



CRUISE COMPASS

SPECTRUM OF THE SEAS

DAY 3

Thursday, May 23rd, 2019
Penang, Malaysia

ADVENTURE ABOUNDS IN PENANG

Penang can capture your heart in one succulent bite. The exotic cuisine – like the city itself – is a mouth-watering explosion of multicultural flavor. In the charming historic district of George Town, a UNESCO World Heritage Site, you'll find everything from the largest Buddhist temple in Malaysia to the oldest mosque in town. Hop on a trishaw or travel by foot to explore the opulent mansions, magnificent temples, English gardens, and traditional Chinese clan jetties along Weld Quay. Or venture out to the countryside for a glimpse at rural life in the Kampung. No visit to Penang is complete without tasting the legendary hawker food.

TRENDING TODAY

Handbag Sale: Up to 50% Off

Elevate your style with handbags from your favorite designer brands starting at just \$49! Includes Michael Kors, Kipling and Coach at up to 50% off.
7:30 pm, Royal Esplanade, Deck 4

Up to 40% off Exclusive Kallati Jewelry

Your cruise is all about celebrating, so why not celebrate unforgettable moments with Kallati bracelets, rings, necklaces and earrings, all at tax and duty free prices!
8:00 pm, Regalia, Deck 4

New: Groovy Town Remix

Remember the 70s? Well, tonight they are back. Look forward to some exciting music, electric dancing and our Entertainment Activities Team dressed in groovy costumes during the Groovy Town Remix Party. Get ready to boogie on down.
10:30 pm, Two70, Deck 5



Shore Excursions Ready!

If you are taking an excursion today, please double-check your tickets for the departure time and meeting location. Also remember to have your SeaPass card with you as you exit the ship.



Earn a Free Cruise in Casino Royale

Use your SeaPass Card in Casino Royale when playing on the Slots or tables to earn points, you could earn discounts or even a FREE cruise for two! See your Casino Host for details.

DAILY SNAPSHOT



Today's Forecast	Cloudy
High Temperature	88°F (31°C)
Winds	W 6 knots
Sunrise	7:03 am
Sunset	7:19 pm
Estimated Time of Clearance	8:30 am
Gangway	Deck 2
All Aboard	6:30 pm
Dress Code	Casual

HELPFUL TIPS FOR TODAY

Local Port Agriculture Regulations

Due to regulations in place by Local Port Agriculture authorities, guests are not allowed to bring food, fruits, plants, flowers, sea shells, bulbs and rocks onboard or take them off of the ship.

Wash Your Hands

Did you know the best way to prevent colds, flu, or gastrointestinal (Norovirus) illnesses to simply wash your hands thoroughly with soap and warm water after restroom breaks and before eating anything?

Take A Towel And Dive Into Adventure

With your SeaPass, you can check out as many towels as you need to dry off after each new adventure. Just make sure to bring your towel back when you're done! A \$25 replacement fee will be charged to your SeaPass card for each unreturned towel.

Malaysian Ringit

Please note that the Malaysian Ringit is a restricted currency and hence cannot be purchased or sold onboard. If you purchase any Malaysian Ringit, please ensure to change them back before coming onboard, if you don't want them. However, US dollars and Credit Cards are also widely accepted.





TODAY'S TOP DEALS

Small Bet, Big Payout

One dollar is all it takes to win up to \$500 off your SeaPass account! One lucky winner will be announced at 10:00 pm tonight. *Casino Royale, Deck 3*

Share Every Unforgettable Moment

Catch up on email, post vacation memories, or make arrangements for the voyage home by purchasing a Single Day Pass of VOOM. Connect to "royal-wifi" and go to login.com on your device to get started.

Behind the Scenes Ship's Bow Photo Session

Have a unique ship's bow photo taken by our photographers for only \$45. Space is limited; to participate you must book before Day 4 at 10:00 am. For more details visit Focus Photo Gallery, Deck 5

A Slimmer You

Target stubborn problem areas with a single treatment. Lose unwanted fat with CoolSculpting now at the Spa. Book your free consultation today. *Body & Mind Spa, Deck 13*

Flash Sale: Fashion Jewelry up to 20% Off

Spice up your look with fun, affordable jewelry collections including Swarovski, Folli Follie and more at up to 20% off. Get there early for the hottest selections at even hotter savings. *Port Merchants, Deck 4.*

Massage Madness in our Spa

Choose one of the following 50-minute treatments for only \$109: Swedish Massage / Foot Massage / Deep Tissue Massage / Reflexology. Call us today 4600 to book your appointment *Body & Mind Spa, Deck 13*

All Access Tour

Experience the ultimate adventure from bow to stern, including an exclusive tour of the Bridge - the navigational heart of the ship. Reserve your spot for \$99 at Shore Excursions, Deck 5.

