

# FREESTYLE DAILY

**NCL** NORWEGIAN  
CRUISE LINE®

TODAY'S FORECAST Sunny, 54°F/12°C

SUNRISE 6:53a

SUNSET 7:07p

## IT'S TIME TO RELAX AND FEEL FREE

Today, we have a lot of activities for you to enjoy around the beautiful Norwegian Jewel. Feel Free to engage with your Cruise Staff in Arts & Crafts or Trivia or for those of you who have two left feet, don't worry, just join us at one of our dance classes today and show off your new dance skills when you get home. Experience the thrill of a Stardust show or relax in our bars and lounges with live music around the ship. Try out one of our specialty restaurants and feel free to dine whenever you want. Check out the great Spa specials and pamper yourself but most of all, feel free to choose to do what you want to do and enjoy.

**TIME CHANGE:** Did you remember to set your clocks back 1 hour (2:00a – September 23, 2018). Tonight, we have another time change- one hour back (2:00a - September. 24, 2018)

## BARS AND LOUNGES

Pop some bubbly and toast to the good life at the Magnum's Champagne and Wine Bar. Kick back with a cocktail then dance it out at Spinnaker Lounge. Whether you're looking to meet up with friends or make new ones, there's always an opportunity to mix it up.

## UNFORGETTABLE NIGHT LIFE

Join the party at the liveliest nightspots on the ship; the Fyzz Lounge features a stylish bar area, swanky lounge seating, a dance floor and Karaoke. DJ Onyx will keep you dancing in the Spinnaker Lounge or you can chill in the Maltings Bar while listening to relaxing music.

## LIVE MUSIC EVERY NIGHT

Every night we'll feature live music around the ship whether you prefer classic music, party music, Latin music or the full orchestra. We have something for everyone.

- Leo – Guitar Man Extraordinaire
- Soul Inspiration – Dynamic Music Duo
- Dana – Piano Bar Classics
- Sonata – Groovin 6 Piece Party Band
- Fire & Ice – High Energy Vocal & Dance Duo
- Jewel Showband – Versatile Orchestra Band

## DINE WHEN YOU WANT

With no set dining times and no seat assignments, you can dine on your time and not on a schedule. Check out our complimentary and specialty dining options on page 4.

## HEALTH REMINDER

Wash your hands often, especially after using the restrooms and before & after meals. Sanitizing dispensers are located outside all restaurants and in public areas for your use. We discourage handshaking for your health and safety. Report signs of gastroenteritis (diarrhea or vomiting) to the Medical Center.

NORWEGIAN JEWEL

**DAY 7**

SUNDAY  
SEPTEMBER 23  
At Sea

## TODAY'S HIGHLIGHTS

### CARDIO DANCE CLASS WITH CRUISE STAFF

Time: 9:00a

Place: Spinnaker Lounge, Deck 13, Fwd

### LECTURE SERIES: FORENSIC MOLECULAR PHOTOFITTING

Time: 9:30a

Place: Stardust Theater, Decks 6 & 7, Fwd.

### HOW TO RUN A FLOATING HOTEL WITH DAN

Time: 10:30a

Place: Spinnaker Lounge, Deck 13, Fwd

### TEST YOUR KNOWLEDGE WITH CRUISENEXT

Time: 11:30a

Place: Fyzz Lounge, Deck 7, Fwd.

### PROGRESSIVE TRIVIA ROUND 3

Time: 1:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

### ENGINEERING CHALLENGE: PAPER PLANE

Time: 2:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

**Important Numbers:** Emergency: Dial 911 | Guest Services: Dial 00

## NEED A RIDE?

Ship organized transfers from the port are available. To Narita & Haneda International Airport for flights after 12:30pm (\$60 Per Person). Simply register at the Guest Services Desk, located on Deck 7, Mid. Deadline for transfer sales is on October 3 at 6:00PM

# GET THE GOOD TIMES GOING.

## TODAY'S ENTERTAINMENT LINEUP

### SIGNATURE OF LOVE- AERIAL AND ACROBATIC ARTISTRY

Sergii and Anastasiia Khrystiuk, are young, artistic acrobatics from Ukraine. In 2014, they both graduated from Kyiv Variety Circus Academy with specialty in Aerial and Acrobatic Artistry. The show Signature of Love combines their versatile skill, strength and spectacular choreography. Signature of Love has traveled across the world with the legendary Cirques of Kobzov, and they were Runner Up in the notorious Cirques Art Festival "Golden Trick". Video/audio recording or photography of the show is not permitted. We kindly ask that no one under the age of 18 sits in the first row and please, no reserving of seats. Doors open 30 minutes before show time.

