



SEABOURN

THE HERALD

FRIDAY, NOVEMBER 9, 2024

MIAMI, FLORIDA, USA

WEATHER PARTLY CLOUDY

82°F / 28°C

WIND 13mph / 21kmh

SUNRISE: 6:33a

SUNSET: 5:34p

MIAMI, FLORIDA, USA

PANAMA CANAL PASSAGE 2024

Arrival: 7:15a

All Aboard 4:30p

Gangway Location: Deck 5, Starboard Side (subject to change)

YOUR SEABOURN VOYAGE

Saturday	Nov 9	Miami, Florida, USA	Elegant Casual
Sunday	Nov 10	At Sea (Florida Straits)	Elegant Casual
Monday	Nov 11	At Sea (Caribbean Sea)	Formal
Tuesday	Nov 12	At Sea	Elegant Casual
Wednesday	Nov 13	Cartagena, Colombia	Elegant Casual
Thursday	Nov 14	At Sea	Elegant Casual
Friday	Nov 15	Panama Canal	Elegant Casual
Saturday	Nov 16	At Sea (Pacific Ocean)	Elegant Casual
Sunday	Nov 17	Puntarenas, Costa Rica	Elegant Casual
Monday	Nov 18	At Sea (Pacific Ocean)	Formal
Tuesday	Nov 19	Puerto Quetzal, Guatemala	Elegant Casual
Wednesday	Nov 20	Puerto Chiapas, Mexico	Elegant Casual
Thursday	Nov 21	Huatulco, Mexico	Elegant Casual
Friday	Nov 22	At Sea (Pacific Ocean)	Elegant Casual
Saturday	Nov 23	At Sea	Elegant Casual
Sunday	Nov 24	Cabo San Lucas, Mexico	Elegant Casual
Monday	Nov 25	At Sea (Pacific Ocean)	Elegant Casual
Tuesday	Nov 26	At Sea	Elegant Casual
Wednesday	Nov 27	Long Beach, California, USA	Elegant Casual

Captain:

Joris Poriau

Hotel Director:

Roland Nema

Cruise Director:

Aimée Lake

PRE-DINNER ENTERTAINMENT:

CRUISE DIRECTOR INTRODUCTIONS

Join your Cruise Director Aimée, Entertainment Manager Ceci, and the entire Entertainment Team for a welcome aboard toast with music from Lanie & The Band, as we bid farewell to Miami!

5:15p POOLSIDE, DECK 8

TONIGHT'S ENTERTAINMENT:

WELCOME ABOARD DANCE PARTY

Join us for a special Seabourn welcome aboard! Meet your Entertainment team, enjoy great live music from Lanie & The Band and interact with fellow travelers, as we celebrate the voyage ahead.

9:30p THE CLUB, DECK 5 (until 10:30p)

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6pm, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SHIP'S AGENT

InterCruises Port Operations USA INC

portagencymia@intercruises.com

Phone: +1 954 558 5028

Shore to Ship: +1 321 837 6092

U.S. EMBASSY

51 SW 1st Avenue #404

Miami, FL 33130

Phone: +1 877 487 2778

CANADIAN CONSULATE

200 S Biscayne Blvd #1600,

Miami, FL 33131

Phone: +1 305 579 1600

BRITISH CONSULATE

1001 Brickell Bay Drive

Miami, FL 33131

Phone: +1 613 237 1530

AUSTRALIAN HIGH COMMISSION

1200 Anastasia Ave,

Suite CCA-100

Coral Gables, FL 33134

Phone: +1 305 448 5672

GUEST SAFETY ESSENTIALS

1) **VISIT:** We remind you, please VISIT your designated muster station at your earliest convenience after boarding and before 4:30p. All guests are required to scan in for a roll call with one of our muster station personnel. You can find your muster station on your suite key card and the sign on the back of the entrance door to your suite.

2) **WATCH:** All guests must WATCH the entire safety video displayed on your In-Suite TV before departure. This video contains essential information. Only once you've finished watching the Safety Video, your In-Suite TV will unlock and indicate to us that you have finished.

3) **LISTEN:** At 4:30p, the Captain will make an announcement followed by the sounding of the General Emergency Alarm. You must LISTEN to his announcement and familiarize yourself with the sound of the alarm.

SEABOURN DRESS CODE GUIDELINES

Each day, the Seabourn Herald and the Seabourn Source will designate the evening's attire in the Restaurant as Formal Attire or Evening Attire. During the day, the general shipboard style is elegant, but relaxed. Casual resort wear (including jeans and Bermuda/long walking shorts) is welcome in all dining venues for breakfast and lunch, and jackets are not required. We ask that brief shorts, hats, workout, and bathing attire be reserved for poolside, on deck or in the Spa and Gym. Thank you for following these guidelines.

SEABOURN'S SMOKING POLICY

For the comfort of our guests, smoking is not allowed in most public areas or in Guest Suites. Smoking is only permitted at the Sky Bar, Deck 9 Midship. Pipe and cigar smoking are permitted at Seabourn Square, Deck 7 Aft only.

FOOD & DRINK

The Restaurant, Deck 4	
Dinner	6:00p - 9:00p
The Colonnade, Deck 8	
Breakfast	6:30a - 9:30a
Lunch, Seafood	12:00p - 3:00p
Dinner, American	6:00p - 9:00p
Solis, Deck 8	
Dinner	6:00p - 9:00p
<i>Please note: Solis is by reservation only</i>	
The Patio, Deck 8	
Breakfast	8:30a - 9:30a
Lunch	1:00p - 4:00p
Earth & Ocean	7:00p - 9:00p
Seabourn Square, Deck 7	
Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10	
Early Morning Risers	6:00a - 8:00a
Evening Bar	6:00p - Midnight
Sky Bar, Deck 9	1:00p - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5	6:00p - Close
Sushi	6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Spa and Wellness, Deck 9	
with Dr. Andrew Weil,	8:00a - 10:00p
Fitness Center, Deck 9	6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	
Future Cruise Consultant, Deck 7	
Available through Guest Services; book onboard to save up to 5%	
Casino, Deck 5	
Slots	6:00p - Close
Tables	6:00p - Close
Medical Center, Deck 3 Forward	
By Appointment Only. Please Dial 4314 to schedule.	
Clinic Hours:	8:00a - 10:00a 4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

ALCOHOL POLICY

Guests under the legal drinking age will not be served alcoholic beverages, nor are they to consume alcoholic beverages whilst onboard. Please understand that you may be requested to show identification indicating date of birth.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

SEABOURN'S ANNOUNCEMENT POLICY

To enhance your relaxing experience on board, public announcements will be kept to a minimum for routine events such as tour departures or shipboard events. Upon ship's clearance in the ports of call, we will make an announcement in the public areas signifying guests are able to proceed ashore. For guests on tour, please refer to the e-tickets in your wallet on Seabourn Source for meeting time and location. The gangway location can be found in your daily Herald or on your in-suite television and will be confirmed in the daily clearance announcement. While announcements are not broadcast inside guest suites, except in case of emergency, **all announcements can be heard on your in-suite TV, Bow Camera Channel (1.)**

SEABOURN SOURCE Enhance your cruise experience with our complimentary mobile tool. Seabourn Source enables you to see The Herald, browse and book shore excursions, connect to satellite internet, view menus and more! Follow the instructions found on your Seabourn Source leaflet located in your Suite or ask Guest Services to assist you at Seabourn Square, Deck 7.

BRIDGE AND MAHJONG PLAYERS: Connect with fellow guests and enjoy your favorite game! Sign-up sheets for Bridge and Mahjong are available in the Card Room on Deck 7.

10:00a	Deck Sports Available (until 6:00p) The Retreat, Deck 11
10:10a	England vs. Australia Rugby Match In Suite TV Special Events 1 (Channel 101; 3:10p GMT)
12:00p	Meet and Greet with Your Onboard Spa & Wellness Team Spa & Wellness, Deck 9 (until 5:00p)
3:00p	Acupuncture Walk-In Clinic Spa & Wellness, Deck 9
4:00p	Complimentary Walk-In Wellness Consultations Spa & Wellness, Deck 9 (until 7:00p)
4:30p	Spa & Wellness Grand Raffle Win up to \$500 in Spa credits today! Spa & Wellness, Deck 9
4:30p	MANDATORY GUEST SAFETY ESSENTIALS At 4:30p, the Captain will make an announcement followed by the sounding of the General Emergency Alarm. You must LISTEN to his announcement and familiarize yourself with the sound of the alarm. Please ensure you have already VISITED your muster station and WATCHED the safety video on your in-suite television (please refer to the front page for more details).
5:15p	CRUISE DIRECTOR INTRODUCTIONS & TOAST Poolside, Deck 8
5:30p	Wellness Seminar: Relieving Back Pain with Good Feet Spa & Wellness, Deck 9
6:00p	Friends of Bill W. Card Room, Deck 7
6:00p	Solo Travelers Get Together Meet your fellow solo travelers for a pre-dinner drink with your Entertainment Manager, Ceci. The Club, Deck 5 (center back of room, by glass panels)
6:15p	Classic Cocktails & Piano Melodies with Amanda (until 8:00p, with break) Observation Bar, Deck 10
6:30p	Sushi and Live Music with The Quest Trio (until 7:30p) The Club, Deck 5
8:30p	Mid-Evening Moods with The Quest Trio The Club, Deck 5 (until 9:15p)
9:30p	WELCOME ABOARD DANCE PARTY! The Club, Deck 5 (until 10:30p)
9:30p	Amanda's Piano Bar (until midnight, with breaks) Observation Bar, Deck 10
10:30p	After Party with The Quest Trio The Club, Deck 5 (until 11:15p)
11:15p	Late Night Grooves with Lanie & The Band Followed by The Quest Trio The Club, Deck 5 (until late)

This is your moment.



SEABOURN®

THE HERALD

SUNDAY, NOVEMBER 10, 2024

AT SEA (FLORIDA STRAITS)

WEATHER THUNDER SHOWERS

27°F / 84°C WIND 23mph / 37kmh

SUNRISE: 6:48a

SUNSET: 5:58p

INTRODUCING...

SEABOURN CONVERSATIONALIST

DR. TIM RUNYAN

Timothy J. Runyan (Tim) is Professor Emeritus of Maritime Studies and Faculty Fellow in the Honors College at East Carolina University, Greenville, NC. He received his doctorate at the University of Maryland and studied in London. He served as manager of the Maritime Heritage Program at the US National Oceanic and Atmospheric Administration (NOAA). He is the author of books and articles on maritime history and archaeology. A scuba diver, his investigation of historic shipwrecks includes sites in the Caribbean, Atlantic, and Gulf of Alaska. A founder of the Great Lakes Science Center in Cleveland, Ohio, he led the effort to preserve the 618-foot Steamship William G. Mather as a museum ship. He is chairman of the National Maritime Alliance supporting maritime heritage education and preservation. He held the Kyle Chair at the Maritime Museum of San Diego for 2018-19. He enjoys sports and travel.

INTRODUCING...

ARTIST IN RESIDENCE

MARILYN ALLIS

Popular TV Artist, Marilyn Allis is a talented watercolor & acrylic artist with a loose and impressionistic style. Marilyn loves to use strong vibrant colors to capture the movement and the energy of a scene. Working mainly in watercolor, but also acrylic, plus acrylic inks and mixed media, Marilyn won the SAA artist of the year title in 1999. She has exhibited at the RI in the Mall galleries and appeared on Channel 4's watercolor challenge, as well as Fraser & Friends. She has written three art books, in addition to being a frequent contributor to art magazines and conducting webinars for painters online. She also designs art products and tests materials for manufacturers. Gathering inspiration from her regular teaching on cruise ships for over 15 years around the world, she keeps Zoom and On-Demand tuitions lively and fresh, bringing new ideas to the table constantly.

INTRODUCING...

GUEST ENTERTAINER

KATEI

Emigrating from Japan to Australia with his family in 1990, KATEI grew up calling Brisbane home playing the violin since the age of 5. KATEI's passion for the violin sparked the beginning of his journey in pursuing his dreams to become an international artist. In pursuit of his dreams, he completed both Bachelor of Music degree majoring in Classical Violin and Graduate Diploma majoring in Contemporary Violin at the Queensland Conservatorium of Music Griffith University. He then traveled to Japan and redefined himself as a rock violinist in 2007. KATEI's unique style and flare set him apart from other artists and ultimately landed him an opportunity with a major record label, Victor Entertainment Japan. Since November 2009, KATEI has released numerous albums and has since been performing globally, including Japan and Australia, China, Korea and Taiwan, alongside the world's major artists.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SHOWTIME TONIGHT:

KATEI in FOR THE LOVE OF ROCK

KATEI is a dynamic classically trained rock violinist who is recognized as one of Australasia's most exuberant and unconventional artists that has even Beethoven rocking in his grave. His unique style and flare set him apart from other artists and ultimately landed him an opportunity with a major record label, Victor Entertainment Japan.

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS:

DESTINATIONS PRESENTATION:

CARTAGENA, PUNTARENAS & PUERTO QUETZAL

With Assistant Destination Services Manager, Nenad
9:45a GRAND SALON, DECK 6

BUSY BUMBLE BEE IN LOOSE WATERCOLOR

Create this charming creature with TV artist, Marilyn Allis.

All abilities welcome; also offered at 2:00p.

10:00a THE RESTAURANT, DECK 4 (left back corner as you enter)

**SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN
"TITANIC"**

The sinking of RMS Titanic in 1912 was unthinkable, and tragic. We know more about the causes and consequences of the sinking since its discovery on the seabed. And the stories continue to stir our emotions and imaginations.

11:00a GRAND SALON, DECK 6

FUN & FRIENDLY TEAM TRIVIA WITH AIMÉE & CECI

12:00n THE CLUB, DECK 5

FOOD & DRINK

The Restaurant, Deck 4	
Dinner	6:00p - 9:00p
The Colonnade, Deck 8	
Breakfast	8:00a - 10:30a
Lunch, Smorgasbord	12:00n - 2:00p
Dinner, Chinese	6:00p - 9:00p
Solis, Deck 8	
Dinner	6:00p - 9:00p
<i>Please note: Solis is by reservation only</i>	
The Patio, Deck 8	
Breakfast	8:30a - 10:00a
Lunch, Al Fresco	12:30p - 3:30p
Earth & Ocean	7:00p - 9:00p
Seabourn Square, Deck 7	
Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10	
Early Morning Risers	6:00a - 8:00a
Afternoon Tea	4:00p - 5:00p
Evening Bar	5:30p - Midnight
Sky Bar, Deck 9	12:00n - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5	6:00p - Close
Sushi	6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Spa and Wellness, Deck 9	
with Dr. Andrew Weil,	8:00a - 10:00p
Fitness Center, Deck 9	6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	
Future Cruise Consultant, Deck 7	
Book Onboard & Save Up to 5%	9:00a - 12:00n
	1:00p - 4:30p
Casino, Deck 5	
Slots	All Day
Tables	1:30p - 5:00p
	6:00p - Close
Medical Center, Deck 3 Forward	
Please call 4314 during clinic hours to schedule an appointment.	
Clinic Hours:	9:00a - 11:00a
	4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

PREMIUM SPIRITS AND SMOKES

You are cordially invited to participate in our exclusive "Premium Spirits and Smokes" featuring a premium select. This signature event can be accommodated by signing up with any of our Bar staff or by approaching the bartender in the 'The Club' located on Deck 5 Aft. Our expert Bar team will guide you through this premium bar experience.

BRIDGE TOUR SIGN UP

Guests interested in visiting the Navigational Bridge are kindly asked to contact Guest Services by dialing 9 or stopping by the Seabourn Square to be added to the list. Limited space is available; first come, first served. Thank you.

