that your cellular phone may show a different time then ships time. Please always stay on ships time.

PHONING HOME
Consult your stateroom directory for dialing instructions. Charges apply to all calls including 1-800 calling cards, credit cards and collect calls. \$6.99 per minute to USA, Canada, Puerto Rico and Caribbean Islands. \$9.99 per minute for international.

JUNEAU INFORMATION
The Carnival Spirit will be docked at the AJ dock in the port of Juneau. The dock is 1 mile from the center of town. A shuttle service is available from the AJ Dock to the Mt Roberts Tramway parking lot in downtown Juneau. Shuttle tickets are \$3.00 USD/person and are good for unlimited transfers. Guests can purchase these tickets from the shuttle booth, located at the top of the dock ramp. To expedite the service we suggest that guests be prepared to pay with exact change when possible.

OPEN TIMES continued...

Full Casino	11:30am - Late	<i>Deck 2 Mid</i>
Loyalty/Cruise Expert	9:00am - Arrival	<i>Deck 2, Fwd</i>
Internet Cafe	24hrs	<i>Deck 3, Fwd</i>

INTERNET ACCESS - 24HRS
Get online today between 7:00pm - 9:00pm for ten minutes in one session, stay online and enjoy your next ten minutes on us. (Offer valid one time per user during a single Internet session and cannot be combined with any other promotion). Please see the Internet Café Manager for details.

FUTURE CARNIVAL VACATIONS®
Receive up to \$200 in onboard credit for you and 2 vouchers for your family and friends when you book your next cruise onboard. Not ready to book your next cruise but still want the onboard credit offer? Stop by and sign up for Future Cruise Certificate today.

9:00am - Arrival (Desk Hours) *Deck, 2 Fwd*

The CARNIVAL SPIRIT® Team

CAPTAIN: Captain Roberto Volpi **CHIEF ENGINEER:** Aniello Esposito

HOTEL DIRECTOR: Ron Ness **CRUISE DIRECTOR:** Stuart Dunn

Safety Message: Be careful when stepping in and out of buses and taxis.

WELCOME TO JUNEAU, ALASKA

IMPORTANT: Arrival: 2:00pm Back onboard: 10:30pm Carnival Spirit Sets Sail at 11:00pm
Please make sure that you have your Sail & Sign Card® & Photo ID with you at all times. The Gangway is located, Midship. In case of emergency contact CRUISE LINE AGENCIES OF ALASKA : (907) 983-2815

THURSDAY, SEPTEMBER 9, 2010

MORNING

7:00am	Sunrise Stretch Class.....	<i>Spa, 9 Fwd</i>
7:30am	Total Body Conditioning	<i>Aerobics Studio, 10 Fwd</i>
8:00am	Sudoku & Puzzles	<i>Fountain Cafe, 2 Fwd</i>
9:00am	STU’s LIVE Morning Show	<i>Channel 27</i>
	Ballroom Dance Class.....	<i>Club Cool, 2 Fwd</i>
9:30am	Adult Arts & Crafts	<i>Fountain Cafe, 2 Fwd</i>
	Beary Cuddly +	<i>Fountain Cafe, 2 Fwd</i>
10:00am	Shore excursion Q & A with STU.....	<i>Spirit Atrium, 2 Mid</i>
	Increase your metabolism	<i>Aerobics Studio, 10 Fwd</i>
	Super Trivia!	<i>Pharaoh’s Palace, 2 Fwd</i>
	Bridge Players Meet (Unsupervised).....	<i>Monarch Room, 2 Fwd</i>
	Euchre Players Meet(Unsupervised).....	<i>MonarchRoom, 2 Fwd</i>
10:30am	Live Lightning Art Auction.....	<i>Versailles Lounge, 1 Fwd</i>
	Tanzanite Seminar	<i>Club Cool, 2 Fwd</i>
	Triviathon: Decade 60’s	<i>Fountain Cafe, 2 Fwd</i>
11:00am	3 Game Fast Cash Bingo	<i>Pharaoh’s Palace, 2 Fwd</i>
11:30am	Bean Bag Toss (Unsupervised).....	<i>Lido Stage, 9 Mid</i>