Last two days - Plan your next cruise today!

Book now and get up to \$600 dollars off or onboard credit plus pay only \$100 per person deposit on select fares. Our NextCruise team will be happy to help you with your reservations. *NextCruise, Deck 5*



DAILY HIGHLIGHTS

IN THE SPOTLIGHT

Headliner Showtime Starring Duo Gold Art

Gold Art is an acrobatic dance duo performing a variety of different skills. This phenomenal act flawlessly fuses comedy, magic, aerial and complicated acrobatic combinations, plus original circus repertoire, into an incredible variety spectacular, not to be missed!

8:15 pm & 10:15 pm, Royal Theatre, Decks 4 & 5

We kindly ask that guests are seated approximately 10 minutes before showtime and refrain from saving seats. Children must be accompanied by a parent or guardian. Please refrain from using your cell phone and/or two-way radios during tonight's performance.

Assistive Listening System available at Guest Services, Deck 4.

New: Groovy Town Remix

Remember the 70s? Well, tonight they are back. Look forward to some exciting music, electric dancing and our Cruise Entertainment Team dressed in groovy costumes during the Groovy Town Remix Party. Get ready to boogie on down.

10:30 pm Two70, Deck 5

DAYTIME ADVENTURES

FlowRider

The FlowRider simulates a real surfing and body boarding experience. 30,000 gallons of water per minute rush underneath the rider at 30 mph creating a five-foot ocean-like wave.

FlowRider, Deck 15

Sky Pad

Strap in, put on your virtual reality headset and soar high into the sky for gravity-defying fun at Sky Pad. Whether you're smashing candies in a sugar-coated world or traveling light years into the future—this brand-new bungee trampoline experience opens up a whole new universe of possibility.

Sky Pad, Deck 15.

EVENING THRILLS

Bumper Cars

On your marks. Get set. Go! Head to SeaPlex for first dibs on the bumper cars. When you get the go-ahead, put the pedal to the metal and bump anyone who gets in your way. Bumper Cars passengers must be at least 5 years old; drivers' minimum age is 8. Guests under the age of 13 must be supervised by their parents at all times during the activity.

SeaPlex, Deck 15

Adult Karaoke

Awake your inner rock or pop star as you step up to the mic at karaoke. Don't forget to bring a camera with you.

Star Moment, Deck 4



INFO



DINING GUIDE

VENUE	TIME	DECK
SeaPlex	7:00 am – 11:00 pm	15
Body & Mind	6:00 am – 1:00 am	13
Fitness Center		
Body & Mind Spa, Dial 4600	8:00 am – 10:00 pm	13
Focus Photo Gallery	7:00 pm – 11:00 pm	5
NextCruise	9:00 am – 9:00 pm	5
Shore Excursions	7:00 am – 9:00 am 6:00 pm – 8:00 pm	5
Internet Assistance, Dial 1950	4:00 pm – 9:00 pm	4
Loyalty Ambassador	8:00 am – 11:00 am 5:00 pm – 8:00 pm	4
Overseas Pharmacy	7:30 pm – 11:00 pm	4
Royal Shops	7:30 pm – 11:00 pm	4
Casino Royale	8:00 pm – late	3
Medical Facility, Dial 51 (aft)	8:00 am – 11:00 am 4:00 pm – 7:00 pm For emergency, Dial 911	2

24 HOUR SERVICES & VENUES

Challenger's Video		15
Arcade (aft)		
Selected Hot Tubs		14
Library	(enter through Two70 on Deck 5)	6
Guest Services / Operator	Dial 0	4
Emergency	Dial 911	

POOL HOURS

Indoor Pool	7:00 am – 11:00 pm	14
Pool Towel Station	7:00 am – 11:00 pm (starboard side)	14
Outdoor Pool	8:00 am – 8:00 pm	14
Solarium Pool	9:00 am – 10:00 pm	14

SPORTS ACTIVITIES HOURS

Jogging Track	24 Hours	15
Sky Pad	9:00 am – 11:00 am 4:00 pm – 8:00 pm	15
Ripcord by iFLY	9:00 am – Noon 4:00 pm – 9:00 pm	15
FlowRider	9:00 am – 11:00 am 4:00 pm – 8:00 pm	16
Rock Climbing Wall	5:00 pm – 9:00 pm	15

Please bring your SeaPass card to all activities. Age, height, weight and clothing requirements may apply. Please check activity signage for more information.