SATELLITE TELEVISION NOTICE

Seabourn's satellite television service may be subject to interruptions and is not guaranteed to be available at all times. We apologize for any inconvenience this may cause. Thank you for your understanding.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
 @SeabournCruise (Facebook)
 #Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

7:00a	Pure Form Pilates Motion Studio, Deck 9
9:00a	Interdenominational Church Service Card Room, Deck 7 (unhosted)
9:45a	Destination Presentation: Cartagena, Puntarenas & Puerto Quetzal – with Asst. Destination Services Manager, Nenad Grand Salon, Deck 6
10:30a	Secret for Thicker & Fuller Hair & 5 Minute Make Over Spa & Wellness, Deck 9
10:00a	Deck Sports Available The Retreat, Deck 11 (until 6:00p)
10:00a	Mahjong Players Meet (unhosted; also at 2:00p) Card Room Annex, Deck 7
10:00a	Beginners Bridge with Paul Card Room, Deck 7 (continues each sea day)
10:00a	Busy Bumble Bee In Loose Watercolor Create this charming creature with TV artist, Marilyn Allis. All abilities welcome; also offered at 2:00p. The Restaurant, Deck 4 (left back corner as you enter)
10:15a	Golf Prize Game The Retreat, Deck 11
11:00a	SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "TITANIC!" Grand Salon, Deck 6
11:00a	Bridge Lessons with Paul – Intermediate Plus Today's Topic: Tactical Bidding Card Room, Deck 7
12:00n	Fun & Friendly Team Trivia with Aimée & Ceci The Club, Deck 5
12:30p	Live Music on Deck Poolside, Deck 8 (until 1:15p)
1:00p	Spa Seminar: How to Increase Your Metabolism Spa & Wellness, Deck 9
2:00p	Duplicate Bridge with Paul Card Room, Deck 7 (partners provided)
2:00p	Wellness Seminar: Acupuncture 101 A Life-Changing Introduction Spa & Wellness, Deck 9
3:30p	Baggo Prize Game Poolside, Deck 8
4:00p	Wellness Seminar: Walking in Comfort with Complimentary Postural Analysis Spa & Wellness, Deck 9
4:00p	Afternoon Tea & Melodies Observation Bar, Deck 10
5:00p	Abs Class Motion Studio, Deck 9
6:15p	Classic Cocktails & Piano Melodies with Amadah (until 8:00p, with break) Observation Bar, Deck 10
6:30p	Sushi & Live Music with The Quest Trio (until 7:30p) The Club, Deck 5
8:30p	Mid-Evening Moods with The Quest Trio (until 9:15p) The Club, Deck 5
9:30p	Amadah's Piano Bar Observation Bar, Deck 10 (until midnight, with breaks)
9:30p	SHOWTIME TONIGHT: KATEI - FOR THE LOVE OF ROCK Grand Salon, Deck 6
10:15p	Post Show Party with The Quest Trio (until 11:00p) The Club, Deck 5
11:00p	Boogie on Down with Lanie & The Band followed by Dance Floor Hits with The Quest Trio (until late) The Club, Deck 5

This is your moment.



SEABOURN®

THE HERALD

MONDAY, NOVEMBER 11, 2024

AT SEA

WEATHER PARTLY CLOUDY, SHOWERS

82°F / 28°C

WIND 46mph / 28kmh

SUNRISE: 6:05a

SUNSET: 5:21p

INTRODUCING YOUR CAPTAIN...

JORIS PORIAU

Born and raised in Antwerp, Belgium, Captain Joris Poriau could often be found on the Estuary of the River Scheldt on small sailing boats from an early age. He attended the renowned Nautical College 'Michiel de Ruyter' in The Netherlands. His entry into the cruise industry as a cadet was with Holland America Line, where he rose through the ranks to Staff Captain being assigned for the majority of his career on 'Grand Voyages' and as such has been fortunate to complete several World Cruises and Voyages to Antarctica. In 2017 he joined Seabourn as Staff Captain on Seabourn Sojourn. Captain Joris received his First Command onboard Seabourn Encore in 2019 where he stayed for over three years. Last year he transferred to our beautiful Seabourn Quest. While on leave, Captain Joris resides in Barcelona, Spain.

TONIGHT'S ATTIRE: FORMAL IN THE RESTAURANT

Tuxedo, suit or slacks and jacket for gentlemen. Evening gown or other formal apparel for ladies. In other venues, guests are welcome in Elegant Casual Attire.

SEABOURN SIGNATURE EVENT:

CAPTAIN'S WELCOME

Captain Joris Poriau and the Senior Officers will be saying "Hello" and "Welcome Aboard" as they roam around the ship this evening, starting at in The Club, followed by the Observation Lounge. We invite you to join us and raise a glass to this wonderful voyage!

6:15p THE CLUB, DECK 5 & 6:30p OBSERVATION LOUNGE, DECK 10

SHOWTIME TONIGHT:

AMERICAN IDOL

MICHAEL LYNCH

American Idol Michael Lynche is a new breed of soul singer with completely classic influences. Traces of Donny Hathaway, Al Green, Luther Vandross, Sam Cooke and James Brown all seem to flash in this uniquely talented performer. Undeniable charisma, well-crafted songs and a voice soaked in passion give the big man class all his own.

9:30p GRAND SALON, DECK 6

INTRODUCING SEABOURN CONVERSATIONALIST...

TERRY BREEN

With more than thirty years of experience working on-board the most prestigious cruise lines in the world, her intimate understanding of the areas we are about to visit will enrich and enhance your cruise experience. Prior to joining the cruise industry, Terry did her doctoral work studying the cultural, economic and environmental effects of tourism on local communities and habitat in Latin America as well as Southeast Alaska where she remains actively involved. As the first Destination Expert for Regent Seven Seas Cruises, she is the author of The Cruiser Friendly Guide to Alaska's Inside Passage. She has lived and traveled throughout Latin America and was employed by several international airlines and regional tourism boards.

INTRODUCING SEABOURN CONVERSATIONALIST...

KAREN KATZ

For the past thirty years, Karen Katz has been a multi-award-winning television executive producer, showrunner, and writer, with over 1,500 hours of programming under her belt. Her work has appeared on Food Network, Discovery Networks, HBO Family, WETA, BBC, NHK, Nickelodeon, Lifetime, PBS, and Fox International. From behind the camera, she has witnessed and taste-tested the delectable creations of some of the world's most beloved chefs.

TODAY'S HIGHLIGHTS:

ARMISTICE DAY TWO MINUTES OF SILENCE

Lest we forget... the 11th hour of the 11th day of the 11th month...

Please join us today in remembrance of Armistice Day with a Two-Minute Silence in memory of those who died or suffered in ALL wars and armed conflicts since World War I.
11:00a SHIP WIDE



SEABOURN CONVERSATIONS PRESENT: TERRY BREEN "CARTAGENA DE LAS INDIAS"

Once regarded as the most formidable of all Spanish cities in the New World, the city of Cartagena has become one of the most beautiful and popular in the Caribbean. Join anthropologist/storyteller Terry Breen for a look at the history of this UNESCO Patrimonial site as well as some points of interest in town.

11:00a GRAND SALON, DECK 6

SEABOURN CONVERSATIONS PRESENT: KAREN KATZ "OUR OBSESSION WITH FOOD TELEVISION AND HOW IT SATISFIES OUR HUNGER"

Considering you can't taste it or smell it, what is it about Food TV that whets our appetites? In this conversation, Karen Katz will explore the ways in which imagery from the world of art through the television age has used food presentation to tap into our sense memory in a deep, visceral way.

2:30p GRAND SALON, DECK 6

FOOD & DRINK

The Restaurant, Deck 4 Seabourn Signature Dinner	6:00p - 9:00p
The Colonnade, Deck 8 Breakfast Lunch, Pasta Dinner, French	8:00a - 10:30a 12:00n - 2:00p 6:00p - 9:00p
Solis, Deck 8 Dinner <i>Please note: Solis is by reservation only</i>	6:00p - 9:00p
The Patio, Deck 8 Breakfast Lunch, Fish & Seafood Earth & Ocean	8:30a - 10:00a 12:30p - 3:30p 6:00p - 9:00p
Seabourn Square, Deck 7 Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10 Early Morning Risers Viennese High Tea Evening Bar	6:00a - 8:00a 4:00p - 5:00p 5:30p - Midnight
Sky Bar, Deck 9	12:00n - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5 Sushi	6:00p - Close 6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Spa and Wellness, Deck 9 with Dr. Andrew Weil,	8:00a - 10:00p
Fitness Center, Deck 9 For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	6:00a - 10:00p
Future Cruise Consultant, Deck 7 Book Onboard to Save Up to 5%	9:00a - 12:00n 2:00p - 5:00p
Casino, Deck 5 Slots Tables	All Day 1:30p - 5:00p 6:00p - Close
Medical Center, Deck 3 Forward Please call 4314 during clinic hours to schedule an appointment.	
Clinic Hours:	9:00a - 11:00a 4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

BRIDGE TOUR SIGN UP

Guests interested in visiting the Navigational Bridge are kindly asked to contact Guest Services by dialing 9 or stopping by the Seabourn Square to be added to the list. Limited space is available; first come, first served.

BOARD GAMES

In consideration to fellow guests, we respectfully request that any board games borrowed from public areas be kindly returned within 24 hours for the enjoyment of others. Thank you for your understanding.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

10:00a	Deck Sports Available Poolside, Deck 8 (until 6:00p weather permitting)
10:00a	Wellness Seminar: Walking in Comfort with Complimentary Postural Analysis Spa & Wellness, Deck 9
10:00a	Beginners Bridge with Paul Card Room, Deck 7 (continues each sea day)
10:00a	Something Fishy with TV Artist, Marilyn Allis Simple and fun. Amazing what you find on your travels. All abilities welcome; also offered at 2:00p. The Restaurant, Deck 4 (left back corner as you enter)
10:15a	Veterans Friends & Family Get Together (unhosted) Seabourn Square, Deck 7
10:15a	Shuffleboard Prize Game The Retreat, Deck 11
10:30a	Mahjong Players Meet (unhosted; also at 2:30p) Card Room Annex, Deck 7
11:00a	ARMISTICE DAY TWO MINUTES OF SILENCE Ship Wide
11:02a	Bridge Lessons with Paul – Intermediate Plus Today's Topic: Tactical Bidding Card Room, Deck 7
11:02a	SEABOURN CONVERSATIONS PRESENT: TERRY BREEN "CARTAGENA DE LAS INDIAS" Grand Salon, Deck 6
11:02a	Complimentary Walk-in Hair Consultation with Our International Stylists Spa & Wellness, Deck 9
12:00n	Fun & Friendly Team Trivia with Aimée & Ceci The Club, Deck 5
1:00p	Ladies Pamper Party & Complimentary Puffy Eye Treatment Spa & Wellness, Deck 9
2:00p	Duplicate Bridge with Paul Card Room, Deck 7 (partners provided)
2:00p	Complimentary Footprint Analysis Spa & Wellness, Deck 9
2:30p	SEABOURN CONVERSATIONS PRESENT: KAREN KATZ "OUR OBSESSION WITH FOOD TELEVISION AND HOW IT SATISFIES OUR HUNGER" Grand Salon, Deck 6
3:00p	Acupuncture Walk-In Clinic Spa & Wellness, Deck 9
3:30p	Golf Prize Game The Retreat, Deck 11
4:00p	Viennese High Tea & Melodies Observation Bar, Deck 10
6:00p	Sushi & Live Music with Lanie & The Band (until 6:45p) The Club, Deck 5
6:15p	CAPTAIN'S WELCOME The Club, Deck 5 (repeated at 6:30p in the Observation Lounge, Deck 10)
6:15p	Classic Cocktails & Piano Melodies with Amandah (until 8:00p, with break) Observation Bar, Deck 10
6:45p	Sushi & Live Music with The Quest Trio (until 7:30p) The Club, Deck 5
8:30p	Mid-Evening Moods with The Quest Trio (until 9:15p) The Club, Deck 5
9:30p	Amandah's Piano Bar Observation Bar, Deck 10 (until midnight, with breaks)
9:30p	SHOWTIME TONIGHT: AMERICAN IDOL, MICHAEL LYNCH Grand Salon, Deck 6
10:15p	Boogie on Down with The Quest Trio (until 11:00p) The Club, Deck 5
11:00p	Dance the Night Away with Lanie & The Band followed by The Quest Trio The Club, Deck 5 (until late)

This is your moment.



SEABOURN

THE HERALD

TUESDAY, NOVEMBER 12, 2024

AT SEA

WEATHER PARTLY CLOUDY; SHOWERS

79°F / 26°C

WIND 15mph / 24kmh

SUNRISE: 6:01a

SUNSET: 5:31p

INTRODUCING HOTEL DIRECTOR...

ROLAND NEMA

Born near Bratislava in Slovakia, Roland always had a keen interest in traveling and working at the same time. With more than 16 years in the cruise hospitality business and experience with three celebrated brands, he has a wealth of operational knowledge from which to draw. Roland started his career at Seabourn on the Legend back in 2010. Since then, with hard work and dedication, Roland has quickly moved up the ranks from Bartender to Bar manager, Corporate Beverage Manager and Food & Beverage Manager until finally securing his current role. Roland feels honored and privileged to be part of the Seabourn Quest Team.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SHOWTIME TONIGHT:

BETTER TOGETHER

Put on your favorite leather jacket and join THE SEABOURN SIX tonight in the Grand Salon for this brand-new production which celebrate great bands – and how together, they dominated the music scene. The Beatles and Take That? Better Together. There's no Aerosmith without Steven Tyler, there's no U2 without Bono.

"Alone we can do so little, together we can do so much."

– Helen Keller

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS:

DESTINATION TALK - PUERTO CHIAPAS, HUATULCO, CABO SAN LUCAS WITH DESTINATION SERVICES MANAGER, JASON
9:45a GRAND SALON, DECK 6

SEABOURN CONVERSATIONS PRESENT: TERRY BREEN
"THE MAKING OF THE PANAMA CANAL"

On the morning of November 15th, Quest will begin our semi-transit through one of the most remarkable of all human achievements, the Panama Canal. To enhance your appreciation of the morning please join Terry Breen for a look at the events leading to the completion of this engineering marvel, as well as a sneak peek at the Canal's first alteration since its opening in 1914 – the Third Locks.

11:00a GRAND SALON, DECK 6

EFFY GEMOLOGY SERIES

Featuring exquisite emeralds.

2:00p THE CLUB, DECK 5

SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN
"PIRATES!!"

Piracy has a long and storied history from the notorious Blackbeard to the pirates of Somalia. Underwater discoveries contribute surprising new tales—including Blackbeard's lost ship. Arrgghh!

2:30p GRAND SALON, DECK 6

SEABOURN SIGNATURE EVENT: BLOCK PARTY

At the ringing of the ship's bell, join your neighbors in your corridor for an introduction and a glass of champagne!

5:45p ALL DECKS

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 8:00a - 10:30a
Lunch, Wrap & Roll 12:00n - 2:00p
Dinner, Australian 6:00p - 9:00p

Solis, Deck 8

Dinner 6:00p - 9:00p

Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, BBQ 12:30p - 3:30p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Afternoon Tea 4:00p - 5:00p
Evening Bar 5:30p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p

Patio Bar, Deck 8

10:00a - 10:00p

The Club, Deck 5

Sushi 6:00p - Close

Room Service

24 Hours

SERVICES

The Spa and Wellness, Deck 9

with Dr. Andrew Weil, 8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

9:00a - 12:00n
Book onboard and save up to 5% 3:00p - 6:00p

Casino, Deck 5

Slots All Day
Tables 1:30p - 5:00p
6:00p - Close

Medical Center, Deck 3 Forward

Please call 4314 during clinic hours to schedule an appointment.

Clinic Hours:

9:00a - 11:00a
4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

GALLEY TOUR SIGN UP

Guests interested in visiting the Galley are kindly asked to contact Guest Services by dialing 9 or stopping by the Seabourn Square to be added to the list. Limited space is available; first come, first served. Thank you.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

9:45a Destination Talk - Puerto Chiapas, Huatulco, Cabo San Lucas
With Destination Services Manager, Jason
Grand Salon, Deck 6

10:00a Cartagena Colombia - Quick and Loose
This area is a must to paint when in Cartagena. So many streets with colorful buildings create the atmosphere in preparation to our visit. All abilities welcome; also offered at 2:00p.
The Restaurant, Deck 4 (left back corner as you enter)

10:00a Deck Sports Available
The Retreat, Deck 11 (until 6:00p)

10:00a Beginners Bridge with Paul
Card Room, Deck 7 (continues each sea day)

10:15a Coffee with The Senior Officers
Seabourn Square, Deck 7

10:30a Baggo Prize Game
Poolside, Deck 8

10:00a Mahjong Players Meet
Card Room Annex, Deck 7 (unhosted; also at 2:00p)

11:00a SEABOURN CONVERSATIONS PRESENT: TERRY BREEN
"THE MAKING OF THE PANAMA CANAL"
Grand Salon, Deck 6

11:00a Bridge Lessons with Paul - Intermediate
Plus Today's Topic: Establishing Long Suits
Card Room, Deck 7

12:00n Fun and Friendly Team Trivia with Aimée and Ceci
The Club, Deck 5

2:00p EFFY GEMOLOGY SERIES
Featuring Exquisite Emeralds
The Club, Deck 5

2:00p Duplicate Bridge with Paul
Card Room, Deck 7 (partners provided)

2:00p Blackjack Tournament
Qualifying rounds between 2:00p - 3:30p, followed by Grand Finale at 3:45p. \$25 entry fee.
Casino, Deck 5

2:30p SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN
"PIRATES!!"
Grand Salon, Deck 6

3:30p Complimentary Walk-in Hair Consultation with Our Stylists & Complimentary Puffy Eye Treatment
Spa & Wellness, Deck 9

3:30p Shuffleboard Prize Game
The Retreat, Deck 11

4:00p Wellness Seminar: Improving Posture
with Complimentary Postural Analysis
Spa & Wellness, Deck 9

4:00p Afternoon Tea & Melodies
Observation Bar, Deck 10

5:00p Port Briefing: Cartagena
With Assistant Destination Services Manager, Nenad
Grand Salon, Deck 6

5:45p SEABOURN SIGNATURE EVENT: BLOCK PARTY
All Decks

6:15p Classic Cocktails & Piano Melodies with Amandah
(until 8:00p)
Observation Bar, Deck 10

6:30p Sushi & Dancing with The Quest Trio (until 7:30p)
The Club, Deck 5

6:30p LGBTQIA2S+ Friends & Family Get Together
The Club, Deck 5

8:30p Mid-Evening Moods with The Quest Trio (until 9:15p)
The Club, Deck 5

9:30p Amandah's Piano Bar
(until midnight, with breaks)
Observation Bar, Deck 10

9:30p SHOWTIME TONIGHT: BETTER TOGETHER
Featuring The Seabourn Six
Grand Salon, Deck 6

10:15p Post Show Party with The Quest Trio (until 11:00p)
The Club, Deck 5

11:00p Boogie on Down with Lanie & The Band,
Followed by The Quest Trio (until late)
The Club, Deck 5

This is your moment.