AFTERNOON

2:00pm	Approximate arrival into Juneau	
	Scavenger Challenge	<i>Lido Stage, 9 Mid</i>
3:00pm	Deck Games.....	<i>Lido Stage, 9 Mid</i>
4:00pm	Fab Abs.....	<i>Aerobics Studio, 10 Fwd</i>
	Friends of Bill W. Meet.....	<i>Chapel, 3 Fwd</i>

EVENING

5:15pm	Cocktail Piano Music.....	<i>Artist’s Lobby, 2 Aft</i>
7:30pm	British Pub Quiz	<i>Shanghai Piano Bar, 3 Fwd</i>
	Friends of Dorothy (GLBT).....	<i>Deco Lounge, 3 Aft</i>
8:00pm	PG Rated Comedy.....	<i>Versailles Lounge, 1 Fwd</i>
	Sing Along Party	<i>Shanghai Piano Bar, 3 Fwd</i>
8:15pm	Kids Movie Night.....	<i>Camp Carnival, 5 Fwd</i>
8:30pm	The Gender Showdown	<i>Fountain Cafe, 2 Fwd</i>
9:00pm	PG Rated Comedy.....	<i>Versailles Lounge, 1 Fwd</i>
	Karaoke Party	<i>Artists’s Lobby, 2 Aft</i>
9:30pm	Country Dance music.....	<i>Club Cool, 2 Fwd</i>
10:00pm	“R” Rated Adult Comedy.....	<i>Versailles Lounge, 1 Fwd</i>
	Big Screen Movie.....	<i>Pharaoh’s Palace, 2 Fwd</i>
	Latin Music Hour 18yrs	<i>Dancin’ Dance Club, 2 Aft</i>
10:30pm	All guests back onboard	
	Dance Music.....	<i>Club Cool, 2 Fwd</i>
11:00pm	Carnival Spirit sets sail for Glacier Bay	
	Adult Disco 18yrs.....	<i>Dancin’ Dance Club, 2 Aft</i>
11:30pm	“R” Rated Adult Comedy.....	<i>Versailles Lounge, 1 Fwd</i>
24 Hours	Internet Cafe.....	<i>Chippendale’s Library, 3 Fwd</i>

+ Fees apply

LOOKING AHEAD

Here are some things happening later this cruise that you will not want to miss.

SKAGWAY EVENING

2nd Elegant night is dedicated to New Orleans, an evening that will be your next chance to dress up, have your photo taken, enjoy wonderful shows and choose from over 16 different Martinis on display.

***EMERGENCY CONTACT INFORMATION**

In case of emergency contact CRUISE LINE AGENCIES OF ALASKA (907) 983-2815

GET YOUR GROOVE ON

COCKTAIL PIANO MUSIC WITH ANDREA

5:15pm - 8:45pm *Artist’s Lobby, 2 Aft*

GREAT GUITAR MUSIC WITH PAUL

8:00pm - Late *Spirit Atrium, 2 Mid*

SING ALONG PARTY WITH RAMIRO

8:00pm – Late *Shanghai Piano Bar, 3 Fwd*

KARAOKE PARTY WITH JOY

9:00pm - Late *Artist’s Lobby, 2 Aft*

DANCE MUSIC WITH HIGH RISE

9:30pm - Late *Club Cool, 2 Fwd*

LATIN MUSIC HOUR WITH DJ BERNARD

10:00pm - 11:00pm 18yrs *Dancin’ Dance Club, 2 Aft*

DANCE SOUNDS WITH DJ BERNARD

11:00pm - Late 18yrs *Dancin’ Dance Club, 2 Aft*

HIT THE JACKPOT

WIN A CAR

Play our 2 cent BMW slot machines and you could be driving off with a brand new BMW!

MEGACASH

The biggest jackpot on the Seven Seas could be yours. Now over \$245,000.

FACE UP FUN

Dealer shows you both his cards. No, really. Face up blackjack is your chance to have the competitive edge. Use it wisely.

Louis XIV Casino, 2 Mid

THE PUNCHLINER COMEDY CLUB

We are now offering more comedy than ever before.

8:00pm - PG Rated (All Ages) **JeROME**

9:00pm - PG Rated (All Ages) **PAUL LYONS**

10:00pm - R Rated (18yrs +) **JeROME**

11:30pm - R Rated (18yrs +) **PAUL LYONS**

All shows performed in *Versailles Lounge, 1 Fwd*
“Tonight’s shows are repeat performances of Wednesday’s shows in which all guests can enjoy both entertainers.”