Time: 7:15p & 9:15p, Stardust Theater, Decks 6 & 7, Fwd.

Show Length: 45 Minutes

### AFTERNOON CONCERT: ARTIST'S CHOICE WITH SONATA

You've danced to their music on the Spinnaker Dance Floor. Now come listen to the more intimate side of your Party Band, Sonata, as they share some of their favorite and most personally meaningful songs with you. (Along with the stories behind them.)

Time: 2:00p-3:00p, Fyzz Lounge, Deck 7, Fwd

### AFTERNOON CLASSIC MOVIE: THE WIZARD OF OZ (1939)

When a tornado rips through Kansas, Dorothy (Judy Garland) and her dog, Toto, are whisked away in their house to the magical land of Oz. They follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and en route they meet a Scarecrow (Ray Bolger) that needs a brain, a Tin Man (Jack Haley) missing a heart, and a Cowardly Lion (Bert Lahr) who wants courage. The wizard asks the group to bring him the broom of the Wicked Witch of the West (Margaret Hamilton) to earn his help.

Time: 3:00p, Stardust Theater, Deck 6 & 7, Fwd. (1 hour 52 Minutes)

### ABBA & BEE GEES TRIBUTE WITH SONATA

Come and celebrate the music of two of the greatest 70's disco super groups, as Sonata serenade you with the timeless music of ABBA & Bee Gees. The sweet vocal harmonies will be faithfully recreated as you are invited to dance, or sing along to such classics as "Dancing Queen", "How Deep Is Your Love", "Mamma Mia", "Night Fever" and many more

Time: 8:15p-9:00p, Spinnaker Lounge, Deck 13, Fwd

### MOWTOWN WITH SONATA

Join our party band Sonata for the feel-good sounds of Detroit Soul. Tonight, Sonata will delight you with the top hits of Motown records.

Time: 10:00p-10:45p, Spinnaker Lounge, Deck 13, Fwd

## ACTIVITIES FOR FAMILIES

### FAMILY BALLOON TWISTING

Join the Youth Staff team as they show you how to twist balloon animals and more.

Time: 12:15p, Spinnaker Lounge, Deck 13, Fwd

### GUPPIES (AGE: 0-2): COLORS OF THE RAINBOW

Come and explore the colors of the rainbow as the Guppies go on a colorful adventure.

Time: 5:15p-5:45p, Splash Academy, Deck 12, Mid

## SPECIAL EVENTS

### CARDIO DANCE CLASS

Throw on your dancing shoes and join one of your Cruise Staff as they take you through this fun fast paced dance workout. Make sure to bring water because you are going to sweat it out.

Time: 9:00a, Spinnaker Lounge, Deck 7, Fwd

### LECTURE SERIES: FORENSIC MOLECULAR PHOTOFITTING

Join guest lecturer Gary Koverman for a fascinating presentation on how DNA is used to map the genes that are linked to skin pigmentation and facial structure, meaning a person's face could emerge from the analysis. Now police cannot only match a suspect to the crime scene, but can identify gender, ancestry, facial appearance, height, and eye color all from a tiny drop of blood.

Time: 9:30a, Stardust Theater, Decks 6 & 7, Fwd

### HOW TO RUN A FLOATING HOTEL

Want to know what goes into keeping a 93,000 ton resort afloat and running smoothly? Join your Cruise Director Dan, Hotel Director Steven, Food and Beverage Director Hassan, and Executive Chef Baiju for an informal Q&A and find out how we run the beautiful Norwegian Jewel.