SEABOURN®

THE HERALD

WEDNESDAY, NOVEMBER 13, 2024

CARTAGENA, COLOMBIA

WEATHER

PARTLY CLOUDY

86°F / 30°C

WIND 12mph / 19kmh

SUNRISE: 5:57a

SUNSET: 5:36p

IN PORT

CARTAGENA, COLOMBIA

Arrival: 8:00a

All Aboard: 5:30p

Gangway Location: Deck 3 (subject to change)

The Spanish founded Cartagena, officially known as Cartagena de Indias, in 1533. The city rapidly became a thriving commercial port, where precious stones and minerals from the New World awaited shipment back to Spain. Situated in a bay on the Caribbean Sea, Cartagena had the most extensive fortifications in South America, once guarded by 29 stone forts and a high wall of coral-stone measuring 16-miles long, 40-feet high and 50-feet wide. Completed in 1657, the Castle of San Felipe de Barajas is said to be the most grandiose work of military architecture erected by Spain in the Americas. Today, Cartagena's riches are found in the Boca Grande, an area of the city with beautiful waterfront hotels, trendy restaurants, casinos and boutiques.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

LIVE MUSIC SAILAWAY

WITH LANIE & THE BAND

Join us on the pool deck as we sailaway from lovely Cartagena!

5:45p POOLSIDE, DECK 8

SHOWTIME TONIGHT:

KATEI RELOADED

KATEI's passion for the violin sparked the beginning of his journey in pursuing his dreams to become an international artist. KATEI has released numerous albums and has since been performing globally, including Japan and Australia, China, Korea, and Taiwan, alongside the world's major artists. Welcome him back to the Grand Salon for an unforgettable show.

9:30p GRAND SALON, DECK 6

GUESTS ON TOUR: E-Tickets and times will be listed in your wallet on Seabourn Source. Guests arriving after the meeting time may not be accommodated. Please ensure that you always carry your suite key card with you while ashore.

PHOTO IDENTIFICATION: Whenever going ashore, all guests are required to carry a valid government-issued photo ID (hard copy, not digital) which may need to be presented at security checkpoints.

SAFETY AND SECURITY NOTICE: Seabourn Cruise Line regularly communicates with various government agencies and officials to ensure you have a safe and enjoyable vacation experience. Unfortunately, terrorism, crime and civil unrest are a potential concern in many countries. Therefore, we encourage you to remain alert to muggers, pickpockets, scam artists, and purse-snatchers on the street, in hotel lobbies, at bus and train stations, and in cruise ship ports. Avoid wearing valuable jewelry and separate money for purchases to keep from displaying a large amount of cash. Do not accept rides from unofficial taxis, and check for certification and proper licenses. Do not leave drinks unattended when in bars or restaurants. Do not travel in rural or deserted roads and areas and keep clear of any gathering crowds. International travel is exciting and memorable, and we want your time ashore to be safe and secure. If you have any questions or concerns, simply contact Guest Services, and ask to speak with the Security Officer or a member of the Security Team.

PORT INFORMATION

SHIP'S AGENT

Caribbean Shipping Agency
Car 3 # 6-120 Ofc 202
Edificio Centro de Negocios Velez
Cartagena, Colombia
Email: pcardena@
caribbeanshippingagency.com
Mobile: +57 317 357 5914

AUSTRALIAN EMBASSY

Edificio Tierra Firme
Avenida Carrera 9 No. 115-06
Oficina 2003
Bogotá, Colombia
Phone: +57 601 657 8030

US EMBASSY

Carrera 45 No. 24B-27
Bogotá, D.C. Colombia
Phone: + 57 601 275 2000

CANADIAN EMBASSY

Cra. 7 #114-33, Usaquén,
Bogotá, Cundinamarca,
Colombia
Phone: +57 1 657 9800

INTER-PORT SHUTTLE: A complimentary shuttle runs all day from the pier to the terminal entrance (450m distance if walking). The terminal complex offers shops, cafes, restaurants, an information desk, currency exchange, and an Eco Park with a mini zoo. No shuttle is available to the Old Town (20 minutes by car) due to the local taxi union, but taxis are at the terminal exit.

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 7:15a - 10:00a
Lunch, Caribbean 12:00n - 2:00p
Dinner, Family Buttermilk Fried Chicken* 6:00p - 9:00p
**by reservation only*

Solis, Deck 8

Dinner 6:00p - 9:00p
Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, Kebab 1:00p - 4:00p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Evening Bar 6:00p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p

Patio Bar, Deck 8

10:00a - 10:00p

The Club, Deck 5

Sushi 6:00p - Close
6:00p - 9:00p

Room Service

24 Hours

SERVICES

The Spa and Wellness, Deck 9

with Dr. Andrew Weil 8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

9:00a - 11:00a
Book Onboard & Save Up to 5% 4:00p - 6:00p

Casino, Deck 5

Slots 6:30p - Close
Tables 6:30p - Close

Medical Center, Deck 3 Forward

Please call 4314 during clinic hours to schedule an appointment.

Clinic Hours:

8:00a - 10:00a

4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

PREMIUM SPIRITS AND SMOKES

You are cordially invited to participate in our exclusive "Premium Spirits and Smokes" featuring a premium select. This signature event can be accommodated by signing up with any of our Bar staff or by approaching the bartender in the 'The Club' located on Deck 5 Aft. Our expert Bar team will guide you through this premium bar experience.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)

@SeabournCruise (Facebook)

#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

7:00a Pure Form Pilates

Motion Studio, Deck 9

10:00a Mahjong Players Meet (unhosted; also at 2:00p)

Card Room Annex, Deck 7

10:00a TEAM MEMBER SAFETY DRILL

Please note there will be a team member safety drill this morning at 10:00a. No guest participation is required. Alarms will be sounded for exercise purposes only. Please note that guest services will be suspended during this exercise and elevators will be temporarily out of service during the drill.

10:00a Complimentary Puffy Eye Treatment

Followed by 5 Minutes Makeover

Spa & Wellness, Deck 9

10:00a Deck Sports Available

Join fellow guests for an unhosted game of Golf, Table Tennis or Shuffleboard (until 6:00p)
The Retreat, Deck 11

11:00a Wellness Seminar: Walking in Comfort

With Complimentary Postural Analysis

Spa & Wellness, Deck 9

2:00p Social Bridge Play

Card Room, Deck 7 (unhosted)

3:00p Massage Taster

Spa & Wellness, Deck 9

5:00p Baggo Prize Game

Poolside, Deck 8

5:45p LIVE MUSIC SAILAWAY WITH LANIE & THE BAND

Poolside, Deck 8

6:15p Classic Cocktails & Piano Melodies with Amandah

(until 8:00p, with break)
Observation Bar, Deck 10

6:30p Sushi & Live Music with The Quest Trio

The Club, Deck 5 (until 7:30p)

8:30p Mid-Evening Moods with The Quest Trio

(until 9:15p)
The Club, Deck 5

9:30p SHOWTIME TONIGHT: KATE! RELOADED

Grand Salon, Deck 6

9:30p Amandah's Piano Bar

(until midnight with breaks)
Observation Bar, Deck 10

10:15p Post Show Party with The Quest Trio

The Club, Deck 5 (until 11:00p)

11:00p Boogie Down with Lanie & The Band

followed by The Quest Trio
The Club, Deck 5 (until late)

BOAT BUILDING COMPETITION

With materials scavenged and recycled from the Seabourn Quest, you are challenged to build a vessel capable of transporting a full tin of caviar (approx. 4 lbs. / 1.8 kg) from one end of the Quest's swimming pool to the other on November 23rd. Your vessel should (ideally) stay upright and afloat for the entire length of the pool and deliver its cargo intact! Prizes awarded in various categories including Sea Worthiness, Design & our own arbitrary opinions. Team members may not aid in your building efforts to ensure fairness and good sportsmanship for all. Limited building supplies will be made available on November 14th. Good Luck and Bon Voyage!



SEABOURN®

THE HERALD

FRIDAY, NOVEMBER 15, 2024

PANAMA CANAL TRANSIT

WEATHER MOSTLY CLOUDY; AFTERNOON SHOWERS 81°F / 27°C WIND 28mph / 46kmh SUNRISE: 6:10a SUNSET: 5:59p

ENTERING THE PANAMA CANAL AT CRISTÓBAL, PANAMA

From the Panama Canal's opening day to present, nearly a million ships have passed through the mighty locks. Encompassing tragedy and triumph, conquistadors and five different American presidents, the building of this massive project spanned 400 years. And today, more than 100 years after its completion, the Panama Canal remains one of the most vital trade routes in the world. The Panama Canal is a 77 km (48 mi) ship canal that joins the Atlantic Ocean and the Pacific Ocean and a key conduit for international maritime trade. Annual traffic has risen from about 1,000 ships in the canal's early days to 13,114 vessels in 2016. One of the largest and most difficult engineering projects ever undertaken, the canal had an enormous impact on shipping between the two oceans, replacing the long and treacherous route via the Drake Passage and Cape Horn at the southernmost tip of South America. A ship sailing from New York to San Francisco via the canal travels 9,500 km (6,000 miles), well under half the 22,500 km (14,000 miles) route around Cape Horn.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SHOWTIME TONIGHT:

SILVER SCREEN

FEATURING THE SEABOURN SIX

Join us in the Grand Salon this evening for SILVER SCREEN! This production celebrates recent movies and musicals including Dear Evan Hansen and Moulin Rouge - as well as iconic favorites from Fame to Les Misérables - in a fresh take on music from the stage and screen.

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS:

PANAMA CANAL TRANSIT TIMETABLE

Bridge Commentary will be provided by Panama Canal Expert Terry Breen. This will be heard in public areas and on your in-suite TV system (Bow Camera Channel 1.)

The schedule below is approximate, and timings are subject to change due to local pilots and traffic:

GATUN LOCKS - WEST LANE (1st LOCK)

7:45a - Arriving locks
9:00a - Departing locks
12:00n - Passing Gamboa

PEDRO MIGUEL LOCKS - EAST LANE

1:25p - Arriving locks
2:00p - Departing locks

MIRAFLORES LOCKS - EAST LANE

2:20p - Arriving locks
3:30p - Departing locks
4:00p - Sailing Balboa

Send this link to family & friends so they can follow the Seabourn Quest as we transit the canal:

<https://multimedia.panama-canal.com>

SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "SHIPWRECKS OF THE CARIBBEAN"

The Caribbean Sea and South Atlantic are graveyards of ships that once carried treasure and people between the Old and New Worlds. We will explore them - both above and below the water.

5:30p GRAND SALON, DECK 6

FOOD & DRINK

The Restaurant, Deck 4 Dinner	6:00p - 9:00p
The Colonnade, Deck 8 Breakfast Lunch, Latin Dinner, Old England	7:30a - 10:00a 12:00n - 2:00p 6:00p - 9:00p
Solis, Deck 8 Dinner <i>Please note: Solis is by reservation only</i>	6:00p - 9:00p
The Patio, Deck 8 Breakfast Lunch, Gyros Earth & Ocean	8:30a - 10:00a 12:30p - 3:30p 7:00p - 9:00p
Seabourn Square, Deck 7 Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10 Early Morning Risers Evening Bar	6:00a - 9:00a 5:30p - Midnight
Sky Bar, Deck 9	12:00n - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5 Sushi	6:00p - Close 6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Boutique	9:00a - 10:30p
The Spa and Wellness, Deck 9 with Dr. Andrew Weil,	8:00a - 10:00p
Fitness Center, Deck 9 For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	6:00a - 10:00p
Future Cruise Consultant, Deck 7 Book onboard and save up to 5%	9:00a - 12:00n 3:00p - 6:00p
Casino, Deck 5 Slots Tables	All Day 1:30p - 5:00p 6:00p - Close
Medical Center, Deck 3 Forward Please call 4314 during clinic hours to schedule an appointment.	
Clinic Hours:	9:00a - 11:00a 4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

BOARD GAMES

In consideration to fellow guests, we respectfully request that any board games borrowed from public areas be kindly returned within 24 hours for the enjoyment of others. Thank you for your understanding.

LET'S GET SOCIAL!

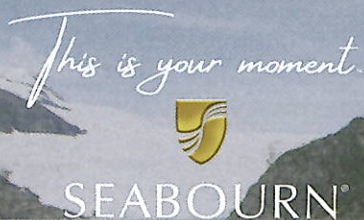
We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

10:00a	Shimmering Light To make water sparkle that feel-good painting with children. All abilities welcome; also offered at 2:00p. The Restaurant, Deck 4 (left back corner as you enter)
10:00a	Deck Sports Available The Retreat, Deck 11 (until 6:00p)
10:00a	Mahjong Players Meet Card Room Annex, Deck 7 (unhosted; also at 2:00p)
10:15a	Shuffleboard Prize Game The Retreat, Deck 11
10:30a	Introducing Peppa Rose Join us and celebrate the most beautiful places on earth with Peppa Rose. Featuring unique, hand-drawn artwork, made from silk and cashmere – these are not to be missed! Learn 10 ways to tie and wear these beautiful scarves. The Boutique, Deck 7
11:00a	Fun and Friendly Team Trivia with Aimée and Ceci The Club, Deck 5
11:00a	Complimentary Puffy Eye Treatment Followed by 5 Minutes Makeover Spa & Wellness, Deck 9
12:30p	Live Cooking on Deck Join our Culinary Team for delicious gyros! Poolside, Deck 8
12:30p	Cocktails & Live Music on Deck Poolside, Deck 8
2:00p	Duplicate Bridge Play with Paul Card Room, Deck 7 (partner provided)
3:00p	Wellness Seminar: Natural Relief for Arthritis, Back and Knee Pain Spa & Wellness, Deck 9
3:30p	Golf Prize Game The Retreat, Deck 11
4:00p	Wellness Seminar: Relieving Back Pain with Good Feet Spa & Wellness, Deck 9
5:00p	Pure Form Pilates Motion Studio, Deck 9
5:30p	SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "SHIPWRECKS OF THE CARIBBEAN" Grand Salon, Deck 6
6:00p	Sabbath Service (unhosted) Card Room, Deck 7
6:15p	Classic Cocktails & Piano Melodies with Amandah (until 8:00p) Observation Bar, Deck 10
6:30p	Sushi & Dancing with The Quest Trio (until 7:30p) The Club, Deck 5
8:30p	Mid-Evening Moods with The Quest Trio (until 9:15p) The Club, Deck 5
9:30p	Amandah's Piano Bar (until midnight, with breaks) Observation Bar, Deck 10
9:30p	SHOWTIME TONIGHT: SILVER SCREEN Featuring The Seabourn Six Grand Salon, Deck 6
10:15p	Post Show Party with The Quest Trio (until 11:00p) The Club, Deck 5
11:00p	Boogie on Down with Lanie & The Band, Followed by The Quest Trio (until late) The Club, Deck 5



THE HERALD

SATURDAY, NOVEMBER 16, 2024

AT SEA

WEATHER MOSTLY CLOUDY; HEAVY RAIN OVERNIGHT 79°F / 26°C WIND 20mph / 33kmh SUNRISE: 6:20a SUNSET: 6:11p

THE HISTORY OF TRIVIA

The word "trivia" has Latin origins. It's the plural form of the word "trivium", which means "place where three roads meet", "in transferred use", and "an open place, a public place." "Trivialis", the adjectival form, means "public", hence the explanation above.