IMPORTANT INFORMATION

US Embassy Penang, Malaysia: 376, Jalan Tun Razak, Taman U Thant, 50400 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur, Malaysia; Tel: +60392126000

Port Agent in Penang, Malaysia: Zul; Address: S5 Asia (m) Sdn. Bhd. eSovo, 5-1 & 7-1 1st Floor Logan Heritage, Union Street, 10200 Georgetown, Penang; Tel: +0175954191; Cell Phone +0175954191; Email: malaysia.cruise@s-5.org

Smoking Only Permitted in Designated Areas*

Outer Deck Glass House, Deck 5, Starboard Aft Pool Deck, Open Deck 14 Port Side

*All indoor public spaces, staterooms and balconies are smoke free.



TIME	VENUE	DECK
BREAKFAST		
6:00 am – 11:30 am	Windjammer Marketplace	14
6:30 am – 8:30 am	Dining Room	3
7:00 am – 10:30 am	Cafe @ Two70	5
LUNCH		
11:30 am – 3:30 pm	Windjammer Marketplace	14
Noon – 1:30 pm	Dining Room - Buffet	3
Noon – 1:30 pm	Izumi (\$)	5
Noon – 1:30 pm	Jamie's Italian (\$)	5
Noon – 1:30 pm	Sichuan Red (\$)	4
2:00 pm – 5:30 pm	Cafe @ Two70	5
DINNER		
5:00 pm – 9:00 pm	Dining Room (My Time Dining)	4
5:30 pm – 9:00 pm	Windjammer Marketplace Indonesian Corner	14
5:30 pm	Dining Room (First Seating)	3
8:00 pm	Dining Room (Second Seating)	3

SPECIALTY

11:00 am – 1:00 am	Vintages Wine Bar (\$)	5
5:30 pm – 9:30 pm	Hot Pot (\$)	14
5:30 pm – 9:30 pm	Teppanyaki (\$)	14
5:30 pm – 9:30 pm	Chops Grille (\$)	5
5:30 pm – 9:30 pm	Izumi (\$)	5
5:30 pm – 9:30 pm	Jamie's Italian (\$)	5
5:30 pm – 9:30 pm	Vintages Tapas (\$)	5
5:30 pm – 9:30 pm	Sichuan Red (\$)	4
5:30 pm – 9:30 pm	Wonderland DaDong (\$)	4

For reservations, please visit our specialty restaurants or call extension 7000. Dress code policies apply. Kindly allow two hours for your dining experience.

SNACKS

7:00 am – 11:00 pm	Leaf & Bean Classic Coffee and Original Chinese Tea (\$)	4
7:00 am – 11:00 pm	La Patisserie Premium Coffees and Ice Cream (\$)	4
11:00 am – 3:00 am	Sorrentos Pizzeria & Snacks	14
2:00 pm – 6:00 pm	Splashaway Cafe	14
2:00 pm – 6:00 pm	SeaPlex Dog House	15

24 HOUR SERVICES

24 Hours	Cafe @ Two70 Complimentary Coffee Station	5
24 Hours	Room Service, Dial 4800	

Room service fee - a convenience fee of \$7.95 will be charged per order throughout the day and applies to all items listed in the all-day menu and the American section of the breakfast menu.

(\$) Fee applies

Questions?

Check the screens on board for information on activities and events. You can also tune in to your TV, download our app or ask a crew member.