GET IN ON THE ACT

KARAOKE PARTY WITH JOY

Maybe it’s a song you choose, maybe not. The bottom line is you feel the music and let it take you over.

9:00pm - Late *Artist’s Lobby, 2 Aft*

THE GENDER SHOWDOWN

Come see who the dominant gender is going to be! Males vs Females!

8:30pm *Fountain Cafe, 2 Fwd*

PLAN ON IT

SHORE EXCURSIONS ARE AVAILABLE

We still have a wide range of shore excursions available for you in all of our ports of call, but hurry - they’re booking up fast. Please see the Shore Excursions Desk or Guest Services 24hrs.

10:00am - 1:00pm *Deck 2, Mid*

“NOUVEAU” STEAKHOUSE

We have created a memorable dining experience combining a delicious steakhouse menu with our unique Carnival style. Enjoy mouth-watering USDA prime beef seasoned and char broiled to your exact specifications. Or choose from our fantastic selection of seafood entrees, gourmet appetizers and extensive wine list. A nominal fee of \$30 applies. For reservations call 0770.

5:30pm - 9:30pm *Nouveau Steakhouse 10, Mid*

MASSAGE MANIA

Today only choose from our selection of Spa Favorites for amazing savings. Call or Visit Spa for your choices. #0700.

8:00am - 10:00pm *Spa Carnival, 9 Fwd*

MASTERCARD WITH FUNPOINTS

Stop by to sign up for your very own Carnival MasterCard with FunPoints® and be approved instantly. Finishing this cruise, with all your onboard purchases earning you double FunPoints redeemable towards purchase of a cruise, onboard gifts or onboard credits. You can even earn enough points for a \$50 credit towards your next credit card statement.

9:00am - Arrival (Desk Hours) *Deck, 2 Fwd*

1. SO MUCH TO SEE

Carnival Shore Excursions highlights the best attractions and the coolest sightseeing opportunities. Please see the Shore Excursions Desk or Guest Services 24hrs. But don’t wait, these tickets won’t last long.

10:00am - 1:00pm *Deck 2, Mid*

2. GEAR UP FOR THE GLACIER SALE

All the essentials you will need for a day of cruising Glacier Bay and viewing the Alaskan wilderness.

8:00am - 11:00am *Lido Deck Stage, 9 Mid*

3. SHORE EXCURSION Q & A

Again dressed like a logger, STU is here to answer your personal questions about your tours, going ashore and can help you plan your days so you have the most fun in port.

10:00am *Spirit Atrium, 2 Mid*

4. SUPER TEAM TRIVIA WITH ALEXIS

Daily trivia, same time, same place. We’ll keep asking and you can keep guessing. The more brains, the higher the odds of victory, so recruit your friends!

10:00am *Pharaoh’s Palace, 2 Fwd*

5. BIG SCREEN MOVIE

Enjoy a drink and watch a great movie on the big screen.

10:00pm - The Hurt Locker *Pharaoh’s Palace, 2 Fwd*

6. DETOX SEAWEED MASSAGE

Do you suffer from poor circulation, low energy levels, fluid retention, arthritis or fibromyalgia? If you answered yes to any of the above, sign up for our seaweed massage. This treatment includes a detoxifying seaweed wrap and either a half or full body massage. Book your appointment today.

8:00am *Spa Carnival, 9 Fwd*

7. 3 GAME FAST CASH BINGO

All for a crazy low price. Cards can only be purchased with your Sail & Sign® Card. Scratch tickets available.

11:00am 3 Games *Pharaoh’s Palace, 2 Fwd*

8. AN EVENING FOR COUPLES

Why not have a special evening in the Steakhouse dedicated to couples? Enjoy a cocktail, dinner and the company of that special person. Call # 0770 for your reservation.

5:30pm - 9:30pm *Nouveau Steakhouse, 10 Mid*

9. TANZANITE SEMINAR

Become a Tanzanite and gem guru. You’ll learn the basics of buying jewelry and be able to spot the best deals around. Free Tanzanite Earrings for all attendants

10:30am - Tanzanite Seminar *Club Cool, 2 Fwd*

10. LIVE LIGHTNING ART AUCTION

If you missed yesterday’s incredible event, make sure to get a front row seat today. The Live Lightning Art Auction offers great art at great prices, not to mention, complimentary champagne.

10:30am *Versailles Lounge, 1 Fwd*