

MONDAY, SEPTEMBER 6, 2010

VICTORIA

BREAKFAST

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

LUNCH

11:00am – 6:00pm	Grill	<i>La Playa Grill, 9 Aft</i>
12:00pm – 2:30pm	Lido Lunch	<i>La Playa Grill, 9 Aft</i>
12:00pm – 1:30pm	Open Seating	<i>Empire, 2 Aft</i>
Taste of Nations	Chocolate	<i>La Playa Grill, 9 Aft</i>

DINNER

Assigned Dining Guests *Empire, 2 & 3 Aft*

Early Dining: 5:15pm **Late Dining: 7:30pm**

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.

5:15pm – 8:30pm *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 - Coloubiac Salmon

ALTERNATIVE DINING

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

Sushi Bar
4:00pm – 7:00pm *Sushi, 2 Fwd*

La Playa Grill
5:30pm – 9:00pm *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
 “Blue Margarita”

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

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

Sangria Party
 Time to try 6 different kinds of Sangria
3:30pm - 7:30pm *Spirit Atrium, 2 Mid*

Master Mixologist - Kate Folk
 “Honeymooner”

Fountain Café
 Latte, Cappuccino or Espresso. Treat yourself to a thick milkshake made-to-order or indulge with a fresh pastry.
7:00am - 12 midnight *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.

A SPECIAL THANK YOU

We sincerely hope that you have enjoyed every aspect of the service during your cruise. A special thanks for your gracious acknowledgment of your cabin and dining service teams. As a reminder, gratuities were posted to your Sail and Sign® accounts. If you have enjoyed the Services and the fun in the dining room, it’s thanks to your Maitre D’. Although your Maitre D’ is not included in the posted amounts, it is customary to extend a gratuity. Envelopes have been provided for you in your stateroom! Maitre D is Fernando.

ON AIR

- Channel 16 - TV Channel Guide**
- Channel 17 - Cruise Director channel**
- Channel 33 - Daily movie - Brightstar**
- Channel 34 - Daily movie - Did you hear about the Morgans**
- 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>
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>

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>

Formalities	9:00am - 1:00pm	<i>Deck 3, Mid</i>
Photo Gallery	9:00am - 11:00pm	<i>Deck 3, Mid</i>

The Fun Shops™ 9:00am - Approx 2:30pm *Deck 3, Mid*

Full Casino 10:00am - Approx 2:30pm *Deck 2 Mid*

Loyalty/Cruise Expert 10:00am - 7:30pm *Deck 2, Mid*

Airbrush Tattoo Artist 10:00am - 4:00pm *Deck 9, Mid*

Shore Excursions 11:30am - 3:00pm *Deck 2, Mid*

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 ACCESS - 24 HOURS

Don’t stand in line, check in online, choose your seats and print your boarding passes in the Internet Café on deck 3 Fwd. Please note the deadline to purchase any additional Internet minutes is tonight at 10 pm. Time Plan minutes can be used until you disembark tomorrow. Printing is available for guests who wish to log on and print boarding passes. We wish you safe travels.

OPEN TIMES continued....

Formalities	3:00pm - Arrival	<i>Deck 3, Mid</i>
Art Gallery	6:00pm - 9:00pm	<i>Deck 3, Aft</i>
Internet Cafe	24hrs	<i>Deck 3, Fwd</i>

FUTURE CARNIVAL VACATIONS®

LAST CHANCE to receive the up to \$200 onboard credit deposit certificate on your future Carnival vacation. Certificate valid for 4 years, and you don’t even have to book a cruise today! Take advantage of this offer ONLY AVAILABLE ONBOARD and speak to your Loyalty and Cruise Expert Joel.

10:00am - 7:30pm (Desk Hours) *Loyalty & Cruise Desk, 2 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 on-board credits. You can even earn enough points for a \$50 credit towards your next credit card statement.

10:00am - 7:30pm *Loyalty & Cruise Desk, 2 Fwd*

The CARNIVAL SPIRIT® Team

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

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

Safety Message: Drying off after using the pool helps prevent slip and fall accidents

A FUN DAY AT SEA & EVENING IN BEAUTIFUL VICTORIA, CANADA

IMPORTANT: Arrival: 7:30pm *Back Onboard: 11:30pm* *Carnival Spirit Sets Sail at 12 Midnight*
 Please make sure that you have your Sail & Sign Card® & Photo ID with you at all time. The Gangway is located Midship. In case of emergency contact Ship’s Agent King Bros. Limited (250) - 384-1653