The adjective trivial was adopted in Early Modern English, however, the actual word "trivia" didn't quite get there right away. In fact, in 1716 it was still the name of a book about crossroads and streets.

Nowadays, dictionaries define trivia as unimportant pieces of information:

- "details or information that are not important"
- "unimportant matters: trivial facts or details"
- "unimportant facts or details that are considered to be amusing rather than serious or useful"
- "matters or things that are very unimportant, inconsequential, or nonessential; trifles; trivialities"
- "details, considerations, or pieces of information of little importance or value"

Yet, here onboard Seabourn Quest, we tend to think otherwise... We believe trivia is meaningful, and it's everything but insignificant. It is, however, **ONLY A GAME!**

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6pm, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

EVENING ENTERTAINMENT:

LET'S DANCE!

Let's get the party started with The Quest Trio at 8:45p! Then, put on your dancing shoes and join us for an evening of music and dancing. High energy hits performed by Lanie & The Band will keep the dance floor buzzing, with special features from the Seabourn Six and your Cruise Director Aimée!

9:30p POOLSIDE, DECK 8 (until 10:45p)

TODAY'S HIGHLIGHTS

LIVE COOKING DEMONSTRATION

Join Executive Chef Christophe in The Grand Salon as he shows you how to prepare an authentic Coq au Vin to impress your friends and family back home!

9:45a GRAND SALON, DECK 6

GUESTS vs OFFICERS BAGGO COMPETITION

10:15a POOLSIDE, DECK 8

SEABOURN CONVERSATIONS PRESENT: TERRY BREEN "COSTA RICA: THE LITTLE LATIN AMERICAN ANOMALY"

Called the Switzerland of the Americas, little Costa Rica has been a peaceful haven in the midst of what was once a turbulent portion of Latin America. Known for its progressive stance on environmental conservation, its national park system protects hundreds of species of plants, animals, and birds. Join Terry for an introduction to this popular destination.

11:00a GRAND SALON, DECK 6

FUN & FRIENDLY TEAM TRIVIA WITH AIMÉE & CECI

12:00n THE CLUB, DECK 5

BLACKJACK TOURNAMENT

Qualifying rounds between 1:45p – 2:30p, followed by Grand Finale at 2:45p. \$25 entry fee.

1:45p CASINO, DECK 5

SEABOURN CONVERSATIONS PRESENT: KAREN KATZ "FOOD AS CULTURAL CONNECTION"

Passed down through generations, food is an intangible part of one's cultural heritage. It reflects people's values and beliefs through traditional recipes, cooking techniques and etiquette. In this conversation, Karen Katz will explore the connections different cuisines have with each other showing that through food, we have more in common than we think.

2:30p GRAND SALON, DECK 6

PORT BRIEFING: PUNTARENAS

With Assistant Destination Services Manager, Nenad

5:00p GRAND SALON, DECK 6

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 8:00a - 10:30a
Lunch, Frühschoppen 12:00n - 2:00p
Dinner, South American 6:00p - 9:00p

Solis, Deck 8

Dinner 6:00p - 9:00p

Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, Oriental 12:30p - 3:30p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Afternoon Tea 4:00p - 5:00p
Evening Bar 6:00p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p
9:00p - 11:00p

Patio Bar, Deck 8

10:00a - 11:00p

The Club, Deck 5

Sushi 6:00p - Close
6:00p - 9:00p

Room Service

24 Hours

SERVICES

The Boutique, Deck 7

10:00a - 10:00p

The Spa and Wellness, Deck 9

with Dr. Andrew Weil, 8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

Book onboard to save up to 5% 9:00a - 12:00n
3:00p - 6:00p

Casino, Deck 5

Slots All Day
Tables 1:30p - 5:00p
6:00p - Close

Medical Center, Deck 3 Forward

By Appointment Only. Please call 4314 to schedule.

Clinic Hours:

8:00a - 10:00a
4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

LONG BEACH DISEMBARKATION NOTICE

If you would like to book a Seabourn Transfer to complete your onward journey, please visit our Guest Services team at the Seabourn Square on Deck 7. Transfers are available to purchase until 6:00p Friday, November 22nd. Alternatively, taxis are available outside the terminal in Long Beach if you wish to continue onwards independently.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

9:45a LIVE COOKING DEMONSTRATION

Grand Salon, Deck 6

10:00a NCAA College Football Game: Big Noon Kickoff

In-suite TV PrimeOne, Channel 14 (Rankings Ap; Times ET)

10:00a Beginners Bridge with Paul

Card Room, Deck 7 (continues each sea day)

10:00a Keep It Simple with TV Artist, Marilyn Allis (also offered at 2:00p)

The iconic Puntarenas light house in watercolor. All abilities welcome. The Restaurant, Deck 4 (left back corner as you enter)

10:00a Deck Sports Available

The Retreat, Deck 11

10:00a Mahjong Players Meet (unhosted, also at 2:00p)

Card Room Annex, Deck 7

10:15a Guests vs Officers Baggo Competition

Poolside, Deck 8

10:30a Locman Watches

The Boutique, Deck 7

11:00a SEABOURN CONVERSATIONS PRESENT: TERRY BREEN

"COSTA RICA: THE LITTLE LATIN AMERICAN ANOMALY"
Grand Salon, Deck 6

11:00a Bridge Lessons with Paul - Intermediate

Plus Today's Topic: Leading Against NT
Card Room, Deck 7

12:00p NCAA College Football Game: Utah at (18) Colorado

In-suite TV PrimeOne, Channel 14 (Rankings Ap; Times ET)

12:00n Fun & Friendly Team Trivia with Aimée & Ceci

The Club, Deck 5

1:00p Ladies Pamper Party & Complimentary Puffy Eye Treatment

Spa & Wellness, Deck 9

1:45p Blackjack Tournament

Qualifying rounds between 1:45p - 2:30p, followed by Grand Finale at 2:45p. \$25 entry fee.
Casino, Deck 5

2:00p Duplicate Bridge with Paul

Card Room, Deck 7 (partners provided)

2:30p SEABOURN CONVERSATIONS PRESENT: KAREN KATZ

"FOOD AS CULTURAL CONNECTION"
Grand Salon, Deck 6

3:30p Golf Prize Game

The Retreat, Deck 11

3:30p NCAA College Football Game: Fox College Football Extra

In-suite TV PrimeOne, Channel 14 (Rankings Ap; Times ET)

4:00p Afternoon Tea & Melodies

Observation Lounge, Deck 10

4:00p Stitch & Knit (unhosted; bring your own)

Observation Lounge, Deck 10

4:00p NCAA College Football Game: Nebraska at USC

In-suite TV PrimeOne, Channel 14 (Rankings Ap; Times ET)

5:00p Port Briefing: Puntarenas

With Assistant Destination Services Manager, Nenad
Grand Salon, Deck 6

6:15p Classic Cocktails & Piano Melodies with Amandah

(until 8:00p, with break)
Observation Bar, Deck 10

6:30p Sushi and Live Music with Lanie & The Band (until 7:30p)

The Club, Deck 5

7:30p NCAA College Football Game: Fox College Football Extra

In-suite TV PrimeOne, Channel 14 (Rankings Ap; Times ET)

8:00p NCAA College Football Game: Cincinnati at Iowa St.

In-suite TV PrimeOne, Channel 14 (Rankings Ap; Times ET)

8:30p POPCORN MOVIE: TOP GUN MAVERICK (2h 10 min)

The story involves Maverick confronting his past.
Grand Salon, Deck 6

8:45p Let's Get The Party Started with The Quest Trio

Poolside, Deck 8

9:30p Amandah's Piano Bar (until midnight, with breaks)

Observation Bar, Deck 10

9:30p EVENING ENTERTAINMENT: LET'S DANCE PARTY

Poolside, Deck 8 (until 10:45p)

10:45p After Party with The Quest Trio

The Club, Deck 5 (until late)

This is your moment.

SEABOURN®

THE HERALD

SUNDAY, NOVEMBER 17, 2024

PUNTARENAS, COSTA RICA

WEATHER

SHOWERS

82°F / 28°C

WIND 8mph / 13kmh

SUNRISE: 5:34a

SUNSET: 5:13p

IN PORT

PUNTARENAS (PUERTO CALDERA) COSTA RICA

Arrival: 8:00a

All Aboard: 5:30p

Gangway Location: Deck 4 Starboard Side (subject to change)

Christopher Columbus discovered Costa Rica in 1502 when he landed near Puerto Limón on the Atlantic shore. Impressed by the stunning natural beauty, Columbus thought he had discovered a land of vast wealth, and named it Costa Rica, meaning "Rich Coast." The unspoiled splendor of the region is one of its main attractions, a paradise where orchids bloom year-round, and forests of rosewood, cedar and mahogany scent the air. The rain forests, starting just inside the coastline and continuing into the mountain ranges, contain meandering rivers, magnificent waterfalls, national parks and wildlife preserves. Puerto Caldera is located between the volcanic beaches of Golfo de Nicoya and some of the highest mountains in Costa Rica and is known as the Gateway to San Jose.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SEABOURN CONVERSATIONS PRESENT:

DR. TIM RUNYAN

SEA STORIES: "IT WAS A DARK AND STORMY NIGHT..."

Sea stories are often tales of shipwrecks and survival. Some are of hope and inspiration. We will explore some of those moments-which often ended life...or left survivors to tell the tale.

6:00p GRAND SALON, DECK 6

SHOWTIME TONIGHT:

ANNE MARTINEZ

From performing in international tours, regional theatre productions, and now the glamour stages of Las Vegas...Back with more music and stories from her life on the stage and off, please welcome... ANNE MARTINEZ!

9:30p GRAND SALON, DECK 6

GUESTS ON TOUR: E-Tickets and times will be listed in your wallet on Seabourn Source. Guests arriving after the meeting time may not be accommodated. Please ensure that you always carry your suite key card with you while ashore.

PASSPORTS: Guests going ashore today must carry their passports (hard copy, not digital) as required by local authorities.

SAFETY AND SECURITY NOTICE: Seabourn Cruise Line regularly communicates with various government agencies and officials to ensure you have a safe and enjoyable vacation experience. Unfortunately, terrorism, crime and civil unrest are a potential concern in many countries. Therefore, we encourage you to remain alert to muggers, pickpockets, scam artists, and purse-snatchers on the street, in hotel lobbies, at bus and train stations, and in cruise ship ports. Avoid wearing valuable jewelry and separate money for purchases to keep from displaying a large amount of cash. Do not accept rides from unofficial taxis, and check for certification and proper licenses. Do not leave drinks unattended when in bars or restaurants. Do not travel in rural or deserted roads and areas and keep clear of any gathering crowds. International travel is exciting and memorable, and we want your time ashore to be safe and secure. If you have any questions or concerns, simply contact Guest Services, and ask to speak with the Security Officer or a member of the Security Team.

PORT INFORMATION

SHIP'S AGENT

Humberto Alvarez Sucs S.A.
50 Mts Sur de Maxi Pali
Paseo Colon, Costa Rica
Email: cr-cruises@ha-logix.com
Mobile: +506 2284 9000

CONSULATE OF AUSTRALIA

WRVW+8MQ, C. Matapalo,
San José
San Rafael, Costa Rica
Phone: +506 2201 0000

US EMBASSY

WVRG+W84, C. 98,
San José,
Favorita Sur, Costa Rica
Phone: +506 2519 2000

CANADIAN EMBASSY

La Sabana Executive
Business Centre, Building No.
5, 3rd Floor,
San José, Costa Rica
Phone: +506 2242 4400

TIME CHANGE NOTIFICATION: Please remember to set your clocks and devices 1 HOUR BACK before retiring on the evening, Saturday, November 16th and before the morning of Sunday, November 17th. All guests are advised to switch their mobile devices to Manual Date & Time, rather than automatic, to avoid confusion as we cross through different time zones.

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 7:30a - 10:00a
Lunch, Tempura / Fritters 12:00n - 2:00p
Dinner, Mediterranean 6:00p - 9:00p

Solis, Deck 8

Dinner 6:00p - 9:00p

Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, Tacos 1:00p - 4:00p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Evening Bar 6:00p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p

Patio Bar, Deck 8

10:00a - 10:00p

The Club, Deck 5

Sushi 6:00p - Close
6:00p - 9:00p

Room Service

24 Hours

SERVICES

The Boutique

6:30p - 10:00p

The Spa and Wellness, Deck 9

with Dr. Andrew Weil 8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

9:00a - 11:00a
Book Onboard & Save Up to 5% 4:00p - 6:00p

Casino, Deck 5

Slots 6:30p - Close
Tables 6:30p - Close

Medical Center, Deck 3 Forward

Please call 4314 during clinic hours to schedule an appointment.

Clinic Hours:

8:00a - 10:00a
4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

PREMIUM SPIRITS AND SMOKES

You are cordially invited to participate in our exclusive "Premium Spirits and Smokes" featuring a premium select. This signature event can be accommodated by signing up with any of our Bar staff or by approaching the bartender in the 'The Club' located on Deck 5 Aft. Our expert Bar team will guide you through this premium bar experience.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

8:00a Stretch and Release Class

Motion Studio, Deck 9

9:00a Interdenominational Church Service (unhosted)

Card Room, Deck 7

10:00a Mahjong Players Meet (unhosted; also at 2:00p)

Card Room Annex, Deck 7

10:00a Deck Sports Available

Join fellow guests for an unhosted game of Golf, Table Tennis or Shuffleboard (until 6:00p)
The Retreat, Deck 11

11:00a Wellness Seminar: Walking in Comfort

With Complimentary Postural Analysis
Spa & Wellness, Deck 9

2:00p Social Bridge Play

Card Room, Deck 7 (unhosted)

2:00p Wellness Seminar:

Natural Relief for Arthritis, Back and Knee Pain
Spa & Wellness, Deck 9

3:00p Massage Taster

Spa & Wellness, Deck 9

5:00p Shuffleboard Prize Game

The Retreat, Deck 11

6:00p SEABOURN CONVERSATIONS PRESENT:

DR. TIM RUNYAN

"SEA STORIES: 'IT WAS A DARK AND STORMY NIGHT....'"

Grand Salon, Deck 6

6:15p Classic Cocktails & Piano Melodies with Amadah

(until 8:00p, with break)
Observation Bar, Deck 10

6:30p Sushi & Live Music with The Quest Trio

The Club, Deck 5 (until 7:30p)

8:30p Mid-Evening Moods with The Quest Trio

(until 9:15p)
The Club, Deck 5

9:30p SHOWTIME TONIGHT: ANNE MARTINEZ

Grand Salon, Deck 6

9:30p Amadah's Piano Bar

(until midnight with breaks)
Observation Bar, Deck 10

10:15p Post Show Party with The Quest Trio

The Club, Deck 5 (until 11:00p)

11:00p Boogie Down with Lanie & The Band

followed by The Quest Trio
The Club, Deck 5 (until late)

LONG BEACH DISEMBARKATION NOTICE

If you would like to book a Seabourn Transfer to complete your onward journey, please visit our Guest Services team at the Seabourn Square on Deck 7. Transfers are available to purchase until 6:00p Friday, November 22nd. Alternatively, taxis are available outside the terminal in Long Beach if you wish to continue onwards independently.

This is your moment.



SEABOURN

THE HERALD

MONDAY, NOVEMBER 18, 2024

AT SEA

WEATHER PARTLY CLOUDY; THUNDERY SHOWERS 79°F / 26°C WIND 23mph / 37kmh SUNRISE: 5:43a SUNSET: 5:25p

OUR FAMOUS SEABOURN BREADSTICK RECIPE

INGREDIENTS:

1000g / 6 cups	Flour, all-purpose
30g / 3.5 tbsp.	Fresh yeast
10g / 1.75 tsp	Salt
25g / 2 tbsp.	Sugar
375g / 1 2/3 c	Butter – unsalted
300ml / 1.25 c	Ice cold water
4x	Eggs – to brush the sticks

METHOD:

Mix all ingredients in a mixing bowl for 10 min and let rest for 1 hour. Roll the dough in a dough sheeter machine and cut in the pasta machine using the fettuccine cutter. In a baking sheet pan, arrange straight individually. Make sure there is enough space between each breadstick. Brush with egg wash & sprinkle with Kosher salt or sea salt. Allow the sticks to prove for 10 – 20 min in a warm place. Bake at 220°C or 425°F for about 10 minutes till crispy and golden brown.

TONIGHT'S ATTIRE: FORMAL IN THE RESTAURANT

Tuxedo, suit or slacks and jacket for gentlemen. Evening gown or other formal apparel for ladies. In other venues, guests are welcome in Elegant Casual Attire.

SHOWTIME TONIGHT:

LIVE & WIRED

FEATURING THE SEABOURN SIX

Music meets modern technology in this innovative production that celebrates the joy of live performance - featuring our musicians, singers and dancers. Live cameras work alongside screen visuals, as the cast perform a diverse collection of iconic pop songs.

