

FOR YOUR INFORMATION

BREAKFAST

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

LUNCH

11:30am – 2:30pm	Lunch	<i>La Playa Grill, 9 Aft</i>
11:00pm – 6:00pm	Grill	<i>La Playa Grill, 9 Aft</i>
Taste of Nations	American	<i>La Playa Grill, 9 Aft</i>

DINNER

Assigned Seating 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 and men's sleeveless shirts are not allowed in the dining rooms.

Maitre D' Wine Selection

White: Pinot Grigio, Santa Margarita

Red: Pinot Noir, Mirassou

Alaskan Fish Special - Cod Fillet

ALTERNATIVE DINING

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

Sushi Bar
5:00pm – 8:15pm *Sushi, 2 Fwd*

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

Deli
11:30am – 11:00pm *Deli, 9 Aft*

Mexican Buffet
11:00pm – 12:30am *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
"Alaskan Rain Forest"

Carnival Signature Cocktail
"The Cruiser"

Hot Drink Special
"Gluevine" *Canopy Bar, 9 Mid / Fantail Bar, 9 Aft*

Spirit Master Mixologist - Tammy Sorensen
"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 - 11:30am & 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.

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.

ON AIR

Channel 16 - TV Channel Guide
Channel 17 - Cruise Director channel
Channel 33 - Daily movie - Avatar
Channel 34 - Daily movie - The Lovely Bones
Channel 35 - Daily movie - Ice Age 2 - The Meltdown

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

SHORE EXCURSIONS

Due to local laws in the area of Ketchikan, guests will be unable to book CCL excursions once we have arrived in Ketchikan. Any guests considering booking tours would be advised to visit guests services or the shore excursions desk tonight (this will be Juneau night) to avoid disappointment

TIME CHANGE TONIGHT - SUNDAY NIGHT:
Before you go to bed tonight please set your Clocks forward ONE hour.

OPEN TIMES

Gymnasium	6:00am - 10:00pm	<i>Deck 9, Fwd</i>
Spa Carnival®	8:00am - 10:00pm	<i>Deck 9, Fwd</i>
Towel Hut	8:00am - 8:00pm	<i>Deck 9, Mid</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>

Shore Excursions	8:00am - 10:00am	<i>Deck 2, Mid</i>
Casino Slots	8:00am - Arrival	<i>Deck 2, Mid</i>
Formalities	9:00am - 11:00am	<i>Deck 3, Mid</i>
	6:00pm - 11:00pm	<i>Deck 3, Mid</i>

Photo Gallery	1:00pm - 10:30pm	<i>Deck 3, Mid</i>
Airbrush Tattoo Artist	1:00pm - 6:00pm	<i>Deck 9, Mid</i>
Future Cruise Desk	1:30pm - 10:00pm	<i>Deck 2, Fwd</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."

TOWEL HUT

Blue Beach Towels, Basketballs, Shuffleboard Equipment, Ping Pong Equipment and Volleyballs are available from the Towel Hut located on Deck 9, Mid from 8:00am - 8:00 pm. Your Sail & Sign® Card number will be taken as a deposit

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.

DECK CHAIRS

In consideration of your fellow guests, the reserving of deck chairs is not permitted. Towels and personal items left on chairs unattended for 30 minutes or more will be removed by the pool attendants and brought to the Towel Hut for safekeeping until you pick them up.

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.

INTERNET CAFE

eMail, surf, blog and tweet at 50% off time usage today between 7pm-9pm. Limited to one session per user, not valid in conjunction with any other promotion and applies to time used only. Please see the Internet Café Manager for details. The Internet Café is located on Deck 3 Fwd, Bow2stern WiFi available.

OPEN TIMES continued...

Art Gallery	6:00pm - 9:00pm	<i>Deck 3, Aft</i>
The Fun ShopsSM	7:30pm - 11:30pm	<i>Deck 3, Mid</i>
Full Casino Opens	7:30pm - Late	<i>Deck 2, Mid</i>
Internet Cafe	24hrs	<i>Deck 3, Fwd</i>

GROOVE FOR ST. JUDE

Do good. Feel good. And help some kids – also good, right? Grab your groove thang and sign up at Formalities for this special dance event. A \$10 donation to St. Jude gets you a T-shirt and wristband.