MONDAY, SEPTEMBER 6, 2010

MORNING

7:00am	Sunrise Stretch Class..... <i>Aerobics Studio, 10 Fwd</i>
7:30am	Yoga Your Way to Peace +..... <i>Aerobics Studio, 10 Fwd</i>
8:30am	Pilates Class + <i>Aerobics Studio, 10 Fwd</i>
9:00am	Adult Arts & Crafts <i>Fountain Cafe, 2 Fwd</i> Ballroom Dance Classes <i>Club Cool, 2 Fwd</i>
10:00am	Big Screen Trivia <i>Pharaoh’s Palace, 2 Fwd</i> Watch Clearance sale <i>Gift Shop, 3 Mid</i> Puzzles Pages <i>Fountain Cafe, 2 Fwd</i> Bridge Players Meet (Unsupervised) .. <i>Card Room, 2 Fwd</i> Euchre Players Meet (Unsupervised) . <i>Card Room, 2 Fwd</i> Detox for Health & Weight Loss <i>Aerobics Studio, 10 Fwd</i>
10:30am	\$500 Cheapo Bingo..... <i>Pharaoh’s Palace, 2 Fwd</i> Ping Pong Tournament..... <i>Deck, 10 Fwd</i>
11:00am	Debarcation Talk <i>Pharaoh’s Palace, 2 Fwd</i> 2010 Carnival Pokerpro Challenge <i>Louis XIV Casino, 2 Mid</i> Triathlon: Fun Challenge <i>Fountain Cafe, 2 Fwd</i> Rubberball Bowling 16 yrs & up <i>Spirit Atrium, 2 Mid</i>
11:30am	
11:45am	Acupuncture for Pain & Digestion <i>Aerobics Studio, 10 Fwd</i>

AFTERNOON

12:00pm	Decade Trivia: 80’s..... <i>Fountain Cafe, 2 Fwd</i> Spot the Fake Diamond Competition <i>Gift Shop, 3 Mid</i>
12:30pm	Digital Scavenger Hunt..... <i>Fountain Cafe, 2 Fwd</i>
1:00pm	Beary Cuddly + <i>Camp Carnival, 5 Fwd</i> Gift Basket Drawing <i>Gift Shop, 3 Mid</i> Bean Bag Toss 16yrs & up..... <i>Spirit Atrium, 2 Mid</i>
1:30pm	Grand Finale Art Auction <i>Versailles Lounge, 1 Fwd</i> Chicken Olympics <i>Lido Stage, 9 Mid</i>
2:00pm	A Ships Life with STU..... <i>Club Cool, 2 Fwd</i> Group Cycling Class + <i>Aerobics Studio, 10 Fwd</i> Variety music..... <i>Spirit Atrium, 2 Mid</i>
2:30pm	Towel Folding Demonstration ... <i>Pharaoh’s Palace, 2 Fwd</i>
3:00pm	\$3000 Bingo + <i>Pharaoh’s Palace, 2 Fwd</i> Ballroom Dance Classes <i>Club Cool, 2 Fwd</i>
3:30pm	Win A Cruise Raffle Drawing..... <i>Pharaoh’s Palace, 2 Fwd</i> Tea Time <i>Artist’s Lobby, 2 Aft</i> Adult Arts & Crafts <i>Fountain Cafe, 2 Fwd</i>
4:00pm	Where the US meets Canada..... <i>Spirit Atrium, 2 Mid</i> A variety of fresh Sangria..... <i>Spirit Atrium, 2 Mid</i> Triathlon: Sports #4 <i>Deco Lounge, 3 Aft</i> Friends of Bill W. Meet..... <i>Chapel, 3 Fwd</i>
4:15pm	Fun Farewell..... <i>Pharaoh’s Palace, 2 Fwd</i> Groove For St. Jude..... <i>Dancin’ Dance Club, 2 Aft</i> Kids Talent Show <i>Club Cool, 2 Fwd</i>
4:30pm	Trivial Pursuit #4 <i>Deco Lounge, 3 Aft</i>

EVENING

7:30pm	Approximate arrival into Victoria Friends of Dorothy (GLBT)..... <i>Deco Lounge, 3 Aft</i> Ping Pong Available <i>Versailles Lounge, 1 Fwd</i>
8:00pm	Karaoke Fun <i>Club Cool, 2 Fwd</i>
8:30pm	Trivia <i>Fountain Cafe, 2 Fwd</i> Big Screen Movie..... <i>Versailles Lounge, 1 Fwd</i>
9:15pm	Famous Faces <i>Fountain Cafe, 2 Fwd</i>
9:30pm	Farewell Drinks with Friends <i>Louis XIV Casino, 2 Mid</i>
10:00pm	Slow Dance Hour..... <i>Dancin’ Dance Club, 2 Aft</i> Name That Song..... <i>Fountain Cafe, 2 Fwd</i>
10:30pm	The Gender Showdown Revenge... <i>Fountain Cafe, 2 Fwd</i>
11:00pm	R Rated Comedy <i>Versailles Lounge, 1 Fwd</i> Adult Disco over 18yrs <i>Dancin’ Dance Club, 2 Aft</i>
11:30pm	All guests back onboard.....
12 Midnight	Carnival Spirit sets sail for Seattle
24 Hours	Internet Cafe..... <i>Chippendale’s Library, 3 Fwd</i> + Fees apply

***EMERGENCY CONTACT INFORMATION**

In case of emergency contact Ship’s Agent King Bros. Limited (250) - 384-1653

GET YOUR GROOVE ON

COOL JAZZ WITH THE SHOWBAND

2:00pm – 3:00pm *Spirit Atrium, 2 Mid*

GREAT GUITAR MUSIC WITH PAUL

4:00pm - 7:00pm *Spirit Atrium, 2 Mid*

BEAUTIFUL PIANO WITH ANDREA

12:30pm - 1:30pm *Empire Dining Room, 2 Aft*
7:30pm - 10:30pm *Spirit Atrium, 2 Mid*

KARAOKE FUN WITH JOY

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

DANCE SOUNDS WITH DJ BERNARD

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

HIT THE JACKPOT

2010 CARNIVAL POKERPRO CHALLENGE

Are you our next Texas Hold’em Champion? Take the Challenge for your share of \$75,000 in Guaranteed Prize Money!