Time: 10:30a, Spinnaker Lounge, Deck 13, Fwd

### TANGO DANCE CLASS WITH PATRICIA

It's time to learn some new dance moves with Patricia. She will teach you the basics of Tango dance that you can show off to your family and friends. Alone or with a partner, this class is fun for all.

Time: 3:15p, Spinnaker Lounge, Deck 7, Fwd

### \$20 BUDGET & \$3,000 JACKPOT BINGO

Join your bingo bunch for our \$20 budget bingo this afternoon. Play for a chance to win our \$3,000 jackpot within the 47 ball limit and receive some win-a-cruise raffle tickets in any package purchase. Card sales begin 30 minutes before the game starts.

Time: 4:00p, Spinnaker Lounge, Deck 13, Fwd

### LATE NIGHT PARTY WITH DJ ONYX

Feel the hype, beat and vibe; DJ Onyx is ready to spin the hottest tracks to keep the party going until the early hours of the morning. Request your favorite songs tonight and party in the Spinnaker Lounge like you've never done before. Make new friends and show them your killer dance moves.

Time: 10:45p-Close, Spinnaker Lounge, Deck 13, Fwd

### MUSIC EVERYWHERE

Parisian Café Classics with the Showband  
8:00p-8:45p, Crystal Atrium, Deck 7, Mid  
Music & Cocktails with Soul Inspiration  
8:00p-8:45p, Fyzz Lounge, Deck 7, Fwd  
Pub Classics with Leo  
9:15p-Close, Magnum's, Deck 6, Mid

# WHAT'S HAPPENING TODAY.

**DAY 7**  
**SUNDAY**  
**SEPTEMBER 23**

← TEAR HERE

← FOLD HERE

## MORNING

All Day	Morning Show with Cruise Director Dan
7:00a	Morning Stretch
7:30a	Fab Abs
8:00a	Walk-a-Mile (Meet in Fyzz Lounge)**
8:00a-10:00a	Adult Tennis Open Play **
8:00a	Pilates *
9:00a	Inter-Faith service with Fellow Guests
9:00a	Cardio Dance Class with Cruise Staff
9:00a	Digital Camera Helpdesk
9:00a-10:30a	Knitters & Stitchers Gathering
9:00a	Tour De Cycle *
9:30a	Lecture : Forensic Molecular Photo fitting
9:45a	Morning Trivia with Cruise Staff
10:00a-3:00p	Cards Available and Open Bridge Play
10:00a	Up To \$500 Slot Tournament
10:15a	Live Acupuncture Demonstration
10:30a	How to Run A Floating Hotel
10:00a	Canvas By U! (Registered Guests) *
11:00a	Binocular Helpdesk
11:00a	Ping Pong Tournament**
11:00a	Emerald Seminar
11:00a	Invicta Watches Event
11:15a	International Hair Show
11:30a	Burn Fat Faster
11:30a	Test your Knowledge with CruiseNext

## AFTERNOON

12:00p	Texas Hold'em Tournament *
12:00p	Basketball Free-Throw Competition**
12:15p	Balloon Twisting
12:30p	Art Enrichment : Thomas Kinkade
1:00a	Progressive Trivia Round 3
1:00p-5:00p	Sport Court Open Play**
1:45p	Chinese Herbal Medicine
1:30p	Up To \$500 Blackjack Tournament*
2:00p	Artist's Choice with Sonata
2:00p	Engineering Challenge : Paper Planes
2:30p	Beer & Whiskey Pairing
2:30p	Up To \$500 Blackjack Tournament Finals
3:00p	Paradise Lotto Draw*
3:00p	Classic Movie: Wizard of Oz

## AFTERNOON (CONT.)

TV Channel 27	3:00p
Aerobic Studio	3:15p
Aerobic Studio	3:30p
Promenade	3:30p-4:00p
Sports Court	3:30p
Aerobic Studio	4:00p
Fyzz Lounge	4:00p
Spinnaker	4:00p
Photo Gallery	5:00p
Shakers Bar	5:00p-6:00p
Aerobic Studio	5:00p-9:00p
Stardust	5:15p
Spinnaker	5:15p
Cagneys	5:15p-5:45p
Jewel Casino	5:30p-6:30p

