

## OPENING HOURS & SERVICES

### Boutiques

Deck 6 & 7  
From 7:30pm to 11pm.

### Canyon Ranch SpaClub®

Deck 7 Forward  
Spa, Beauty Center  
and Skin Care:  
From 12noon to 9pm.  
Please allow a 6-hour notice for  
cancellations to avoid being charged  
for the service. SpaClub® guests must  
be at least 18 years old. No smoking  
allowed. Alcoholic beverages are not  
served or permitted.

### Mariner Casino

Deck 7  
From 7:30pm until closing

### Cruise Consultant

Deck 5, Atrium  
Closed  
Discover more about our global  
itineraries & exclusive onboard  
discounts. Dial "0" to set up an  
afternoon/evening appointment.

### Destination Services

Deck 5, Atrium  
From 12noon to 9pm.

### DVD Library

Deck 6  
Open 24 hours a day.  
Please also use the green button on your  
TV remote for Interactive Movies.

### Fitness Center

Deck 7, Gym &  
Aerobics Studio  
From 12noon to 9pm  
Children under the age of 16 are  
not permitted in the fitness center.  
Children aged 16 or 17 year of age  
may use the equipment in the facility  
if accompanied by a parent or other  
legal guardian at all times.

### Internet Café

Deck 6  
Internet Manager  
in attendance:  
From 1pm to 4pm &  
From 6pm to 7:30pm.

### Medical Services

Deck 4  
Consultation Hours:  
From 6pm to 7:30pm.  
Dial "9999" for  
Emergency Appointments.

### Pool & Jacuzzi

Deck 11 (weather permitting)  
Open daily  
from 7:30am to 8pm.

### Reception Desk & Purser's Office

Deck 5, Atrium  
Open 24 hours a day.

### Self Service Laundrettes

Decks 8, 9 & 10 midship  
From 12noon to 10pm.

### Sports Deck

Deck 11 & 12  
(weather permitting)  
From 9am to 9pm  
Shuffleboard, Paddle Tennis, Bocce  
Mini Golf, Croquet and Ping Pong  
are available for your enjoyment

### Important Information - Free Unlimited Shore Excursion Program

Guests should know that all tours are capacity controlled so as to ensure maximum enjoyment. Therefore if your plans change during the course of the cruise or you wish to make changes, please ensure you return any tickets you do not wish to use before the booking deadlines. This will allow guests on the waiting list to join the tour if you do not intend to participate. Exchanges or other changes cannot be made after the booking deadlines which are printed on the Shore Excursion Overview and Booking Forms. You may return your ticket(s) to the Destinations Desk or during other times, unwanted tickets may be returned to the "Drop Box" at the Destinations Desk. Please note that Regent choice tours are non-refundable past the cancellation deadline. We thank you for your cooperation and understanding so that all guests can benefit from the "Free Unlimited Shore Excursion" Program.

## DINING OPTIONS

### Snack Time

COFFEE CONNECTION (6) 11am-5pm

### Lunch is Served

POOL GRILL (11) (weather permitting) 11am-4pm  
Spanish Welcome Lunch Buffet 11:30am-3pm  
LA VERANDA (11) 12noon-3pm

### Afternoon Teatime

HORIZON LOUNGE (6) 4pm-4:45pm

### Dinner is Served

COMPASS ROSE RESTAURANT (5) 6:30pm-9:30pm  
SETTE MARI AT LA VERANDA (11) 6:30pm-9pm  
PRIME 7: by reservation (5) 6pm-9pm  
SIGNATURES: by reservation (6) 6pm-9pm

Reservations for Prime 7 & Signatures can be made in the  
Compass Rose Restaurant until 4pm today and during breakfast  
and lunch hours from tomorrow.

## BAR HOURS

POOL BAR (11) (weather permitting) 11am-7pm  
MARINER LOUNGE (5) 6pm-11pm  
HORIZON LOUNGE (6) 12noon-1am  
CONNOISSEUR CLUB (6) 12noon-1am  
OBSERVATION LOUNGE (12) 12noon-Midnight  
STARS LOUNGE (6) 9pm-Late  
CONSTELLATION THEATER (5) 9:15pm-10:30pm  
CASINO BAR (7) 8pm-Late

## TELEPHONE NUMBERS

BOUTIQUES (6 & 7) 4220  
CASINO (7) 3418  
CANYON RANCH SpaClub® (7) 4500  
CRUISE CONSULTANT (5) 2480  
DESTINATION SERVICES (5) 7777  
EMERGENCY 9999  
FITNESS CENTER (7) 4300  
HOSPITAL (4) 4320  
For emergency appointments, dial "0"  
INTERNET CAFÉ (6) 1508

# ONBOARD ACTIVITIES

**SUNDAY, AUGUST 9, 2015 • SUNRISE 6:57AM • SUNSET 8:57PM**

## WELCOME ABOARD!

All Day	The MARINER TODAY – daily information and updates from your Cruise Director, Margaret Lynn	TV Channel 0
All Day	SAFETY VIDEO: Important Safety Information will play continuously in a loop today	TV Channel 1
All Day	DAILY CHALLENGES: Games are in the Card Room, daily quizzes in the Library and the Jigsaw on the main street Deck 6	
All Day	PORT PARTICULARS & EXCURSION INFORMATION: News from the Destination Services team	TV Channels 5 & 6
11:30 – 3:00pm	SPANISH WELCOME BUFFET: Enjoy an array of delights as Executive Chef Kelly and the Galley Team present a variety of Spanish favorites for your lunchtime enjoyment	Pool Deck (11)
12:00 – 9:00pm	THE CANYON RANCH SPA CLUB invites guests to book appointments in person	Spa Club (7)
12:00 – 9:00pm	DESTINATION SERVICES: Open for excursion bookings and assistance	Destination Services (5)
12:00 – 4:00pm	RESERVATIONS for Signatures & Prime 7 can be made in person at the entrance to....	Compass Rose Restaurant (5)
1:00 – 6:00pm	GYM INTRODUCTION: Meet your Fitness Director, Bora	Canyon Ranch Fitness (7)
4:00 – 4:45pm	AFTERNOON TEATIME: Enjoy tea, tasty treats and background melodies in fine surroundings	Horizon Lounge (6)