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS

EFFY GRAND OPENING

Join us as we celebrate the opening of our first Effy Collection on Seabourn with a ribbon-cutting ceremony! Be among the first to explore our unique offerings, enjoy light refreshments and experience the charm of our new space.

10:00a THE COLLECTION, DECK 7

COFFEE WITH THE OFFICERS

10:15a SEABOURN SQUARE, DECK 7

SEABOURN CONVERSATIONS PRESENT: TERRY BREEN "LAND OF THE MAYA"

For the next few days, Quest will be exploring the shores that once were part of the great Maya homeland. Long considered one of the most enigmatic of ancient peoples, recent discoveries have shed new light on their mysterious history. Join anthropologist Terry Breen for an introduction to one of the great cultures of the New World, the Maya.

11:00a GRAND SALON, DECK 6

FUN & FRIENDLY TEAM TRIVIA WITH AIMÉE & CECI

12:00n THE CLUB, DECK 5

SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE "QUETZAL, THE MOST IMPORTANT GOD"

Quetzal, the most important god in Mesoamerican culture is represented by a bird, on this talk we will learn about the Natural History and cultural influence of such a fascinating creature.

2:30p GRAND SALON, DECK 6

PORT BRIEFING: PUERTO QUETZAL

With Assistant Destination Services Manager, Nenad
5:00p GRAND SALON, DECK 6

FOOD & DRINK

The Restaurant, Deck 4 Signature Dinner	6:00p - 9:00p
The Colonnade, Deck 8 Breakfast Lunch, Pacific Rim Dinner, Italian	8:00a - 10:30a 12:00n - 2:00p 6:00p - 9:00p
Solis, Deck 8 Dinner <i>Please note: Solis is by reservation only</i>	6:00p - 9:00p
The Patio, Deck 8 Breakfast Lunch, Scallopini Earth & Ocean	8:30a - 10:00a 12:30p - 3:30p 7:00p - 9:00p
Seabourn Square, Deck 7 Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10 Early Morning Risers Parisian High Tea Evening Bar	6:00a - 8:00a 4:00p - 5:00p 5:30p - Midnight
Sky Bar, Deck 9	12:00n - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5 Sushi	6:00p - Close 6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Boutique, Deck 7	10:00a - 10:00p
The Collection, Deck 7	10:00a - 10:00p
The Spa and Wellness, Deck 9 with Dr. Andrew Weil,	8:00a - 10:00p
Fitness Center, Deck 9 For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	6:00a - 10:00p
Future Cruise Consultant, Deck 7 Book onboard to save up to 5%	9:00a - 12:00n 2:00p - 5:00p
Casino, Deck 5 Slots Tables	All Day 1:30p - 5:00p 6:00p - Close
Medical Center, Deck 3 Forward By Appointment Only. Please call 4314 to schedule. Clinic Hours:	8:00a - 10:00a 4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

BOAT BUILDING COMPETITION

With materials scavenged and recycled from the Seabourn Quest, you are challenged to build a vessel capable of transporting a full tin of caviar (approx. 4 lbs. / 1.8 kg) from one end of the Quest's swimming pool to the other on November 23rd. Your vessel should (ideally) stay upright and afloat for the entire length of the pool and deliver its cargo intact! Prizes awarded in various categories including Sea Worthiness, Design & our own arbitrary opinions. Team members may not aid in your building efforts to ensure fairness and good sportsmanship for all. Limited supplies available from the Seabourn Square today between 9:30a and 10:00a. First come, first served. Good Luck and Bon Voyage!

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

10:00a	Effy Grand Opening The Collection, Deck 7
10:00a	The Vibrant Quetzal with TV Artist, Marilyn Allis (also offered at 2:00p) The vibrant Quetzal stands out with its emerald feathers and vivid red belly, making them one of the most sought-after birds. Let's capture the energy and movement in this wonderful subject. All abilities welcome. The Restaurant, Deck 4 (left back corner as you enter)
10:00a	Complimentary Walk-in Hair Consultation with Our International Stylists & Complimentary Puffy Eye Treatment Spa & Wellness, Deck 9
10:00a	Deck Sports Available The Retreat, Deck 11
10:00a	Beginners Bridge with Paul Card Room, Deck 7 (continues each sea day)
10:00a	Mahjong Players Meet (unhosted, also at 2:00p) Card Room Annex, Deck 7
9:30a	Boat Building Supplies Seabourn Square, Deck 7 (until 10:00a)
10:15a	Coffee with The Officers Seabourn Square, Deck 7
10:15a	Golf Prize Game The Retreat, Deck 11
11:00a	SEABOURN CONVERSATIONS PRESENT: TERRY BREEN "LAND OF THE MAYA" Grand Salon, Deck 6
11:00a	Bridge Lessons with Paul - Intermediate Plus Today's Topic: Leading Against NT Card Room, Deck 7
12:00n	Fun & Friendly Team Trivia with Aimée & Ceci The Club, Deck 5
12:30p	Live Music on Deck Poolside, Deck 8
2:00p	Duplicate Bridge with Paul Card Room, Deck 7 (partners provided)
2:30p	SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE "QUETZAL, THE MOST IMPORTANT GOD" Grand Salon, Deck 6
3:00p	Acupuncture Walk-In Clinic Spa & Wellness, Deck 9
3:30p	Baggo Prize Game Poolside, Deck 8
4:00p	Name That Tune The Club, Deck 5
4:00p	Spa Seminar: Secrets to a Flatter Stomach Spa & Wellness, Deck 9
4:00p	Parisian High Tea & Melodies Observation Lounge, Deck 10
4:00p	Stitch & Knit (unhosted; bring your own) Observation Lounge, Deck 10
5:00p	Port Briefing: Puerto Quetzal With Assistant Destination Services Manager, Nenad Grand Salon, Deck 6
5:00p	Stretch and Release Class Motion Studio, Deck 9
6:15p	Classic Cocktails & Piano Melodies with Amandah (until 8:00p, with break) Observation Bar, Deck 10
6:30p	Sushi and Live Music with The Quest Trio (until 7:30p) The Club, Deck 5
8:30p	Mid-Evening Moods with The Quest Trio The Club, Deck 5 (until 9:15p)
9:30p	Amandah's Piano Bar (until midnight, with breaks) Observation Bar, Deck 10
9:30p	SHOWTIME TONIGHT: LIVE & WIRED Featuring The Seabourn Six Grand Salon, Deck 6
10:15p	Post Show Party with The Quest Trio The Club, Deck 5 (until 11:00p)
11:00p	Boogie Down with Lanie & The Band Followed by The Quest Trio The Club, Deck 5 (until late)

This is your moment.



SEABOURN®

THE HERALD

TUESDAY, NOVEMBER 19, 2024

PUERTO QUETZAL, GUATEMALA

WEATHER SCATTERED THUNDERSTORMS

82°F / 28°C

WIND 9mph / 14kmh

SUNRISE: 6:04a

SUNSET: 5:32p

IN PORT

PUERTO QUETZAL, GUATEMALA

Arrival: 8:00a

All Aboard: 5:30p

Gangway Location: Deck 3 Port Side (subject to change)

Once the site of an impressive ancient Mayan civilization, Guatemala was conquered by Spanish conquistadors in 1524. Puerto Quetzal is Guatemala's largest Pacific Ocean port, offering access to the natural and historic wonders of Guatemala. Beyond the black-sand beaches that surround Puerto Quetzal, a narrow ribbon of lowland runs the length of the Pacific shore, where local farmers raise cotton, sugar, bananas and maize. Bordering the fertile lowlands, the Guatemalan highlands suddenly emerge, rising to heights of 2500 to 3000 feet. Jutting boldly from the southern highlands is a string of volcanoes, adding even more drama to this diverse land of ancient Maya ruins, Spanish Colonial heritage and breathtaking scenery.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SHOWTIME TONIGHT:

ROY TAN presents SOUNDTRACK

Embark on a nostalgic journey with piano phenomenon, composer and arranger, Roy Tan, in this audio/visual trip through 75 years of iconic melodies behind some of our most beloved films from classics like 'Casablanca' and 'Forrest Gump' to modern Blockbuster scores like Marvel's 'Avengers'. Starring the works of Alan Silvestri, James Horner, Hans Zimmer, John Williams and more in this Cinematic Musical Experience.

9:30p GRAND SALON, DECK 6

GUESTS ON TOUR: E-Tickets and times will be listed in your wallet on Seabourn Source. Guests arriving after the meeting time may not be accommodated. Please ensure that you always carry your suite key card with you while ashore.

PHOTO IDENTIFICATION: Whenever going ashore, all guests are required to carry a valid government-issued photo ID (hard copy, not digital) which may need to be presented at security checkpoints. These security measures are in the best interest of all concerned and we appreciate your cooperation.

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PORT INFORMATION

SHIP'S AGENT

Transoceanicas SA
Edificio Reforma 10 #708
Guatemala, CA
Email: info@transoceanicas.com
Mobile: +502 2368 5724

CONSULATE OF AUSTRALIA

Avenida 5 16-62, Zona 10
Edificio Platina, oficina 102
Ciudad de Guatemala, Guatemala
Phone: +502 4210 9805

US EMBASSY

Boulevard Austriaco 11-51,
Zone 16
Guatemala City, Guatemala
Phone: +502 2354 0000

CANADIAN EMBASSY

8th Floor, Edificio Edyma
Plaza, 13 Calle 8-44,
Cdad. de Guatemala 01010
Guatemala
Phone: +502 2363 4348

FOOD & DRINK

The Restaurant, Deck 4 Dinner	6:00p - 9:00p
The Colonnade, Deck 8 Breakfast Lunch, Italian Dinner, Family Style Ribeye* <i>*by reservation only</i>	7:15a - 10:00a 12:00n - 2:00p 6:00p - 9:00p
Solis, Deck 8 Dinner <i>Please note: Solis is by reservation only</i>	6:00p - 9:00p
The Patio, Deck 8 Breakfast Lunch, Mixed Grill Earth & Ocean	8:30a - 10:00a 1:00p - 4:00p 7:00p - 9:00p
Seabourn Square, Deck 7 Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10 Early Morning Risers Evening Bar	6:00a - 8:00a 5:30p - Midnight
Sky Bar, Deck 9	12:00n - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5 Sushi	6:00p - Close 6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Boutique The Collection	6:30p - 10:00p 6:30p - 10:00p
The Spa and Wellness, Deck 9 with Dr. Andrew Weil	8:00a - 10:00p
Fitness Center, Deck 9 For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	6:00a - 10:00p
Future Cruise Consultant, Deck 7 Book Onboard & Save Up to 5%	9:00a - 11:00a 4:00p - 6:00p
Casino, Deck 5 Slots Tables	6:30p - Close 6:30p - Close
Medical Center, Deck 3 Forward Please call 4314 during clinic hours to schedule an appointment. Clinic Hours:	8:00a - 10:00a 4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

LET'S GET SOCIAL!

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@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

10:00a	Massage Taster Spa & Wellness, Deck 9
10:00a	Mahjong Players Meet (unhosted; also at 2:00p) Card Room Annex, Deck 7
10:00a	Deck Sports Available Join fellow guests for an unhosted game of Golf, Table Tennis or Shuffleboard (until 6:00p) The Retreat, Deck 11
2:00p	Social Bridge Play Card Room, Deck 7 (unhosted)
2:00p	Complimentary Walk-in Hair Consultation with Our International Stylists & Complimentary Puffy Eye Treatment Spa & Wellness, Deck 9
3:30p	Shuffleboard Prize Game The Retreat, Deck 11
3:30p	Acupuncture Walk-in Clinic Spa & Wellness, Deck 9
4:00p	Wellness Seminar: Walking in Comfort with Complimentary Postural Analysis Spa & Wellness, Deck 9
5:00p	Port Briefing: Puerto Chiapas With Destination Services Manager, Jason Grand Salon, Deck 6
5:00p	Pure Form Pilates Motion Studio, Deck 9
6:15p	Classic Cocktails & Piano Melodies with Amandah (until 8:00p, with break) Observation Bar, Deck 10
6:30p	Sushi & Live Music with The Quest Trio The Club, Deck 5 (until 7:30p)
8:30p	Mid-Evening Moods with The Quest Trio (until 9:15p) The Club, Deck 5
9:30p	SHOWTIME TONIGHT: ROY TAN presents SOUNDTRACK Grand Salon, Deck 6
9:30p	Amendah's Piano Bar (until midnight with breaks) Observation Bar, Deck 10
10:15p	Post Show Party with The Quest Trio The Club, Deck 5 (until 11:00p)
11:00p	Boogie Down with Lanie & The Band followed by The Quest Trio The Club, Deck 5 (until late)

This is your moment.



SEABOURN®

THE HERALD

WEDNESDAY, NOVEMBER 20, 2024

PUERTO CHIAPAS, MEXICO

WEATHER SCATTERED THUNDERSTORMS

87°F / 31°C

WIND 10mph / 16kmh

SUNRISE: 6:04a

SUNSET: 5:32p

IN PORT

PUERTO CHIAPAS, MEXICO

Arrival: 7:00a

All Aboard: 3:30p

Gangway Location: Deck 5 Port Side (subject to change)

Puerto Chiapas is located in the southern Soconusco region of the Mexican state of Chiapas, close by the Guatemalan border. The region produces both coffee and cacao for chocolate, and so provides opportunities to see how these commodities are grown, processed, and used worldwide. Bananas and tropical blooms are two other regional agricultural mainstays. If you have never tasted a truly tree-ripened banana, the experience can be revelatory. There are some pre-Columbian ruins at Izapa, although nothing on the scale of other, more famous Mayan ruins in Mexico and Guatemala.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SEABOURN CONVERSATIONS PRESENT:

DR. TIM RUNYAN

"EXPLORING THE AGE OF DISCOVERY"

Europeans crossed the Atlantic where they "discovered" the Caribbean Sea, its islands, and people. Soon after, the world's circumnavigation ushered in a global economy as new colonies and markets were created. How did this happen?

6:00p GRAND SALON, DECK 6

SHOWTIME TONIGHT:

RALPH HARRIS

Influenced by his comedy idols Robin Williams, Bill Cosby, Pryor, and Jonathan Winters, Ralph Harris is one of today's hottest comedic and acting talents. Ralph's film debut was in *Dreamgirls*. His television credits include *Seinfeld*, and *In Living Color* and he's been featured on *The Tonight Show* and *Late Night with Conan O'Brien*. Ralph is best known for his starring role in the sitcom *On Our Own*, and ABC's *The Mayor*, currently in syndication. You can also catch him in repeats of his *Comedy Central Presents* and *HBO Half Hour Comedy Specials*.

9:30p GRAND SALON, DECK 6

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SHUTTLE TO TAPACHULA: The port of Puerto Chiapas will be offering a limited (2 x 14 seater Sprinters) paid shuttle service from the cruise terminal exit to Tapachula City Center. The cost of this service is \$15 USD per person round trip, payable in cash at the terminal. There are three departure times from each end. The first shuttle departs outside the terminal at 10:00a, followed by 11:00a and 12:00n. Departure times from Tapachula City Center are 12:00n, 1:00p, with last departure at 2:00p. The drive is approximately 45 minutes. Please note that this service runs on a first-come, first-served basis and is not operated by Seabourn. Tapachula, located near the Guatemalan border, is a vibrant city where Mexican and Central American cultures blend.

FOOD & DRINK

The Restaurant, Deck 4 Dinner	6:00p - 9:00p
The Colonnade, Deck 8 Breakfast Lunch, Stir Fry Dinner, Spanish	7:15a - 10:00a 12:00n - 2:00p 6:00p - 9:00p
Solis, Deck 8 Dinner <i>Please note: Solis is by reservation only</i>	6:00p - 9:00p
The Patio, Deck 8 Breakfast Lunch, Satay Earth & Ocean	8:30a - 10:00a 1:00p - 4:00p 7:00p - 9:00p
Seabourn Square, Deck 7 Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10 Early Morning Risers Evening Bar	6:00a - 8:00a 5:30p - Midnight
Sky Bar, Deck 9	12:00n - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5 Sushi	6:00p - Close 6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Boutique The Collection	4:30p - 10:00p 4:30p - 10:00p
The Spa and Wellness, Deck 9 with Dr. Andrew Weil	8:00a - 10:00p
Fitness Center, Deck 9 For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	6:00a - 10:00p
Future Cruise Consultant, Deck 7 Book Onboard & Save Up to 5%	9:00a - 11:00a 4:00p - 6:00p
Casino, Deck 5 Slots Tables	4:30p - Close 6:00p - Close
Medical Center, Deck 3 Forward Please call 4314 during clinic hours to schedule an appointment. Clinic Hours:	8:00a - 10:00a 4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

BOAT BUILDING SUPPLIES

In consideration to fellow guests, we respectfully request that any boat building supplies no longer needed be kindly returned to the Seabourn Square for the benefit of other guests participating in the competition. Thank you for your understanding.