CARNIVAL COMFORT COLLECTION

You know that sweet, sweet serenity you feel while cruising? Let us let you in on a little secret: that was planned. Now you can take that comfy feeling home with you. Check out carnivalcomfortcollection.com for pillows, mattresses, robes and more that can help make even non-vacation life a little more relaxing.

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Sunrise: 6:16am • **Sunset:** 7:10pm

SUNDAY, SEPTEMBER 12, 2010

KETCHIKAN

SUNDAY, SEPTEMBER 12, 2010

MORNING

7:00am	Sunrise Stretch	<i>Aerobics Studio, 10 Fwd</i>
7:30am	Fab Abs Class.....	<i>Aerobics Studio, 10 Fwd</i>
8:00am	Puzzles Available.....	<i>Fountain Cafe, 2 Fwd</i>
9:00am	Ketchikan Shopping talk	<i>Club Cool, 2 Fwd</i>
	Bridge Players Meet (unsupervised)...	<i>Card Room, 2 Fwd</i>
	Euchre Players Meet (unsupervised)..	<i>Card Room, 2 Fwd</i>
9:30am	Whales Alive presentation	<i>Pharaoh’s Palace, 2 Fwd</i>
10:00am	Super Team Trivia.....	<i>Versailles Lounge, 1 Fwd</i>
	Art Collecting Seminar.....	<i>Art Gallery, 3 Aft</i>
	Burn Fat Fast Seminar	<i>Aerobics Studio, 10 Fwd</i>
11:00am	Approximate arrival into Ketchikan	

AFTERNOON

12:00pm	Bean Bag Toss - Family	<i>Lido Stage, 9 Mid</i>
12:30pm	Sound Clip Trivia.....	<i>Fountain Cafe, 2 Fwd</i>
1:00pm	Variety Music.....	<i>Fantail Bar, 9 Aft</i>
1:30pm	Adult Arts & Crafts	<i>Fountain Cafe, 2 Fwd</i>
	Broadway Trivia.....	<i>Deco Lounge, 3 Aft</i>
2:00pm	Afternoon Trivia.....	<i>Deco Lounge, 3 Aft</i>
2:30pm	60 Second Challenge.....	<i>Deco Lounge, 3 Aft</i>
3:00pm	Cocktail music	<i>Spirit Atrium, 2 Mid</i>
	Acupuncture for Back Pain	<i>Aerobics Studio, 10 Fwd</i>
4:00pm	Trivia Rumble Sports #3	<i>Deco Lounge, 3 Aft</i>
	Group Cycling Class +	<i>Aerobics Studio, 10 Fwd</i>
4:30pm	Trivial Pursuit #3.....	<i>Deco Lounge, 3 Aft</i>