## NIGHT

Magnum's	
Spinnaker	
Java Room	6:00p
Photo Gallery	6:00p
Deck 12, Mid	6:00p-6:45p
Tradewinds	6:00p-9:00p
Tides	6:00p-10:00p
Magnum's	6:30p
Magnums	6:30p
Fyzz Lounge	7:00p-7:45p
	7:00p-7:45p
	7:00p-8:00p
Jewel Casino	7:15p
Sports Court	8:00p-8:45p
Spinnaker	8:00p-8:45p
Fyzz	8:15p-9:00p
Spinnaker	8:30p
Sports Court	9:00p-9:45p
Magnum's	9:00p-10:00p
Jewel Casino	9:00p-10:00p
Fyzz Lounge	9:15p-Close
Spinnaker	9:15p
Magnum's	10:00p-10:45p
Jewel Casino	10:00p-Close
Jewel Casino	10:45p-Close
Stardust	11:00p

Shuffleboard Tournament**	
Tango Dance Class with Patricia	
Dysport & Botox Seminar Dr Jenni	
Bingo Card Sales*	
Ladder Toss Tournament**	
\$20 Budget & \$3,000 Jackpot Bingo	
TRX Suspension*	
Bean Bag Toss Tournament**	
Evening Stretch	
Swinging Melodies with Gabe & Tomas	
Professional Portraits	
Evening Trivia with Cruise Staff	
Guppies (Age: 0-2): Colors of the Rainbow	
Dress Up Or Not Officers Social	
Jewelry Power Hour	
Promenade	
Spinnaker	
Magnums	
Spinnaker	
Sapphire Pool	
Spinnaker	
Aerobic Studio	
Sapphire Pool	
Aerobic Studio	
Crystal Atrium	
Crystal Atrium	
Fyzz Lounge	
Splash Acad.	
Crystal Atrium	
Tradewinds	

Chapel	
Fyzz Lounge	
Crystal Atrium	
Magnum's	
Art Gallery	
Spinnaker	
Maltings	
Crystal Atrium	
Fyzz Lounge	
Spinnaker	
Stardust	
Crystal Atrium	
Fyzz Lounge	
Spinnaker	
Tradewinds	
Fyzz Lounge	
Crystal Atrium	
Spinnaker	
Magnum's	
Stardust	
Spinnaker	
Fyzz Lounge	
Spinnaker	
Jewel Casino	

\* Denotes a fee for these activities

\*\* Weather Permitting

\*\*\*Spinnaker Lounge is an 18 and over adult-only venue after 11:00p

### DRINK OF THE DAY

Long Island Iced  
 Tea Don Julio Blanco Tequila, Captain Morgan Spiced Rum, Tanqueray Gin,  
 Smirnoff Vodka, Triple Sec, Fresh Lemon juice, Cola  
 \$8.95 any other day \$10.95

### WATER PACKAGE

6 large bottles \$14.95, valued at \$33  
 12 large bottles \$27.95, valued at \$66  
 24 large bottles \$44.95, valued at \$132  
 Available in all bars.  
 \*A 20% gratuity will be added to your check for your convenience.

← TEAR HERE

← FOLD HERE

# GOOD TO KNOW.



Wi-Fi available  
bow to stern.  
Fees apply.

## 7 HOURS OF OPERATION

### BAR SERVICES

Fyzz Lounge Bar, Deck 7, Fwd	5:00p-Close
Java Café, Deck 7, Mid	7:00a-Close
Jewel Casino Bar, Deck 6, Fwd	9:00a-Close
Magnum's Champagne & Wine Bar, Deck 6, Mid	1:00p-Close
Maltings Beer & Whiskey Bar, Deck 6, Mid	3:00p-Close
O'Sheehan's Bar & Grill, Deck 8, Mid	11:00a-Close
Sake Bar, Deck 7, Mid	5:00p-Close
Shakers Martini & Cocktail Bar, Deck 6, Mid	11:00a-Close
Spinnaker Lounge, Deck 13, Fwd	10:00a-Close
Sugarcane Mojito Bar, Deck 13, Mid	5:00p-Close
Sky High Bar, Deck 13, Fwd**	10:00a-Close
The Great Outdoors, Deck 12, Aft**	10:00a-Close
Topsiders Bar, Deck 12, Mid	8:00a-Close