LET'S GET SOCIAL!

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@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

7:00a	Stretch & Release Class Motion Studio, Deck 9
10:00a	TEAM MEMBER SAFETY DRILL Please note there will be a team member safety drill this morning at 10:00a. No guest participation is required. Alarms will be sounded for exercise purposes only. Please note that guest services will be suspended during this exercise and elevators will be temporarily out of service during the drill.
10:00a	Massage Taster Spa & Wellness, Deck 9
10:00a	Mahjong Players Meet (unhosted; also at 2:00p) Card Room Annex, Deck 7
10:00a	Deck Sports Available Join fellow guests for an unhosted game of Golf, Table Tennis or Shuffleboard (until 6:00p) The Retreat, Deck 11
2:00p	Social Bridge Play Card Room, Deck 7 (unhosted)
2:00p	Spa Seminar: How to Increase Your Metabolism Spa & Wellness, Deck 9
3:00p	Wellness Seminar: Chinese Herbal Formulas for Health Spa & Wellness, Deck 9
3:30p	Baggo Prize Game Poolside, Deck 8
3:45p	Live Music Sailaway with The Quest Trio Poolside, Deck 8
4:00p	Wellness Seminar: Relieving Back Pain with Good Feet Spa & Wellness, Deck 9
5:00p	Port Briefing: Huatulco With Destination Services Manager, Jason Grand Salon, Deck 6
6:00p	SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "EXPLORING THE AGE OF DISCOVERY" Grand Salon, Deck 6
6:15p	Classic Cocktails & Piano Melodies with Amandah (until 8:00p, with break) Observation Bar, Deck 10
6:30p	Sushi & Live Music with Lanie & The Band The Club, Deck 5 (until 7:30p)
8:30p	Mid-Evening Moods with Lanie & The Band (until 9:15p) The Club, Deck 5
9:30p	SHOWTIME TONIGHT: RALPH HARRIS Grand Salon, Deck 6
9:30p	Amandah's Piano Bar (until midnight with breaks) Observation Bar, Deck 10
10:15p	Post Show Party with The Quest Trio The Club, Deck 5 (until 11:00p)
11:00p	Boogie Down with Lanie & The Band followed by The Quest Trio The Club, Deck 5 (until late)

PORT INFORMATION

SHIP'S AGENT

Coordinacion Maritima Y
Turistica SA de CV
Ignacio Allende # 1025
Col. Centro, La Paz, Baja California Sur
Email: ceo@comatur.com
Mobile: +52 61 223 6600 # 1340

AUSTRALIAN EMBASSY

Rubén Darío 55, Polanco,
Polanco V Secc, Miguel Hidalgo,
11560 Ciudad de México,
Phone: +52 55 1101 2200

US EMBASSY

Av. P.º de la Reforma 305,
Cuauhtémoc, 06500 Ciudad
de México, CDMX, Mexico
Phone: +52 55 5080 2000

CANADIAN EMBASSY

Calle Schiller No. 529,
Colonia Polanco, 11580
México, D.F., México
Phone: +52 55 5724 7900



SEABOURN®

THE HERALD

THURSDAY, NOVEMBER 21, 2024

HUATULCO, MEXICO

WEATHER

PARTLY CLOUDY

87°F / 31°C

WIND 8mph / 13kmh

SUNRISE: 6:28a

SUNSET: 5:50p

IN PORT

HUATULCO, MEXICO

Arrival: 9:00a

All Aboard: 5:30p

Gangway Location: Deck 4 Starboard Side (subject to change)

The nine glistening bays of Huatulco were virtually unknown outside the state of Oaxaca until the first coastal highway was completed in 1982. Now part of Mexico's 'Master Plan' to develop certain coastal areas into premium resorts, Huatulco may one day rival Acapulco and Cancun in the competition to attract tourists from around the world. The pleasing subtropical climate, fine golden sand beaches and warm waters certainly won't disappoint.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SHOWTIME TONIGHT:

AIMÉE LAKE in SPOTLIGHT MOMENTS

Join Aimée Lake tonight for Spotlight Moments, an unforgettable evening filled with timeless songs from cinema, Broadway, and beyond. With classics from musical theatre and memorable film melodies, Aimée brings each piece to life with warmth and passion. This is a showcase of beloved music that's sure to captivate and inspire.

9:30p GRAND SALON, DECK 6

ABOUT AIMÉE LAKE:

Aimée is thrilled to have joined Seabourn Quest as Cruise Director, where she oversees the entertainment program to ensure an unforgettable experience for all Seabourn guests. Her passion for travel, love of the performing arts, and dedication to the Seabourn family motivate her to provide excellent service. Originally from Shropshire, England, Aimée graduated in London with a BA (Hons) in Musical Theatre from Mountview Academy in 2013. During her studies, she received a BBC Performing Arts Award funded by Lord Andrew Lloyd Webber. Since then, Aimée has built an impressive career in performing and directing. Highlights have included cabaret and concert performances such as 'A West End Christmas'. Aimée has previously served as Cruise Director for Silversea and was also a lead vocalist for both Silversea and Regent. During her time, Aimée has been fortunate to visit over one hundred countries on all seven continents. Aimée is excited to bring her wealth of knowledge, experience, and passion to Seabourn to provide a fantastic entertainment journey for everyone on board.

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PIER SHUTTLE: The port of Huatulco offers two electric carts as a pier shuttle service to cover the distance from the gangway into town, which is approximately 450 meters / 0.3 miles. Each cart can carry up to two passengers and charges \$3 USD per trip, each way.

PORT INFORMATION

SHIP'S AGENT

Turismo Nautico SA de CV
126 Altos
Santa Cruz, Huatulco
Oaxaca, MX
Email: martin@tnhux.com
Mobile: +52 1 587 6072

AUSTRALIAN EMBASSY

Rubén Darío 55, Polanco,
Polanco V Secc, Miguel Hidalgo,
11560 Ciudad de México,
CDMX, Mexico
Phone: +52 55 1101 2200

US EMBASSY

Av. P.º de la Reforma 305,
Cuauhtémoc, 06500 Ciudad
de México, CDMX, Mexico
Phone: +52 55 5080 2000

CANADIAN EMBASSY

Calle Schiller No. 529,
Colonia Polanco, 11580
México, D.F., México
Phone: +52 55 5724 7900

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 7:30a - 10:00a
Lunch, Fajitas/Mexican 11:45a - 2:00p
Dinner, Thai 6:00p - 9:00p

Solis, Deck 8

Dinner 6:00p - 9:00p
Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, Sausages 1:00p - 4:00p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Evening Bar 5:30p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p

Patio Bar, Deck 8

10:00a - 10:00p

The Club, Deck 5

Sushi 6:00p - Close
6:00p - 9:00p

Room Service

24 Hours

SERVICES

The Boutique

The Collection 6:30p - 10:00p
6:30p - 10:00p

The Spa and Wellness, Deck 9

with Dr. Andrew Weil 8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

9:00a - 11:00a
Book Onboard & Save Up to 5% 4:00p - 6:00p

Casino, Deck 5

Slots 6:30p - Close
Tables 6:30p - Close

Medical Center, Deck 3 Forward

Please call 4314 during clinic hours to schedule an appointment.

Clinic Hours: 8:00a - 10:00a
4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

BRIDGE TOUR SIGN UP

Guests interested in visiting the Navigational Bridge are kindly asked to contact Guest Services by dialing 9 or stopping by the Seabourn Square to be added to the list. Limited space is available; first come, first served. Thank you.

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We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

7:00a Yoga - Signature Flow

Motion Studio, Deck 9

8:00a Morning Stretch

Motion Studio, Deck 9

10:00a Mahjong Players Meet (unhosted; also at 2:00p)

Card Room Annex, Deck 7

10:00a Deck Sports Available

Join fellow guests for an unhosted game of Golf, Table Tennis or Shuffleboard (until 6:00p)
The Retreat, Deck 11

2:00p Social Bridge Play

Card Room, Deck 7 (unhosted)

3:00p Acupuncture Walk-In Clinic

Spa & Wellness, Deck 9

5:00p Golf Prize Game

The Retreat, Deck 11

6:00p SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN - "HELL ROARING" MIKE - WHAT A STORY!"

Captain Michael Healy served in what became the U.S. Coast Guard. He bravely saved lives and imposed law and order, especially in Alaska after its purchase from Russia. And at sea or ashore, he was also "hell roaring" Mike.
Grand Salon, Deck 6

6:15p Classic Cocktails & Piano Melodies with Amandah

(until 8:00p, with break)
Observation Bar, Deck 10

6:30p Sushi & Live Music with The Quest Trio

The Club, Deck 5 (until 7:30p)

8:30p Mid-Evening Moods with The Quest Trio

(until 9:15p)
The Club, Deck 5

9:30p SHOWTIME TONIGHT: AIMÉE LAKE in SPOTLIGHT MOMENTS

Grand Salon, Deck 6

9:30p Amandah's Piano Bar

(until midnight with breaks)
Observation Bar, Deck 10

10:15p Post Show Party with The Quest Trio

The Club, Deck 5 (until 11:00p)

11:00p Boogie Down with Lanie & The Band followed by The Quest Trio

The Club, Deck 5 (until late)

PREMIUM SPIRITS AND SMOKES

You are cordially invited to participate in our exclusive "Premium Spirits and Smokes" featuring a premium select. This signature event can be accommodated by signing up with any of our Bar staff or by approaching the bartender in the 'The Club' located on Deck 5 Aft. Our expert Bar team will guide you through this premium bar experience.

BOAT BUILDING SUPPLIES

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SEABOURN®

THE HERALD

FRIDAY, NOVEMBER 22, 2024

AT SEA (PACIFIC OCEAN)

WEATHER

THUNDERY SHOWERS

81°F / 27°C

WIND 14mph / 22kmh

SUNRISE: 6:43a SUNSET: 6:09p

THE PACIFIC OCEAN

In the early 16th century, Spanish explorer Vasco Núñez de Balboa crossed the Isthmus of Panama in 1513 and sighted the great "Southern Sea" which he named Mar del Sur. Afterwards, the ocean's current name was coined by Portuguese explorer Ferdinand Magellan during the Spanish circumnavigation of the world in 1521, as he encountered favorable winds on reaching the ocean. He called it Mar Pacífico, which in both Portuguese and Spanish means 'peaceful sea'. The Pacific Ocean is the largest and deepest of Earth's five oceanic divisions. It extends from the Arctic Ocean in the north to, to Antarctica in the south, and is bounded by the continents of Asia and Oceania in the west and the Americas in the east. At 165,250,000 square kilometers in area, this largest division of the World Ocean and the hydrosphere covers about 46 percent of Earth's water surface and about 32 percent of its total surface area, larger than Earth's entire land area combined. The centers of both the Water Hemisphere and the Western Hemisphere, as well as the oceanic pole of inaccessibility are in the Pacific Ocean.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

PRE-DINNER ENTERTAINMENT:

LIARS CLUB

Join your Cruise Director Aimée in the Grand Salon as she hosts 'Liars Club'. A fun team game where you must decide who from our prestigious panel is telling the truth, and who is telling a lie. Join us for some belly laughs and deceitful story telling...

6:00p GRAND SALON, DECK 6

SHOWTIME TONIGHT:

EARTH SONG

Immersive visuals bring the elements and nature to life in a unique and emotive production featuring THE SEABOURN SIX. Scenes include a mesmerizing performance of Desert Rose, music from Coldplay and the show's title song Earth Song, featuring fascinating graphic design.

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS

GEMOLOGY SERIES: WHITE DIAMONDS

Join us for this enrichment series, featuring classic white diamonds.

10:45a THE CLUB, DECK 5

SEABOURN CONVERSATIONS PRESENT: TERRY BREEN "DECIPHERING THE MAYA HIEROGLYPHIC CODE"

The Maya were prolific writers; they wrote on everything. Though their extensive libraries are gone, their history and stories live on in the writing left on buildings, pottery, and stelae. Join Terry to learn how the Maya hieroglyphic code was cracked and what the Maya have to tell us. Something special awaits those who attend.

11:00a GRAND SALON, DECK 6

FUN & FRIENDLY TEAM TRIVIA WITH AIMÉE & CECI

12:00n THE CLUB, DECK 5

BLACKJACK TOURNAMENT

Qualifying rounds between 1:45p – 2:30p, followed by Grand Finale at 2:45p. \$25 entry fee.

1:45p CASINO, DECK 5

SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE "AGAVE, CHOCOLATE AND BATS"

At night, one of the most amazing Neotropical animals come alive and thanks to them we can enjoy some amazing products. Bats have been part of our culture for thousands of years and they play a fascinating role in ecology. Let's give them a chance and learn more about them!

2:30p GRAND SALON, DECK 6

BIRTHSTONES COLORING WORKSHOP

Join us for a fun coloring workshop and learn all about your birthstone!

4:15p CARD ROOM, DECK 7

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 8:00a - 10:30a
Lunch, Satay 12:00n - 2:00p
Dinner, Pacific 6:00p - 9:00p

Solis, Deck 8

Dinner 6:00p - 9:00p
Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, Panini 12:30p - 3:30p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Afternoon Tea 4:00p - 5:00p
Evening Bar 5:30p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p

Patio Bar, Deck 8

10:00a - 10:00p

The Club, Deck 5

Sushi 6:00p - Close
6:00p - 9:00p

Room Service

24 Hours

SERVICES

The Boutique, Deck 7

10:00a - 10:00p

The Collection, Deck 7

10:00a - 10:00p

The Spa and Wellness, Deck 9

with Dr. Andrew Weil, 8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

Book onboard to save up to 5% 9:00a - 12:00n
3:00p - 6:00p

Casino, Deck 5

Slots All Day
Tables 1:30p - 5:00p
6:00p - Close

Medical Center, Deck 3 Forward

By Appointment Only. Please call 4314 to schedule.

Clinic Hours:

9:00a - 11:00a
4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

BOARD GAMES

In consideration to fellow guests, we respectfully request that any board games borrowed from public areas be kindly returned within 24 hours for the enjoyment of others. Thank you for your understanding.

SEABOURN QUEST FUN FAIR

On November 25th, the Seabourn Quest team will host an exciting lineup of themed games for all guests to enjoy on the pool deck! Seabourn prizes will be awarded to the winners of each station after the event concludes. So, roll up, roll up, and get ready for a morning of fun and entertainment!

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

- 10:00a Picture An Old Tree**
with TV Artist, Marilyn Allis (also offered at 2:00p)
Picture an old tree, some wildlife... capturing texture in a simplistic and off-the-beaten-track way. All abilities welcome.
The Restaurant, Deck 4 (left back corner as you enter)
- 10:00a Complimentary Puffy Eye Treatment**
Followed by 5-Minute Makeover
Spa & Wellness, Deck 9
- 10:00a Deck Sports Available**
The Retreat, Deck 11
- 10:00a Beginners Bridge with Paul**
Card Room, Deck 7 (continues each sea day)
- 10:00a Mahjong Players Meet** (unhosted, also at 2:00p)
Card Room Annex, Deck 7
- 10:15a Shuffleboard Prize Game**
The Retreat, Deck 11
- 10:45a Gemology Series: White Diamonds**
The Club, Deck 5
- 11:00a SEABOURN CONVERSATIONS PRESENT: TERRY BREEN**
"DECIPHERING THE MAYA HIEROGLYPHIC CODE"
Grand Salon, Deck 6
- 11:00a Bridge Lessons with Paul – Intermediate**
Plus Today's Topic: End Plays
Card Room, Deck 7
- 11:00a Wellness Seminar: Walking in Comfort**
With Complimentary Postural Analysis
Spa & Wellness, Deck 9
- 12:00n FUN & FRIENDLY TEAM TRIVIA WITH AIMÉE & CECI**
The Club, Deck 5
- 1:00p Ladies Pamper Party & Complimentary Puffy Eye Treatment**
Spa & Wellness, Deck 9
- 1:45p Blackjack Tournament**
Casino, Deck 5
- 2:00p Duplicate Bridge with Paul**
Card Room, Deck 7 (partners provided)
- 2:30p SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE**
"AGAVE, CHOCOLATE AND BATS"
Grand Salon, Deck 6
- 3:00p Wellness Seminar:**
Relieve Back, Neck and Shoulder Pain Naturally
Spa & Wellness, Deck 9
- 3:30p Baggo Prize Game**
Poolside, Deck 8
- 4:00p Wellness Seminar: Detox for Health and Weight Loss**
Spa & Wellness, Deck 9
- 4:00p Afternoon Tea & Melodies**
Observation Lounge, Deck 10
- 4:00p Stitch & Knit** (unhosted; bring your own)
Observation Lounge, Deck 10
- 4:15p Birthstones Coloring Workshop**
Card Room, Deck 7
- 6:00p PRE-DINNER ENTERTAINMENT: LIARS CLUB**
Grand Salon, Deck 6
- 6:00p Sabbath Service** (unhosted)
Card Room, Deck 7
- 6:15p Classic Cocktails & Piano Melodies with Amandah**
(until 8:00p, with break)
Observation Bar, Deck 10
- 6:30p Sushi and Live Music with The Band** (until 7:30p)
The Club, Deck 5
- 8:30p Mid-Evening Moods with The Quest Trio**
The Club, Deck 5 (until 9:15p)
- 9:30p Amandah's Piano Bar** (until midnight, with breaks)
Observation Bar, Deck 10
- 9:30p SHOWTIME TONIGHT: EARTH SONG**
Featuring The Seabourn Six
Grand Salon, Deck 6
- 10:15p Post Show Party with The Quest Trio**
The Club, Deck 5 (until 11:00p)
- 11:00p Boogie Down with Lanie & The Band**
Followed by The Quest Trio
The Club, Deck 5 (until late)

This is your moment.