## 5:00pm ALL ABOARD: In preparation for today's emergency drill

## 5:15pm COMPULSORY LIFEBOAT DRILL FOR ALL GUESTS

In accordance with International Maritime Law, at the sound of the ship's alarm, you are requested to proceed to your Muster Station with your lifejacket, which is located in the closet of your suite. The location of your Muster Station is indicated on the back of the entrance door to your suite and on your suite key card. Instructions will be given over the public address system. We request that you keep the Muster Station areas clear until the emergency signal is sounded

## GOOD EVENING – DRESS CODE: ELEGANT CASUAL

*A skirt or slacks (no jeans) with a blouse or sweater, pant suit or dress for ladies; slacks (no jeans) and collared shirt for gentlemen. Sport jackets are optional*

6:15 – 7:30pm	SEANA-LEE'S IVORY SERENADE: Regent's Resident Pianist presents pre-dinner melodies in the Room at the Top – the ideal place to enjoy fine views or a magical sunset <i>(with break)</i>	Observation Lounge (12)
6:30 – 7:30pm	HORIZON DANCING: Take to the dance floor with music by the Sound City Duo as pre-dinner canapés are served and the bar team are on hand to offer a relaxing aperitif <i>(with break)</i>	Horizon Lounge (6)
6:30pm	FIRST TIME CRUISERS MEET: Whether you are new to Regent or new to cruising, take this informal opportunity to meet fellow travelers, hosted by Cruise Consultant Brian O'Brien	Mariner Lounge (5)
6:30 – 7:00pm	FANS OF BRIDGE MEET: Join fellow guests for cocktails and conversation and have a chance to arrange a get together during the cruise ahead	Horizon Lounge (6)
6:30 – 7:00pm	CLUB MARINER WELCOME: Calling 5 to 12 year old cruisers to meet leaders Sara and Michelle as they introduce you to the program on board – Please bring your parents to sign you up	Conference Room (6)

## 6.30 - 7:15pm BON VOYAGE SAIL-AWAY: "SANGRIA UNDER THE EVENING SKIES"

Enjoy sail-away treats and bid 'Bon Voyage' in the company of friends and fellow guests as *Seven Seas Mariner* sets sail on this "Tapas and Traditions" adventure. Enjoy sail-away sounds from the Regent Signature Orchestra and take the chance to meet members of the Entertainment team. *Don't forget your camera!*

6:45 – 7:15pm	SOCIAL TRAVELERS GET TOGETHER: Social Hostess Marla Saunders hosts this evening opportunity for those wishing to meet fellow guests, enjoy a chat and make plans for the evening	Pool Deck (11) Horizon Lounge (6)
7:00pm	DEPARTURE: <i>Seven Seas Mariner</i> sets sail for Ibiza, Spain (155 nautical miles)	
7:00 – 7:30pm	CLUB MARINER WELCOME: Calling 13 to 17 year old cruisers to meet leaders Sara and Michelle as they introduce you to the program on board – Please bring your parents to sign you up	Conference Room (6)
7:00 – 8:00pm	STRING SERENADE: Enjoy background music by Orchestra Guitarist Igor	Mariner Lounge (5)
8:30 – 9:15pm	LET THEM ENTERTAIN YOU: Enjoy after-dinner dancing with music by Sound City Duo	Horizon Lounge (6)
8:45 – 9:30pm	MARINER MOODS: Light, relaxing after-dinner sounds from Resident Pianist Seana-Lee	Mariner Lounge (5)

## 9:15pm POPCORN MOVIE: THE AGE OF ADALINE

*Starring: Blake Lively, Michiel Huisman, Harrison Ford, Rated G, Drama, Duration: 109 minutes*

A beautiful young woman stops aging after a car accident and remains 29 for several decades. She refuses to get close to anyone in order to keep her condition a secret but reconsiders her solitary lifestyle after falling in love with a philanthropist.

9:45 – 10:30pm	TWILIGHT DANCING: Take to the dance floor as we turn back the clock for an evening of dance tunes with boys in the band, who are the Regent Signature Orchestra	Constellation Theater (5/6) Horizon Lounge (6)
10:00 – 11:00pm	MUSICAL NIGHTCAP: Top off your day with Resident Pianist Seana-Lee entertaining you on the 88's <i>(with break)</i>	Observation Lounge (12)
10:45 – 11:15pm	MOONLIT MELODIES: Enjoy a night cap and some moonlit melodies as you listen to the sounds of members of the Regent Signature Orchestra	Horizon Lounge (6)
10:30– 11:30pm	STARS AND BARS! Join the Sound City Duo for a fun evening of upbeat music in the late night lounge. Tap your toes to the rhythms of the night and enjoy a treat from the bar team <i>(with break)</i>	Stars Lounge (6)
11:30pm – Late	DISCOVER JUKESTER JUKEBOX DISCO! Choose your favorites from over 7,000 songs on our touch screen	Stars Lounge (6)

**We would like to wish all of our embarking Guests a very pleasant first evening on board *Seven Seas Mariner***