DAY 3

Thursday, May 23rd, 2019
Penang, Malaysia

TIME	ACTIVITY & LOCATION	DECK
☀ ALL DAY ACTIVITIES		
24 hours	Daily Sudoku, The Library (enter through Two70 on Deck 5)	6
24 hours	Friends of Bill W, LGBTQ+, Bridge Players and other gatherings, please refer to the Community Bulletin Board, The Library (enter through Two70 on Deck 5)	6
24 hours	Paperback Book Exchange, Library	6
☀ MORNING		
Until Noon	The Morning show with your Cruise Director Gordon and Kat, Channel 14	
7:00 am	Morning Stretch, SeaPlex	15
8:00 am	Free Yoga Class, SeaPlex	15
8:30 am	Estimated Time the Spectrum of the Seas will be cleared by the local authorities. Gangway today is on	2
9:00 am - 11:00 am	WP FlowRider Mix it up (Stand up / Boogie board)	16
9:00 am - 11:00 am	WP SkyPad is Open	15
9:00 am - Noon	RipCord by iFLY (Reservation Required)	15
9:00 am - Noon	North Star Open (reservations required, subject to wind conditions)	15
9:45 am	Sudoku Challenge, Schooner Bar	5
10:00 am - 6:00 pm	WP Baby Splash Zone (for children not 100% toilet trained and wearing swim diapers)	14
10:00 am - 6:00 pm	WP Splashaway Bay (children must 42" and 100% toilet trained)	14
10:30 am	Morning Trivia, Schooner Bar	5
11:00 am	Free Seminar: Puffy Eyes, Body & Mind Spa	13
11:15 am	Morning Line Dance, Music Hall	3 & 4
11:15 am	Family Soccer Shoot out, SeaPlex	15
11:15 am - 3:00 pm	Open Play Pickleball, SeaPlex	15
🌙 AFTERNOON		
1:30 pm	Adult Coloring, Schooner Bar	5
2:30 pm	Dollar Origami, Schooner Bar	5
3:15 pm	Afternoon Line Dance Class, Music Hall	3 & 4
4:00 pm - 8:00 pm	WP SkyPad is Open	15
4:00 pm - 8:00 pm	WP FlowRider Mix it up (Stand up / Boogie board)	16
4:00 pm - 9:00 pm	RipCord by iFLY (Reservation Required)	15
4:00 pm - 9:00 pm	North Star Open (reservations required, subject to wind conditions)	15
4:15 pm	Visual Quiz: Name that City, Schooner Bar	5
5:00 pm	Adult Volleyball Competition, SeaPlex	14
5:00 pm	On The Big Screen: "Hotel Transylvania3: Summer Vacation" (PG), Poolside	14
5:00 pm - 9:00 pm	WP Rock Climbing Wall is Open	15

Shows in Two70 require reservations. They can be made on the Royal Caribbean app or from the Box Office sessions. All other headliner shows are open seating.

🎵 MUSIC & DANCING

TIME	ACTIVITY & LOCATION	DECK
4:45 pm - 5:30 pm	Piano Melodies with Filmer Flores, Schooner Bar	5
5:00 pm - 6:00 pm	The Jimmy Smith Jazz Trio Perform, Star Moment	4

Musicians will take periodic breaks.

Settle down and get ready to simmer your way through a deliciously authentic hot pot experience with amazing views of the ocean.



Indulge in a celebration of authentic oriental flavors cooked in Japan's traditional teppanyaki style. From top grade steaks to succulent seafood, watch it all come together as an expert chef works right at the table.





INFO



EVENING PLANNER

Spectrum of the Seas

DAY 3

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Penang, Malaysia

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DINNER		
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5:30 pm - 9:00 pm	Windjammer Marketplace Indonesian Corner	14
5:30 pm	Dining Room (First Seating)	3
8:00 pm	Dining Room (Second Seating)	3
SPECIALTY		
11:00 am - 1:00 am	Vintages Wine Bar (\$)	5
5:30 pm - 9:30 pm	Hot Pot (\$)	14
5:30 pm - 9:30 pm	Teppanyaki (\$)	14
5:30 pm - 9:30 pm	Chops Grille (\$)	5
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SNACKS		
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24 HOUR SERVICES		
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24 Hours	Room Service, Dial 4800	

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(\$) Fee applies

HEALTH AND SAFETY INFORMATION

Important Health Information: Medical experts tell us that the best way to prevent colds, flu, and gastrointestinal illnesses is to simply wash your hands thoroughly with soap and warm water for 20 seconds after restroom breaks and before eating anything.

Allergies: Please inform your Head Waiter about any food allergies or special dietary requirements.

Body Camera: For the safety and well-being of all persons onboard, some members of our Security Team will be wearing Body Cameras as part of their uniform.

VENUE	TIME	DECK
SeaPlex	7:00 am - 11:00 pm	15
Body & Mind	6:00 am - 1:00 am	13
Fitness Center		
Body & Mind Spa, Dial 4600	8:00 am - 10:00 pm	13
Focus Photo Gallery	7:00 pm - 11:00 pm	5
NextCruise	4:00 pm - 9:00 pm	5
Shore Excursions	7:00 am - 9:00 pm	5
	6:00 pm - 8:00 pm	
Internet Assistance, Dial 1950	4:00 pm - 9:00 pm	4
Loyalty Ambassador	5:00 pm - 8:00 pm	4
Overseas Pharmacy	7:30 pm - 11:00 pm	4
Royal Shops	7:30 pm - 11:00 pm	4
Casino Royale	8:00 pm - late	3
Medical Facility, Dial 51 (aft)	4:00 pm - 7:00 pm	2
	For emergency, Dial 911	