### GUEST SERVICES

Art Gallery, Deck 7, Aft	7:00p-11:00p
Bridge Viewing Room, Deck 11, Fwd	Open All Day
CruiseNext Office, Deck 7, Mid	10:00a-1:00p
	2:00p-4:30p
	11:00a-1:00p
	3:00p-7:00p
	9:00p-1:00a
	8:00a-5:00p
Golf Cages, Deck 13, Aft (Golf clubs available at Towel Station)	Always Open
Guest Service Desk, Deck 7, Mid	9:00a-9:00p
Guppies Playroom, Deck 12, Mid	Always Open
Internet Café, Deck 7, Aft	9:00a-12:00p
Internet Manager's Hour	2:00p-5:00p
	7:00p-9:00p
	9:00a-Close
	Continuous
	6:00p-Close
	Always Open
	9:00a-11:00a
	2:00p-4:00p
	8:00a-10:00p
	8:00a-9:30a
	6:00p-7:30p
	9:00a-12:00p
	5:00p-8:00p
	7970 for an appt.
	9:00a-10:00p
	8:00a-8:00p
	5:00p-9:30p
	6:00a-11:00p
	7:00a-10:00p
	10:00a-1:00p
	5:00p-8:00p
	8:00a-8:00p
	9:00a-12:00p
	2:00p-5:00p
	7:00p-10:30p
	10:30p-1:30a
	8:00a-5:00p
	9:00a-11:00p
	Always Open
	10:00a-6:00p

\* Denotes a fee for this program

\*\*Weather Permitting

## TODAY'S DINING OPTIONS

### MORNING

#### COMPLIMENTARY

Garden Café – Kids Corner	Continental Breakfast (Deck 12)	6:00a-7:00a
Garden Café	Breakfast (Deck 12, Mid)	7:00a-10:30a
Great Outdoors**	Breakfast (Deck 12, Aft)	8:00a-12:00p
O'Sheehan's Bar & Grill	Breakfast (Deck 8, Mid)	6:00a-11:00a
Tsar's Palace	Dining Room (Deck 7, Aft)	7:30a-9:30a

### AFTERNOON

#### COMPLIMENTARY

Chin Chin	Noodle Bar (Deck 7, Mid)	12:00p-1:30p
Garden Café	German Lunch (Deck 12, Mid)	12:00p-2:30p
Additional seating- La Cucina	(Deck 12, Aft)	
Great Outdoors**	Snacks (Deck 12, Aft)	2:00p-5:00p
O'Sheehan's Bar & Grill	Lunch (Deck 8, Mid)	11:30a-5:00p
Topsiders Grill**	Poolside (Deck 12, Mid)	12:00p-5:00p
Tsar's Palace	Lunch (Deck 7, Aft)	12:00p-1:30p

#### CHARGE APPLIES

Sushi Bar (À La Carte)	Japanese (Deck 7, Mid)	12:00p-1:30p
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### DINNER

#### COMPLIMENTARY

Azura	Dining Room (Deck 6, Mid)	5:00p-9:00p
Chin Chin	Asian Fusion (Deck 7, Mid)	5:00p-9:30p
Garden Café	Fisherman Dinner Buffet (Deck 12, Fwd)	5:00p-9:30p
O'Sheehan's	Shrimp Pa Boy (Deck 8)	5:30p-8:30p
Tsar's Palace	Dining Room (Deck 7, Aft)	5:00p-9:30p

#### CHARGE APPLIES

Cagney's (À La Carte)	Steakhouse (Deck 13, Mid)	5:30p-9:30p
La Cucina (À La Carte)	Italian (Deck 12, Aft)	5:30p-9:30p
Le Bistro (À La Carte)	French (Deck 6, Mid)	5:30p-9:30p
Moderno (\$24.95)*	Brazilian (Deck 13, Mid)	5:30p-9:30p
Sushi Bar (À La Carte)	Japanese (Deck 7, Mid)	5:00p-9:30p
Teppanyaki (\$29.95)*	Teppanyaki (Deck 7, Mid)	5:30p, 7:00p, 8:30p, 10:00p

\*Please note that these charges are per person. A 20% gratuity will be added to your check.