EVENING

5:00pm	Variety Music.....	<i>Deco Lounge, 3 Aft</i>
6:30pm	All guests back onboard	
7:00pm	Carnival Spirit sets sail for Vancouver	
	PG Rated Comedy.....	<i>Versailles Lounge, 1 Fwd</i>
	Great Guitar Music.....	<i>Spirit Atrium, 2 Mid</i>
7:30pm	Friends of Bill W.	<i>The Chapel, 3 Fwd</i>
	Friends of Dorothy/GLBT	<i>Deco Lounge, 3 Aft</i>
8:00pm	PG Rated Comedy.....	<i>Versailles Lounge, 1 Fwd</i>
	Karaoke Party	<i>Club Cool, 2 Fwd</i>
	A Variety of Music	<i>Louis XIV Casino, 2 Mid</i>
8:45pm	Showtime (Early Seating).....	<i>Pharaoh’s Palace, 2 Fwd</i>
9:00pm	Piano Sing Along Fun.....	<i>Shanghai Piano Bar, 3 Fwd</i>
9:45pm	R Rated Adults Only Comedy...	<i>Versailles Lounge, 1 Fwd</i>
10:00pm	90’s music hour 18yrs.....	<i>Dancin’ Dance Club, 2 Aft</i>
	Kids just Wanna Have Fun + 6-8yrs	<i>Camp Carnival , 5 Fwd</i>
	Party On + 9-11yrs	<i>Camp Carnival , 5 Fwd</i>
10:30pm	Showtime (Late Seating)	<i>Pharaoh’s Palace, 2 Fwd</i>
11:00pm	R Rated Adults Only Comedy...	<i>Versailles Lounge, 1 Fwd</i>
	Adult Disco over 18yrs	<i>Dancin’ Dance Club, 2 Aft</i>
12:00am	R Rated Adults Only Comedy...	<i>Versailles Lounge, 1 Fwd</i>
24 Hours	Internet Cafe	<i>Chippendale’s Library, 3 Fwd</i>
	+ Fees apply	

TIME CHANGE TONIGHT - SUNDAY NIGHT:
Before you go to bed tonight please set your Clocks forward ONE hour.

TOMORROW - Don’t miss out as your Cruise Director STU walks you through the in’s and outs for the debarkation process Vancouver morning. Learn about tips and gratuities, customs rules, Immigration, Self-Assist and Relaxed debarkation. At least one member of each household should attend. 11:00am Pharaoh’s Palace.

TOMORROW - Your chance to win \$3000 at the most exciting game of bingo this cruise. You could also win another cruise for 2.

TOMORROW - Be a participant in the Showcase of Stars, the guest talent show. Sign ups will take place tomorrow in the Pharaoh’s Palace at 11:45am. Please read tomorrows Funtimes for more details.

***EMERGENCY CONTACT INFORMATION**

In case of emergency contact CRUISE LINE AGENCIES OF ALASKA: (907) 225-0999

GET YOUR GROOVE ON

1. CARNIVAL COMEDY CLUB

Now offering more comedy than ever before.....

Shows start at 7:00pm *Versailles Lounge,1 Fwd*

2. SILVER SALE

Not a gold kind of person? Find all sorts of silver-plated jewelry starting at one low price per inch.

7:30pm - 11:30pm *Fun Shops, 3 Mid*

3. KARAOKE PARTY WITH JOY

The stage is yours to be the next Carnival singing sensation.

8:00pm - Late *Club Cool, 2 Fwd*

4. GREATEST HITS OF THE 90’S

Famous Rock, Pop & Country tunes from the 90’s

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

5. WHALES ALIVE

join Naturalist Michele as we discover whales and dolphins of Alaska and the Pacific Northwest Coast.

9:30am *Pharaoh’s Palace, 2 Fwd*

6. 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 *Versailles Lounge,1 Fwd*

7. IONITHERMIE WEIGHT LOSS

Want to learn one of the best ways to lose inches, reduce unwanted cellulite, and detoxify the body? Then stop by or call spa to learn about our Ionithermie detox treatment for women and men.

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

8. KETCHIKAN SHOPPING TALK

Learn about one of the great lost arts: shopping. Come to our talk for details on the Carnival Recommended & Guaranteed Shopping Program and get the inside scoop on the best buys in Ketchikan and where to find them. You’ll even receive your own FREE GIFT!

9:00am - Late *Club Cool, 2 Fwd*

9. BET ON A GOOD TIME

Enjoy the smooth jams of Take Twol while playing casino games. Not only can you hope for a good time, but you can bet on it.

8:00pm – Late *Louis XIV Casino, 2 Mid*

10. ART COLLECTING SEMINAR

Complimentary Art Giveaway! Learn the finer points of art collecting and get the inside track on the art market! Learn which artists to collect and when to collect them! Preview just a few of the most successful artists in the Park West collection and have an advantage in tomorrow’s Grand Finale Art Auction! Complimentary work of art, just for attending!