24 HOUR SERVICES & VENUES

Challenger's Video		15
Arcade (aft)		
Selected Hot Tubs		14
Library	(enter through Two70 on Deck 5)	6
Guest Services / Operator	Dial 0	4
Emergency	Dial 911	

POOL HOURS

Indoor Pool	7:00 am - 11:00 pm	14
Pool Towel Station	7:00 am - 11:00 pm (starboard side)	14
Outdoor Pool	8:00 am - 8:00 pm	14
Solarium Pool	9:00 am - 10:00 pm	14

SPORTS ACTIVITIES HOURS

Jogging Track	24 Hours	15
Sky Pad	4:00 pm - 8:00 pm	15
Ripcord by iFLY	4:00 pm - 9:00 pm	15
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Rock Climbing Wall	5:00 pm - 9:00 pm	15

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Drink of the Day - Melon Mojito

Midori adds a melon twist to this tingly minty classic. Available in any bar for \$8 plus 18% gratuity.



Izumi

Sashimi, sushi and more are all made-to-order with intense flavors, and the best ingredients at Izumi Hibachi & Sushi.



TIME	ACTIVITY & LOCATION	DECK
🌙 EVENING		
6:00 pm - 9:00 pm	Fencing Experience, (limited availability, sign up at SeaPlex Desk), SeaPlex	15
6:30 pm	All Aboard	
7:00 pm - 8:00 pm	Walk-in Anti-Aging Clinic with Dr Maria, Body & Mind Spa	13
7:00 pm - 8:30 pm	Adult Karaoke Night(Songs in Chinese), Star Moment	4
7:00 pm - 9:45 am	Bumper Cars, SeaPlex	15
7:30 pm	Flash Sale: Fashion Jewelry up to 20% off, Port Merchants	4
7:30 pm	Handbag Sale: Michael Kors and more up to 50% off, Royal Esplanade	4
8:00 pm	On The Big Screen: "Five Feet Apart" (PG 13), Poolside	14
8:00 pm	Up to 40% off Exclusive Kallati Jewelry, Regalia	4
8:15 pm	🎤 Headliner Showtime starring Duo Art Gold, Royal Theatre	4 & 5
8:45 pm	Teen Speed Climb (Ages:12-17), Rock Wall	15
8:45 pm - 10:00 pm	Adult Karaoke Night(Songs in English), Star Moment	4
9:30 pm - 11:00 pm	The BeatleManiacs, The Complete Beatles Experience, Music Hall	3 & 4
10:00 pm	\$1 Bet Raffle Draw, Casino Royale	3
10:15 pm	🎤 Headliner Showtime starring Duo Art Gold, Royal Theatre	4 & 5
10:30 pm	🎵 Groovy Town Remixed 70's Theme Night Dance Party, Two70	5
11:00 pm	Paradise Lotto Draw, Casino Royale	4
11:00 pm - Late	*Night Club with Celebrity Scratch DJ Frogie, Music Hall	3 & 4

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🦻 Assistive listening system available - obtain receivers at Guest Services, Deck 4.

🎵 MUSIC & DANCING		
TIME	ACTIVITY & LOCATION	DECK
6:00 pm - 7:00 pm	Classical and Flamenco Guitar with Jabes Canon, Schooner Bar	5
7:00 pm - 8:30 pm	Hot Spices Perform, Music Hall	3 & 4
7:15 pm - 8:15 pm	Guitar & Saxophone Duets with Jimmy & Kevin, Schooner Bar	5
8:45 pm - 9:45 pm	Piano trio with Filmer, Manny & Ed Schooner Bar	5
8:45 pm - 12:30 am	Guitar & Vocal Entertainment with Toby-Joe Reily, Leaf & Bean	4
9:30 pm - 11:00 pm	The BeatleManiacs, The Complete Beatles Experience, Music Hall	3 & 4
10:00 pm - Midnight	Classical and Flamenco Guitar with Jabes Canon, Schooner Bar	5
10:30 pm - 11:30 pm	Bob Marley Tribute with Hot Spices, Star Moment	4
11:00 pm - Late	*Night Club with Celebrity Scratch DJ Frogie, Music Hall	3 & 4
11:45 pm - 12:30 am	Hot Spices Perform, Star Moment	4

Musicians will take periodic breaks.
 *Guests must be 18 years or older for admission, photo identification and SeaPass card will be required if you appear to be under 18.