SEABOURN®

THE HERALD

SATURDAY, NOVEMBER 23, 2024

AT SEA

WEATHER MOSTLY SUNNY
INTRODUCING EXECUTIVE CHEF...

81°F / 27°C

WIND 10mph / 16kmh

SUNRISE: 7:10a SUNSET: 6:23p

CHRISTOPHE BELIN

Christophe Paul Belin was born in "Bretagne", France at the end of the 60's. He grew up in the kitchen of one of his great uncles and from the tender age of 3 was already passionate about food! Having a mother and grandmother with a passion for cooking, his path was all traced and he started Culinary School in Dinard in 1984. Receiving a diploma in Culinary Arts in 1986, Christophe moved across the channel and started his career at the Chesterfield Hotel in Mayfair, London. During his 12 years spent in the UK, Christophe participated in the opening of two 5 stars hotels as well as gaining culinary experience at the 3 Michelin Star Restaurant "The Waterside Inn" under the guidance of Michel Roux himself. Maybe it was the fact that his father was a seaman for more than 30 years that pushed him to join the cruise industry in 1998? In any case, Christophe joined Celebrity Cruises, becoming Executive Chef in 2001. After almost 10 years, Christophe was brought to the Oceania Cruise team as Senior Executive Chef and subsequently Corporate Chef. Following a couple of years with a River Cruise line as Corporate Chef for the French region, Christophe was with Pullmantur Cruises as Corporate and Culinary Development Chef. Following the demise of that company during the pandemic, Christophe was contemplating retiring from his life at sea, but Seabourn managed to lure him back to the ocean. When not at sea, Christophe spends time at home, which is in Manila, Philippines, with his wife and the last of his children still at home.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

PRE-DINNER SHOW:

JOHN LENAHAAN

Star of BBC Television's *Secrets of Magic*. Come see what makes John's comedy and magic so special.

6:00p GRAND SALON, DECK 6

EVENING SHOW:

RALPH HARRIS

A Top 5 finalist on NBC's *Last Comic Standing*, Ralph Harris had starring roles in the movies *Dreamgirls* and *Evan Almighty*. Join him this evening for more belly laughs!

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS

LIVE COOKING DEMONSTRATION

Join Executive Chef Christophe in the Grand Salon as he shows you how to prepare authentic lobster and mushroom risottos to impress your friends and family back home!

9:45a GRAND SALON, DECK 6

SWAROVSKI OPTICS SHOWCASE

Top tips on how to use Swarovski binoculars equipped with high-quality crystal.

10:30a THE BOUTIQUE, DECK 7

SEABOURN CONVERSATIONS PRESENT: TERRY BREEN "BEYOND STARBUCKS"

Like the song says, there is a whole lot of coffee in Brazil, and Mexico, and Guatemala, and Costa Rica, and Colombia! Join Terry for an overview of the second largest traded commodity in the world including a few insider's secrets and tasting of some very special coffees from throughout our itinerary.

11:00a GRAND SALON, DECK 6

GUESTS vs OFFICERS TEAM TRIVIA

12:00n THE CLUB, DECK 5

SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "EXPLORING OUR UNDERWATER WORLD"

Impressive archaeological discoveries followed the invention and development of SCUBA. Advances in diving technology allowed important underwater discoveries that have rewritten our understanding of the past.

2:30p GRAND SALON, DECK 6

BOAT BUILDING SEA TRIALS

Calling all sailors! Your Sea Trials will take place today! Each boat will be marked on engineering, design, and seaworthiness. Does your vessel have what it takes to win? Join our panel of esteemed judges to find out! Spectators welcome to cheer on your fellow guests and their creations... May the best boat win!

3:00p POOLSIDE, DECK 8

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 8:00a - 10:30a
Lunch, Greek/Kebab 12:00n - 2:00p
Dinner, Singaporean 6:00p - 9:00p

Solis, Deck 8

Dinner 6:00p - 9:00p

Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, Wraps 12:30p - 3:30p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Afternoon Tea 4:00p - 5:00p
Evening Bar 5:30p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p

Patio Bar, Deck 8

10:00a - 10:00p

The Club, Deck 5

Sushi 6:00p - Close
6:00p - 9:00p

Room Service

24 Hours

SERVICES

The Boutique, Deck 7

10:00a - 10:00p

The Collection, Deck 7

10:00a - 10:00p

The Spa and Wellness, Deck 9

with Dr. Andrew Weil, 8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

Book onboard to save up to 5% 9:00a - 12:00n
3:00p - 6:00p

Casino, Deck 5

Slots All Day
Tables 1:30p - 5:00p
6:00p - Close

Medical Center, Deck 3 Forward

By Appointment Only. Please call 4314 to schedule.
Clinic Hours: 9:00a - 11:00a
4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

NCAA COLLEGE FOOTBALL

9:00a Big Noon Kickoff
11:00a (5) Indiana at (2) Ohio St.
2:30p (16) Colorado at Kansas
6:00p FOX College Football Extra
6:30p (22) Iowa St. at Utah
(Rankings AP; times ET. In-Suite TV PrimeOne, Channel 14)

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

9:45a LIVE COOKING DEMONSTRATION

Grand Salon, Deck 6

10:00a The Tide Is Out

with TV Artist, Marilyn Allis (also offered at 2:00p)
big washes, big brush and lots of atmosphere. Create an estuary feel-good painting. All abilities welcome.
The Restaurant, Deck 4 (left back corner as you enter)

10:00a Deck Sports Available

The Retreat, Deck 11

10:00a Beginners Bridge with Paul

Card Room, Deck 7 (continues each sea day)

10:00a Mahjong Players Meet (unhosted, also at 2:00p)

Card Room Annex, Deck 7

10:15a Golf Prize Game

The Retreat, Deck 11

10:30a Swarovski Optics Showcase

The Boutique, Deck 7

11:00a SEABOURN CONVERSATIONS PRESENT: TERRY BREEN

"BEYOND STARBUCKS"
Grand Salon, Deck 6

11:00a Bridge Lessons with Paul - Intermediate

Plus Today's Topic: End Plays

Card Room, Deck 7

11:00a Complimentary Puffy Eye Treatment

Followed by 5 Minutes Makeover

Spa & Wellness, Deck 9

12:00n GUESTS vs OFFICERS TEAM TRIVIA

The Club, Deck 5

12:30p Live Music on Deck

Poolside, Deck 8

2:00p Spa Seminar: Secrets to a Flatter Stomach

Spa & Wellness, Deck 9

2:00p Duplicate Bridge with Paul

Card Room, Deck 7 (partners provided)

2:30p SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN

"EXPLORING OUR UNDERWATER WORLD"

Grand Salon, Deck 6

3:00p Boat Building Sea Trials

Poolside, Deck 8

3:00p Acupuncture Walk-In Clinic

Spa & Wellness, Deck 9

3:30p Shuffleboard Prize Game

The Retreat, Deck 11

4:00p Wellness Seminar: Improving Posture with Good Feet

Spa & Wellness, Deck 9

4:00p Afternoon Tea & Melodies

Observation Lounge, Deck 10

4:00p Stitch & Knit (unhosted; bring your own)

Observation Lounge, Deck 10

4:00p Port Briefing: Cabo San Lucas

With Destination Services Manager, Jason

Grand Salon, Deck 6

5:00p Abs Class

Motion Studio, Deck 9

6:00p PRE-DINNER SHOW: JOHN LENAHA

Grand Salon, Deck 6

6:15p Classic Cocktails & Piano Melodies with Amandah

(until 8:00p, with break)

Observation Bar, Deck 10

6:30p Sushi and Live Music with The Quest Trio (until 7:30p)

The Club, Deck 5

8:30p Mid-Evening Moods with The Quest Trio

The Club, Deck 5 (until 9:15p)

9:30p Amandah's Piano Bar (until midnight, with breaks)

Observation Bar, Deck 10

9:30p EVENING SHOW: RALPH HARRIS

Grand Salon, Deck 6

10:15p Post Show Party with Lanie & The Band

The Club, Deck 5 (until 11:00p)

11:00p Boogie Down with The Quest Trio

Followed by Lanie & The Band

The Club, Deck 5 (until late)

This is your moment.



SEABOURN

THE HERALD

SUNDAY, NOVEMBER 24, 2024

CABO SAN LUCAS, MEXICO

WEATHER

PARTLY CLOUDY

82°F / 28°C

WIND 15mph / 24kmh

SUNRISE: 6:38a

SUNSET: 5:33p

ANCHORED

CABO SAN LUCAS, MEXICO

Arrival: 8:00a

Last Tender: 4:30p

Tender Platform: Deck 3 Aft

Cabo San Lucas is ideally located where the Mexican desert collides with the confluence of the Pacific Ocean and the Sea of Cortez, producing postcard perfect views. Once a hideout for pirates and a tranquil fishing village, Cabo is located at the southernmost tip of the magnificent Baja peninsula and is blessed with what many describe as the perfect climate. Long a favorite for anglers out to land the "big one," Cabo San Lucas has great beaches, unlimited shopping options, restaurants and cantinas, and a variety of hotels and resorts. Cabo is also known for El Arco, a magnificent natural rock formation at Land's End and Playa Medano, Cabo San Lucas' long white sand beach.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

PRE-DINNER ENTERTAINMENT:

JOHN LENAHA TEACHES MAGIC

Come learn a few tricks of the trade to impress your friends!

6:00p GRAND SALON, DECK 6

EVENING ENTERTAINMENT:

LET'S DANCE!

Let's get the party started with The Quest Trio at 8:45p! Then, put on your dancing shoes and join us for an evening of music and dancing. High energy hits performed by Lanie & The Band will keep the dance floor buzzing, with special features from the Seabourn Six and your Cruise Director Aimée!

9:30p POOLSIDE, DECK 8 (until 10:45p)

TENDER SERVICE: Guests wishing to go ashore today will do so by embarking the ship's tender boats. Please always follow the instructions of the crew. Please remain seated while the tender is moving. Kindly note that smoking is not permitted at any time in the tenders. Tenders will be operating on a continuous basis. Guests on tour should consult their e-tickets in the Seabourn Source App for a confirmed tour meeting time and location.

PHOTO IDENTIFICATION: Whenever going ashore, all guests are required to carry a valid government-issued photo ID (hard copy, not digital) which may need to be presented at security checkpoints. These security measures are in the best interest of all concerned and we appreciate your cooperation.

SAFETY AND SECURITY NOTICE: Seabourn Cruise Line regularly communicates with various government agencies and officials to ensure you have a safe and enjoyable vacation experience. Unfortunately, terrorism, crime and civil unrest are a potential concern in many countries. Therefore, we encourage you to remain alert to muggers, pickpockets, scam artists, and purse-snatchers on the street, in hotel lobbies, at bus and train stations, and in cruise ship ports. Avoid wearing valuable jewelry and separate money for purchases to keep from displaying a large amount of cash. Do not accept rides from unofficial taxis, and check for certification and proper licenses. Do not leave drinks unattended when in bars or restaurants. Do not travel in rural or deserted roads and areas and keep clear of any gathering crowds. International travel is exciting and memorable, and we want your time ashore to be safe and secure. If you have any questions or concerns, simply contact Guest Services, and ask to speak with the Security Officer or a member of the Security Team.

PORT INFORMATION

SHIP'S AGENT

Coordinacion Maritima Y
Turistica SA de CV
Ignacio Allende # 1025
Col. Centro, La Paz, Baja California Sur
Email: ceo@comatur.com
Mobile: +52 61 223 6600 # 1340

AUSTRALIAN EMBASSY

Rubén Darío 55, Polanco,
Polanco V Secc, Miguel Hidalgo,
11560 Ciudad de México,
CDMX, Mexico
Phone: +52 55 1101 2200

US EMBASSY

Av. P.º de la Reforma 305,
Cuauhtémoc, 06500 Ciudad
de México, CDMX, Mexico
Phone: +52 55 5080 2000

CANADIAN EMBASSY

Calle Schiller No. 529,
Colonia Polanco, 11580
México, D.F., México
Phone: +52 55 5724 7900

FOOD & DRINK

The Restaurant, Deck 4	
Dinner	6:00p - 9:00p
The Colonnade, Deck 8	
Breakfast	7:30a - 10:00a
Lunch, Tapas/Spanish	12:00n - 2:00p
Dinner, Vietnamese	6:00p - 9:00p
Solis, Deck 8	
Dinner	6:00p - 9:00p
<i>Please note: Solis is by reservation only</i>	
The Patio, Deck 8	
Breakfast	8:30a - 10:00a
Lunch, Al Fresco	1:00p - 4:00p
Earth & Ocean	7:00p - 9:00p
Seabourn Square, Deck 7	
Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10	
Early Morning Risers	6:00a - 8:00a
Evening Bar	5:30p - Midnight
Sky Bar, Deck 9	
	12:00n - 6:30p
	9:00p - 11:00p
Patio Bar, Deck 8	
	10:00a - 11:00p
The Club, Deck 5	
Sushi	6:00p - Close
	6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Boutique	5:30p - 10:00p
The Collection	5:30p - 10:00p
The Spa and Wellness, Deck 9	
	8:00a - 10:00p
Fitness Center, Deck 9	6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	
Future Cruise Consultant, Deck 7	9:00a - 11:00a
Book Onboard & Save Up to 5%	4:00p - 6:00p
Casino, Deck 5	
Slots	6:00p - Close
Tables	6:00p - Close
Medical Center, Deck 3 Forward	
Please call 4314 during clinic hours to schedule an appointment.	
Clinic Hours:	8:00a - 10:00a
	4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

UPC NETWORK MAINTENANCE

Kindly note that Wi-Fi coverage will be interrupted today, November 24th, on decks 4, 5 and 6, between approximately 10:00a and 11:00a, while the ship undergoes planned UPC network maintenance. We thank you for your understanding and apologize for any inconvenience.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us



@SeabournCruise (X and Instagram)
 @SeabournCruise (Facebook)
 #Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

9:00a	Interdenominational Church Service (unhosted) Card Room, Deck 7
10:00a	Mahjong Players Meet (unhosted; also at 2:00p) Card Room Annex, Deck 7
10:00a	Deck Sports Available Join fellow guests for an unhosted game of Golf, Table Tennis or Shuffleboard (until 6:00p) The Retreat, Deck 11
11:00a	Complimentary Puffy Eye Treatment followed by 5-Minute Makeover Spa & Wellness, Deck 9
2:00p	Social Bridge Play Card Room, Deck 7 (unhosted)
2:00p	Massage Taster Spa & Wellness, Deck 9
4:00p	Wellness Seminar: Improving Posture with Good Feet Spa & Wellness, Deck 9
4:30p	Baggo Prize Game Poolside, Deck 8
5:00p	Abs Class Motion Studio, Deck 9
5:45p	Evening Stretch Motion Studio, Deck 9
6:00p	JOHN LENAHA TEACHES MAGIC Come learn a few tricks of the trade to impress your friends! Grand Salon, Deck 6
6:15p	Classic Cocktails and Piano Melodies with Amandah Observation Lounge (until 8:00p, with break)
6:30p	Sushi and Live Music with The Quest Trio (until 7:30p) The Club, Deck 5
8:30p	POPCORN MOVIE: OPPENHEIMER (3 hours) The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. Grand Salon, Deck 6
8:45p	Let's Get The Party Started with The Quest Trio Poolside, Deck 8
9:30p	Amandah's Piano Bar (until midnight, with breaks) Observation Bar, Deck 10
9:30p	EVENING ENTERTAINMENT: LET'S DANCE PARTY Poolside, Deck 8 (until 10:45p)
10:45p	After Party with The Quest Trio The Club, Deck 5 (until late)

TIME CHANGE NOTIFICATION

Please remember to set your clocks and devices 1 HOUR BACK before retiring on the evening of Saturday, November 23rd and before the morning of Sunday, November 24th. All guests are advised to switch their mobile devices to Manual Date & Time, rather than automatic, to avoid confusion as we cross through different time zones.