10:00am *Art Gallery,3 Aft*

VARIETY MUSIC WITH BRUCE

5:00pm - 9:00pm *Deco Lounge, 3 Aft*

GREAT GUITAR MUSIC WITH PAUL

5:15pm - 6:15pm & 7:30pm - 8:30pm *Spirit Atrium, 2 Mid*
9:30pm - 10:30pm *Spirit Atrium, 2 Mid*

KARAOKE PARTY WITH JOY

8:00pm - Late *Club Cool, 2 Fwd*

VARIETY MUSIC WITH TAKE TWO

8:00pm – Late *Louis XIV Casino, 2 Mid*

SING ALONG PARTY WITH RAMIRO

9:00pm – Late *Shanghai Piano Bar, 3 Fwd*

DANCE SOUNDS WITH DJ BERNARD

10:00pm (90’s Music Hour) *Dancin’ Dance Club, 2 Aft*
11:00pm - Late *Dancin’ Dance Club, 2 Aft*

SINGIN’ WITH THE BIG BAND

Starring: **David, Janae, Brailey & Ling Ling**

& The Carnival Spirit Dancers

Music by Dave Fulton & The Spirit Showband

8:45pm Early Seating *Pharaoh’s Palace, 2 Fwd*

10:30pm Late Seating *Pharaoh’s Palace, 2 Fwd*

Due to copyright law and safety of the performers, videotaping and photography are strictly prohibited. Strictly no seat saving. Thank You.

GET IN ON THE ACT

SING ALONG PARTY TIME WITH RAMIRO

All your favorite songs to sing along to.

9:00pm – Late *Shanghai Piano Bar, 3 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.

8:00am - 10:00am *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 \$30 fee applies. For reservations call 0770.

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

FUTURE CARNIVAL VACATIONS

2 days left to receive the up to \$200 OBC deposit certificate on your future Carnival vacation. Certificate valid for 4 years and you don’t even have to book a cruise today! Plus if you apply for the Fun Points MasterCard you could take Up to \$100 off your bill today. Take advantage of this offer ONLY AVAILABLE ONBOARD and speak to your Loyalty and Cruise Expert Joel.

1:30pm - 10:00pm *Future Cruise Desk , 2 Fwd*

GOSMILE TOOTH WHITENING TREATMENT

A revolutionary system that makes your teeth noticeably whiter in just 30 minutes. It can even lift stains from porcelain crowns and veneers and is completely safe. Don’t miss out on this opportunity to dazzle everyone with your smile. Book your appointment today. Call #0700

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

THE PUNCHLINER COMEDY CLUB

Now offering more comedy than ever before.....

7:00pm - PG Rated (All Ages) **JACK WILKS**

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

9:45pm - R Rated (18yrs +) **JACK WILKS**

11:00pm - R Rated (18yrs +) **TOM MCGILLEN**

12:00am - R Rated (18yrs +) **JACK WILKS**

All shows performed in *Versailles Lounge, 1 Fwd*

All guests must be 18 years and older to attend.

Shanghai Piano Bar, 3 Fwd

SHOP TO IT

SOUVENIR T-SHIRTS

Part of being a fan is wearing the gear. So pick up some Souvenir T-shirts for yourself and let your fun flag fly. Buy 2 for one low price.

7:30pm - 11:30pm *Fun Shops, 3 Mid*

PHOTO TIME: GANGWAY

Our photographers will be capturing fun at shutter speed on the gangway today. So strike a pose and say: “cruising rules”.

8:30am - 11:00am & 5:30pm - 11:00pm

Photo Gallery, 3 Mid

FORMALITIES

We can help you dress to impress with corsages and boutonnieres, plus champagne, wine and roses. Even better than prom.

9:00am – 11:00am & 6:00pm – 11:00pm *Formalities, 3 Mid*

SHOPPING SPECIALIST

Sometimes you just feel like shopping. Hence all the great stores in port. Be sure to take your maps so you don’t miss a thing, and here’s to a great day.