11:00am *Louis XIV Casino, 2 Mid*

IMPORTANT REMINDER - SLOT PLAYERS

Cash out remaining funds from your slot machine player bank at the cashier’s desk before 2:30pm today. POKER PLAYERS- Cash out your poker accounts from the cashier’s desk before 2:30pm today.

The Casino will close at approximately 2:30pm when the ship enters Canadian waters. The Casino will not reopen after we sail from Victoria.

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!

FUNSHIP FREDDY TIME

11:00pm (2 - 8 yrs) *Camp Carnival, 5 Fwd*

FAREWELL PARTY

11:30Pm (ages 12–14) *Circle C, 4 Fwd*

GRAFFITI PARTY

11:00pm (ages 15–17) *Club O, 10 Fwd*

THE PUNCHLINER COMEDY CLUB

More R Rated Adults Only Comedy featuring:

JeROME & PAUL LYONS

11:00pm *Versailles Lounge, 1 Fwd*

A SHIPS LIFE WITH STU

Get the lowdown on this big honkin’ ship with our ship Q&A. Come with questions, leave a savvy sailor.

2:00pm *Club Cool, 2 Fwd*

GET IN ON THE ACT

WHERE THE UNITED STATES MEETS CANADA

Listen to great live guitar music and enjoy a glass of freshly made fruit Sangria as we sail into Canada.

4:00pm *Spirit Atrium, 2 Mid*

CAMP CARNIVAL TALENT SHOW

4:15pm *Club Cool, 2 Fwd*

PLAN ON IT

SO MUCH TO SEE IN VICTORIA TONIGHT

Carnival Shore Excursions highlights the best attractions in Victoria and the coolest sightseeing opportunities. Book your tours at the Shore Excursion or Guest Services Desk. But don’t wait, these tickets won’t last long.

11:30am - 3:00pm *Tours Desk 2, Mid*

HOT STONE MASSAGE

If you’ve never experienced a hot stone massage, run, don’t walk, to make your appointment at the Spa. We will drench your body in the sensual aromas and massage you with hot volcanic stones on key energy points of your body. Contact the spa today to book your appointment.

8:00am - 10:00pm call #0700 *Spa Carnival, 9 Fwd*

FUN SHIP FILMS

Take your entire cruise home with you on a professionally edited DVD! Show everyone the amazing time you had on the Fun Ship Carnival Spirit as you relive highlights of your cruise. Order at the Photo Gallery on Deck 3, 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*

1. DEBARKATION TALK

Don’t miss out as your Cruise Director STU walks you through the in’s and outs for the debarkation process in Seattle. Learn about tips and gratuities, customs rules, Immigration, and debarkation. All guests should attend.

11:00am *Pharaoh’s Palace, 2 Fwd*

2. GLASS FIGURINE SALE

Hit up our glass figurine sale and find that perfect something to decorate your home. Pick up two nautically-inspired souvenirs for one low price.

9:00am - Approx 2:30pm *The Fun Shops, 3 Mid*

3. BIG SCREEN MOVIE

8:30pm - THE OPEN ROAD *Versailles Lounge, 1 Fwd*

4. \$500 CHEAPO BINGO & \$3000 BINGO

All for the one crazy low price. Great prizes and fun with our resident Fun Patrol. Instant Scratch tickets available at all bingo sessions

10:30am (\$500 Cheapo Bingo) *Pharaoh’s Palace, 2 Fwd*
3:00pm (Could win up to \$3000) *Pharaoh’s Palace, 2 Fwd*
3:30pm (Win A Cruise Raffle) *Pharaoh’s Palace, 2 Fwd*

5. A SHIPS LIFE WITH STU

Get the lowdown on this big honkin’ ship with our ship Q & A. Come with questions, leave a savvy sailor

2:00pm *Club Cool, 2 Fwd*

6. 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.

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

7. TOWEL FOLDING DEMONSTRATION

Like that warm, fluffy welcome in your stateroom? Join us for this fun interactive demonstration.

2:30pm *Pharaoh’s Palace, 2 Fwd*

8. 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.

4:15pm *Dancin’ Dance Club, 2 Aft*

9. 2010 CARNIVAL POKERPRO CHALLENGE

Are you our next Texas Hold’em Champion? Take the Challenge for your share of \$75,000 in Guaranteed Prize Money!

11:00am *Louis XIV Casino, 2 Mid*

10. GRAND FINALE ART AUCTION

This is it; your last chance to play games, win prizes, bid on art and drink complimentary champagne. Does that sound like something you’d want to miss? Didn’t think so.

1:30pm *Versailles Lounge, 1 Fwd*