This is your moment.



SEABOURN®

THE HERALD

MONDAY, NOVEMBER 25, 2024

AT SEA (PACIFIC OCEAN)

WEATHER

MOSTLY SUNNY

65°F / 18°C WIND 15mph / 24kmh

SUNRISE: 6:52a SUNSET: 5:44p

INTRODUCING SENIOR DOCTOR...

DR. RALTON AUGUST, MBChB

Hailing from Kimberley, South Africa, Dr. Ralton August brings over a decade of expertise to our ship's medical team. He earned his Bachelor of Medicine and Bachelor of Surgery degrees at the University of Stellenbosch in 2009, before joining the company in 2014. He practiced Emergency Medicine in the city of Cape Town, where he now resides. On board, he ensures the health and well-being of our guests and crew. When not travelling at sea, he enjoys spending quality time with his family and friends. A passionate musician, he particularly loves playing the trumpet, bringing harmony both on and off duty. Please be sure to say hello if you see him around the ship!

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

PRE-DINNER SHOW:

JOHN LENAHA

John is back in an all-new show featuring his unique blend of comedy and magic!

6:00p GRAND SALON, DECK 6

EVENING SHOW:

SKYLINE

FEATURING THE SEABOURN SIX

SKYLINE takes us on a captivating journey to some of the world's most iconic skylines. From Billy Joel's New York to Frank Sinatra's Chicago - from the passion of Rio to the elegance of London.

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS

THE QUEST FUN FAIR

Today, the Seabourn Quest team will host an exciting lineup of themed games for all guests to enjoy on the pool deck! Seabourn prizes will be awarded to the winners of each station after the event concludes. So, roll up, roll up, and get ready for a morning of fun and entertainment!

10:30a POOLSIDE, DECK 8

SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE "BIRDS OF THE TROPICAL PACIFIC OCEAN"

In one of the largest bodies of water on earth leaves an unbelievable group of birds, with adaptations that are prehistoric these birds use techniques that are hard to believe. Join us to unveil this stunning group.

11:00a GRAND SALON, DECK 6

FUN & FRIENDLY TEAM TRIVIA WITH AIMÉE & CECI

12:00n THE CLUB, DECK 5

BLACKJACK TOURNAMENT

Qualifying rounds between 1:45p - 2:30p, followed by Grand Finale at 2:45p. \$25 entry fee.

1:45p CASINO, DECK 5

GEMOLOGY SERIES: TANZANITE - NAHLA SIRI

Nahla Siri is finally here! Known as the "traveler's gem", Tanzanite has become a cruise favorite, due to its captivating colors. The Nahla Siri Tanzanite collection combines design, quality, craftsmanship and great savings to give you the best value for money and peace of mind

2:00p THE CLUB, DECK 5

SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "A WHALE OF A STORY"

The true story of the sinking of a ship by a sperm whale became the inspiration for Herman Melville's famous novel Moby Dick, but recent discoveries by underwater archaeologists help complete the story.

2:30p GRAND SALON, DECK 6

FOOD & DRINK

The Restaurant, Deck 4

Dinner 6:00p - 9:00p

The Colonnade, Deck 8

Breakfast 8:00a - 10:30a
Lunch, French 12:00n - 2:00p
Dinner, Family-Style BBQ Ribs* 6:00p - 9:00p
* by reservation only

Solis, Deck 8

Dinner 6:00p - 9:00p
Please note: Solis is by reservation only

The Patio, Deck 8

Breakfast 8:30a - 10:00a
Lunch, Asian BBQ 12:30p - 3:30p
Earth & Ocean 7:00p - 9:00p

Seabourn Square, Deck 7

Coffee & Snacks 6:15a - 6:00p

Observation Bar, Deck 10

Early Morning Risers 6:00a - 8:00a
Afternoon Tea 4:00p - 5:00p
Evening Bar 5:30p - Midnight

Sky Bar, Deck 9

12:00n - 6:30p

Patio Bar, Deck 8

10:00a - 10:00p

The Club, Deck 5

Sushi 6:00p - Close
6:00p - 9:00p

Room Service

24 Hours

SERVICES

The Boutique, Deck 7

10:00a - 10:00p

The Collection, Deck 7

10:00a - 10:00p

The Spa and Wellness, Deck 9

8:00a - 10:00p

Fitness Center, Deck 9

6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.

Future Cruise Consultant, Deck 7

Book onboard to save up to 5%
9:00a - 12:00n
2:00p - 6:00p

Casino, Deck 5

Slots All Day
Tables 1:30p - 5:00p
6:00p - Close

Medical Center, Deck 3 Forward

By Appointment Only. Please call 4314 to schedule.

Clinic Hours:

9:00a - 11:00a
4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

7:45a Morning Stretch

Motion Studio, Deck 9

10:00a Cabo San Lucas

with TV Artist, Marilyn Allis (also offered at 2:00p)
Head to the most southern point of Mexico's Baja California peninsula and you'll find yourself at Cabo San Lucas. The area's famous for its dramatic arching stone cliffs at Land's End. We will capture the texture and the white waves. All abilities welcome.
The Restaurant, Deck 4 (left back corner as you enter)

10:00a Deck Sports Available

The Retreat, Deck 11

10:00a Beginners Bridge with Paul

Card Room, Deck 7 (continues each sea day)

10:00a Mahjong Players Meet

(unhosted, also at 2:00p)
The Restaurant, Deck 4

10:30a THE QUEST FUN FAIR

Poolside, Deck 8

11:00a SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE

"BIRDS OF THE TROPICAL PACIFIC OCEAN"
Grand Salon, Deck 6

11:00a Bridge Lessons with Paul - Intermediate

Card Room, Deck 7

12:00n FUN & FRIENDLY TEAM TRIVIA WITH AIMÉE & CECI

The Club, Deck 5

1:00p Ladies Pamper Party & Complimentary Puffy Eye Treatment

Spa & Wellness, Deck 9

1:45p Blackjack Tournament

Casino, Deck 5

2:00p Gemology Series: Tanzanite - Nahla Siri

The Club, Deck 5

2:00p Duplicate Bridge with Paul

Card Room, Deck 7 (partners provided)

2:00p Acupuncture Walk-In Clinic

Spa & Wellness, Deck 9

2:30p SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN

"A WHALE OF A STORY"
Grand Salon, Deck 6

3:30p Golf Prize Game

The Retreat, Deck 11

4:00p Live Name That Tune with Aimée & Roy

The Club, Deck 5

4:00p Wellness Seminar: Improving Posture with Good Feet

Spa & Wellness, Deck 9

4:00p Afternoon Tea & Melodies

Observation Lounge, Deck 10

4:00p Stitch & Knit (unhosted; bring your own)

Observation Lounge, Deck 10

5:00p Abs Class

Motion Studio, Deck 9

6:00p PRE-DINNER SHOW: JOHN LENAHA

Grand Salon, Deck 6

6:15p Classic Cocktails & Piano Melodies with Amandah

(until 8:00p, with break)
Observation Bar, Deck 10

6:30p Sushi and Live Music with The Quest Trio (until 7:30p)

The Club, Deck 5

8:30p Gem & Tonic

Cocktail and gem pairing. Mingle and learn about the signature cocktail, "The Jewel of Adventure".
The Collection, Deck 7

8:30p Mid-Evening Moods with The Quest Trio

The Club, Deck 5 (until 9:15p)

9:30p Amandah's Piano Bar (until midnight, with breaks)

Observation Bar, Deck 10

9:30p SHOWTIME TONIGHT: SKYLINE

Featuring The Seabourn Six
Grand Salon, Deck 6

10:15p Post Show Party with The Quest Trio

The Club, Deck 5 (until 11:00p)

11:00p Boogie Down with Lanie & The Band

Followed by The Quest Trio
The Club, Deck 5 (until late)

This is your moment.



SEABOURN®

THE HERALD

TUESDAY, NOVEMBER 26, 2024

AT SEA

WEATHER SUNNY 61°F / 16°C WIND 19mph / 31kmh

SUNRISE: 7:14a SUNSET: 5:46p

INTRODUCING CHIEF ENGINEER...

IVAN BACHVAROV

Graduated from the Bulgarian Naval Academy with Master's degree of Marine Engineering qualification. He began his career at Sea in 1996, Start sailing with the Bulgarian national cargo ship company. Looking for a new challenge, Chief Engineer Ivan switched over to cruise ships industry in 2004 and joined Seabourn in 2009, when Seabourn Odyssey start her journey, where he found his perfect profession, a challenging yet rewarding career where every day is unique. Chief Engineer Ivan Bachvarov and his wife Veneta have been married for 25 years and have two lovely children – a son and a daughter, and they all live together in Burgas, his native city located on the beautiful Bulgarian Black Sea coast.

TONIGHT'S ATTIRE: ELEGANT CASUAL

After 6:00p, the evening dress code is Elegant Casual. In all dining venues, the nightly dress standard for men is slacks with collared dress shirt or sweater and optional jacket. Slacks, skirt, blouse, pant suit or dresses are appropriate for ladies. Elegant jeans are now welcome in all dining venues.

SEABOURN SIGNATURE EVENT:

FAREWELL & TEAM MEMBER SALUTE

Join your Seabourn Quest Officers and fellow guests for this wonderful Seabourn Signature event! Enjoy live music from Lanie & The Band, followed by a very special farewell salute from your Seabourn Quest team members, including performances by Cruise Director, Aimée Lake, and Seabourn Six's Dustin Kerr.

5:30p POOLSIDE, DECK 8

SHOWTIME TONIGHT:

ROY TAN

THE TEN FINGER ORCHESTRA

The majesty of the orchestra translated onto 88 keys, in an intimate evening of music and story with composer/arranger and piano virtuoso Roy Tan, sharing some of his favorite moments and performing music from across various genres. Featuring dazzling improvisation, stunning virtuosity and other surprises, experience Pianism distilled to its essence with everything else stripped away and no safety net.

9:30p GRAND SALON, DECK 6

TODAY'S HIGHLIGHTS:

SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "WHO IS JACQUES COUSTEAU?"

Explore the creative man who introduced the world to the ocean and its creatures through the lens of his underwater camera and voyages of discovery. And there are surprises.

11:00a GRAND SALON, DECK 6

FINAL TEAM TRIVIA WITH AIMÉE & CECI 12:00n THE CLUB, DECK 5

PAINTING EXHIBITION

Come check out the amazing creations painted by fellow guests during this voyage! Everyone's wonderful artwork will be on display from the daily art classes with Artist in Residence, Marilyn Allis.

2:00p SEABOURN SQUARE, DECK 7 (until 3:00p)

SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE "BIRD BRAIN"

Bird brain, on a quest to find out more about birds, this presentation will take us on a journey through the life of birds. Some amazing facts will be revealed during this discussion.

2:30p GRAND SALON, DECK 6

FOOD & DRINK

The Restaurant, Deck 4	
Dinner	6:00p - 9:00p
The Colonnade, Deck 8	
Breakfast	8:00a - 10:30a
Lunch, Skewers	12:00n - 2:00p
Chef's Market Dinner	6:00p - 9:00p
Solis, Deck 8	
Dinner	6:00p - 9:00p
<i>Please note: Solis is by reservation only</i>	
The Patio, Deck 8	
Breakfast	8:30a - 10:00a
Lunch, West Indies	12:30p - 3:30p
Earth & Ocean	7:00p - 9:00p
Seabourn Square, Deck 7	
Coffee & Snacks	6:15a - 6:00p
Observation Bar, Deck 10	
Early Morning Risers	6:00a - 8:00a
Afternoon Tea	4:00p - 5:00p
Evening Bar	5:30p - Midnight
Sky Bar, Deck 9	12:00n - 6:30p
Patio Bar, Deck 8	10:00a - 10:00p
The Club, Deck 5	6:00p - Close
Sushi	6:00p - 9:00p
Room Service	24 Hours

SERVICES

The Boutique, Deck 7	10:00a - 10:00p
The Collection, Deck 7	10:00a - 10:00p
The Spa and Wellness, Deck 9	
	8:00a - 10:00p
Fitness Center, Deck 9	6:00a - 10:00p
For all spa events and classes menu, please refer to The Spa on your Seabourn Source App or contact The Spa reception.	
Future Cruise Consultant, Deck 7	9:00a - 12:00n
Book onboard and save up to 5%	2:00p - 5:30p
Casino, Deck 5	
Slots	All Day
Tables	1:30p - 5:00p
	6:00p - Close

To all our SLOT PLAYERS, please remember to cash out your casino account during opening hours in the Casino, Deck 5, before 11:00p.

Medical Center, Deck 3 Forward
Please call 4314 during clinic hours to schedule an appointment.

Clinic Hours:	9:00a - 11:00a
	4:00p - 6:00p

FOR A MEDICAL EMERGENCY DIAL 911

CUSTOMS & BORDER PROTECTION FACE-TO-FACE IMMIGRATION:
Upon arrival in Long Beach, CA, on November 27th, a face-to-face inspection by US Customs & Border Protection will take place for all guests onboard, in the Cruise Terminal, commencing at approximately 7:00a. **Guests will be called deck by deck** and will be required to present their passport, together with E.S.T.A. or visas if applicable when directed to the CBP officer. Thank you for your cooperation and understanding.

TIME CHANGE NOTIFICATION

Please remember to set your clocks and devices 1 HOUR BACK before retiring on the evening of Tuesday, November 26th and before the morning of Wednesday, November 27th. All guests are advised to switch their mobile devices to Manual Date & Time, rather than automatic, to avoid confusion as we cross through different time zones.

LET'S GET SOCIAL!

We'll be looking out for any content you might post while you're with us so we can engage via our platforms. Feel free to tag us!



@SeabournCruise (X and Instagram)
@SeabournCruise (Facebook)
#Seabourn #SeabournQuest

TODAY'S ONBOARD ACTIVITIES

7:45a	Yoga – Signature Flow Motion Studio, Deck 9
10:00a	Dock Scene with TV Artist, Marilyn Allis A little different paint with a brush and plastic card. Complicated made easy. With this dock scene. All abilities welcome. The Restaurant, Deck 4 (left back corner as you enter)
10:00a	Deck Sports Available (until 6:00p) The Retreat, Deck 11
10:00a	Beginners Bridge with Paul Card Room, Deck 7 (continues each sea day)
10:00a	Mahjong Players Meet (unhosted; also at 2:00p) The Restaurant, Deck 4
10:15a	Shuffleboard Prize Game The Retreat, Deck 11
11:00a	SEABOURN CONVERSATIONS PRESENT: DR. TIM RUNYAN "WHO IS JACQUES COUSTEAU?" Grand Salon, Deck 6
11:00a	Bridge Lessons with Paul – Intermediate Card Room, Deck 7
12:00n	Final Team Trivia with Aimée and Ceci The Club, Deck 5
2:00p	Acupuncture Walk-In Clinic Spa & Wellness, Deck 9
2:00p	Duplicate Bridge with Paul Card Room, Deck 7 (partners provided)
2:00p	Painting Exhibition Seabourn Square, Deck 7 (until 3:00p)
2:30p	SEABOURN CONVERSATIONS PRESENT: DENNIS WILLE "BIRD BRAIN" Grand Salon, Deck 6
3:30p	Baggo Prize Game Poolside, Deck 8
4:00p	Wellness Seminar: Improving Posture with Good Feet Spa & Wellness, Deck 9
4:00p	Afternoon Tea & Melodies Observation Lounge, Deck 10
4:00p	Stitch & Knit (unhosted; bring your own) Observation Lounge, Deck 10
5:00p	Abs Class Motion Studio, Deck 9
5:30p	SEABOURN SIGNATURE EVENT: FAREWELL & TEAM MEMBER SALUTE Poolside, Deck 8
6:15p	Classic Cocktails & Piano Melodies with Amandah (until 8:00p, with break) Observation Bar, Deck 10
6:30p	Sushi & Live Music with The Quest Trio The Club, Deck 5 (until 7:30p)
8:30p	Mid-Evening Moods with The Quest Trio (until 9:15p) The Club, Deck 5
9:30p	SHOWTIME TONIGHT: ROY TAN THE TEN FINGER ORCHESTRA Grand Salon, Deck 6
9:30p	Amandah's Piano Bar (until midnight, with breaks) Observation Bar, Deck 10
10:15p	Music & Dancing with Lanie & The Band (until 11:00p) The Club, Deck 5
11:00p	Late Night Grooves with The Quest Trio Followed by Lanie & The Band (until late) The Club, Deck 5