\*\*Weather permitting. Additional taxes may apply while in certain ports & itinerary.

### FOR THE ANYTIME APPETITE

Garden Café	Late Night Snack	9:30p-11:00p
O'Sheehan's Bar & Grill	Late Night Snacks	12:00a-4:00a
Room Service*	Stateroom Delivery	Always Open

\*Room Service: A Convenience Charge of \$7.95 will be added to all food orders from 10:00a until 6:30a.

Restaurant Cancellations: Dinner reservations at specialty restaurants must be cancelled 24 hours in advance, otherwise a cancellation fee will be charged to your account.

Dress Code: Resort casual and shorts are allowed in all dining venues except Tsar's Palace Dining Room and Le Bistro after 5:00p where a dress code is applicable: Men: Collared shirt, pants or nice jeans with no rips, closed toed shoes. No baseball caps or visors. Women: Slacks or jeans, dresses, skirts and tops.

**SAFETY INFORMATION:** Open flames (candles/incense) are strictly prohibited. To avoid injury, keep hands/fingers clear of doors and/or door frames. Please take special care when walking around the ship. Use handrails and wear appropriate footwear as necessary. Also please be aware of raised thresholds and wet decks. Running on decks is prohibited (except the Jogging track). Observe safety signs in your stateroom and throughout the ship. **SAFETY EQUIPMENT:** Please do not remove or meddle with any safety equipment onboard (such as smoke detectors, life vests or fire extinguishers). Please follow all safety instructions from the crew. **ENVIRONMENTAL HOTLINE:** You can report environmental incidents by calling 1-877-501-5976; 1-305-436-4003; the ship reception desk at 00, or via email to environmentalhotline@ncl.com. The environmental hotline should be used only to report actual or potential environmental incidents, spills and concerns. All reports are confidential. **MARPOL:** The discharge of all garbage into the sea is prohibited. The International Convention for the Prevention of Pollution from Ships (MARPOL) and various domestic laws prohibits the discharge of garbage from ships into the sea. Violation of these requirements may result in penalties. All garbage is to be retained on board and placed in the bins provided. **CONSUMER ADVISORY:** Please be advised that food onboard may contain nuts. If you have any questions please contact our Restaurant Management staff. **CASINO:** You have to be 18 years old to gamble or be in the casino. Video recording is strictly prohibited. All jackpots of \$1200 and above are subject to IRS reporting and a W2G will be issued. Wins less than \$1200 are not taxes mandated by the IRS. **VIDEO ARCADE:** All guests including children can play the games in the video arcade by using their Freestyle card. We recommend parents monitor their children's onboard charges. **SMOKING POLICY:** Smoking in public areas is only permitted in designated spaces of open decks (Deck 7, Port side by the wall-hung ashtrays and at the Port side seating area of at the Sky High Bar, Deck 13), Cigar Bar or in the Casino while playing. Smoking of any kind is prohibited in staterooms and balconies. Electronic cigarettes are governed by the same standards as regular cigarettes. **SUN LOUNGERS:** Reserving lounge/sun chairs is prohibited. If any chair is unattended for longer than 60 minutes, the items will be removed and handed in at Guest Service Desk, Deck 7, Mid. **WALKING & JOGGING:** Deck 13 is a walking/jogging track open 24/7. Deck 7 is a walking-only track from 9:00a. Remember, all sports play is at your own risk.

### In-stateroom phone rate:

Call home from the comfort of your stateroom. Rate \$4.99/min

### FRESHLY BREWED

Enjoy your morning with a lively cup of Lavazza coffee made by our highly skilled Baristas. Pick from a selection of espresso, macchiato, lattes and cappuccinos. Additionally you can add a flavor of your choice. Fee applies. Java Café, Deck 7, Mid