

FREESTYLE DAILY



TODAY'S FORECAST Sunny, 50°F/10°C

SUNRISE 6:22a

SUNSET 6:32p

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.

Handwritten note: 13 Sept 2013

TIME CHANGE: Did you remember to set your clocks back 1 hour? (2:00a September 30)

TIP OF THE DAY: Tonight, we will go back another hour. (2:00a October 1)

NORWEGIAN JEWEL
DAY 13
SUNDAY
SEPTEMBER 30
At Sea

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.

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

DRESS UP OR NOT NIGHT

This is your chance to dress up and enjoy another evening of glamour, great entertainment and dining around Norwegian Jewel. At 5:15p meet Captain Giorgio for a photo in the Crystal Atrium. Your Photographers will also have a selection of backdrops available from 5:00p-9:00p.

TODAY'S HIGHLIGHTS

CARDIO DANCE CLASS WITH CRUISE STAFF

Time: 9:00a

Place: Spinnaker Lounge, Deck 13, Fwd

LECTURE SERIES: JONBENÉT RAMSEY

Time: 9:30a

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

FRUIT & VEGETABLE CARVING DEMONSTRATION

Time: 10:30a

Place: Crystal Atrium, Deck 7, Mid

TEST YOUR KNOWLEDGE WITH CRUISENEXT

Time: 11:30a

Place: Fyzz Lounge, Deck 7, Fwd.

PROGRESSIVE TRIVIA ROUND 8

Time: 1:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

ENGINEERING CHALLENGE: PAPER BRIDGE

Time: 2:00p

Place: Spinnaker Lounge, Deck 13, Fwd.

JAPAN PORT HIGHLIGHTS & TIPS PRESENTATION

Time: 4:00p

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

PHOTOS WITH CAPTAIN GIORGIO

Time: 5:15p-5:45p

Place: Crystal Atrium, Deck 7, Mid

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

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.

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

THE MAGIC OF GREG GLEASON

Greg is one of the top magicians in the world today! He starred in Wizards Secret at the MGM and Gleason Magic at the Venetian performing over 9,000 shows. You may have seen him on the Tonight Show with Jay Leno or on the World Magic Awards.

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

AFTERNOON CONCERT: LOVE MOODS WITH FIRE & ICE

Heat up your afternoon with the sounds of Fire & Ice, as they bring you iconic songs for feeling romance between you and your sweetheart.

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

HYPNOSIS FOR WEIGHT LOSS SEMINAR

Are you tired of yo-yo dieting? Do you get frustrated with your lack of self-control when it comes to eating? Why is it so hard to motivate yourself to work out? Everyone wants to look and feel better but mental blocks prevent us from taking the steps to change. You can break the bad habit cycle through an effective therapy called hypnosis.

Time: 2:30p, Stardust Theater, Decks 6 & 7, Fwd.

NORWEGIAN'S WHITE HOT PARTY (18+)

Feel the bass pumping as you dance the night away in a wonderland of white. Don't miss one of the biggest parties of the cruise. Dress in white and get ready to experience the hottest party at sea with your Cruise Director Dan, your White Hot Angel Dancers, your Cruise Staff and your entertainment family. The music will be provided by Sonata as they melt the ice on the dance floor, then DJ Onyx will take over with more hits. Wear white...or not - everyone is invited.

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

ACTIVITIES FOR FAMILIES

GUPPIES (AGE: 0-2): WIGGLES AND GIGGLES

Come join our Guppies class today as we use all senses with different shapes and colors and have lots of laughs!

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

SPLASH ACADEMY (AGE 3-12): COWBOYS IN OUTER SPACE

Yeehaw! Choose cowboys or Aliens as we jump into space with crazy and active games!

Time: 7:00p-10:30p, Splash Academy, Deck 12, Mid

SPECIAL EVENTS

LECTURE SERIES: JONBENÉT RAMSEY

Join our forensics expert, Gary Koverman, for a fascinating look into the JonBenét Ramsey case. The brutal murder of 6-year-old JonBenét on Christmas night in 1996 shocked America to its core. This is a renewed examination of the evidence from a forensic scientist that actually worked on the case while working for the Colorado Bureau of Investigation.

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

LATIN LINE DANCE CLASS

It's time to learn some new dance moves from your Cruise Staff. They will teach you the basics of Latin Line 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.

JAPAN PORT HIGHLIGHTS & TIPS

Join Ellie again today for some of the highlights of our upcoming ports in Japan and useful tips.

Time: 4:00p, Stardust Theater, Decks 6 & 7, Fwd.

JAZZ DANCE CLASS WITH THE CAST

It's time to learn some new dance moves from your Norwegian Jewel Production Cast dancers. They will teach you the basics of Dancing to Jazz Music that you can show off to your family and friends. This class is fun for all.

Time: 6:00p, Fyzz Lounge, Deck 7, Fwd

BANDAOKE WITH THE PARTY BAND SONATA

Enjoy karaoke being played for you live. Join us tonight for an amazing experience of singing with your favorite band on the high seas Sonata.

Time: 8:15p-9:00p, Spinnaker Lounge, Deck 7, Fwd

MUSIC EVERYWHERE

Relaxing Sounds with Soul Inspiration
6:30p-10:00p, Crystal Atrium, Deck 7, Mid
Dance Music with Fire & Ice
7:00p-7:45p, Fyzz Lounge, Deck 7, Fwd
Pub Classics with Leo
6:00p-9:30p, Magnum's, Deck 6, Mid

WHAT'S HAPPENING TODAY.

TEAR HERE

FOLD HERE

DAY 13
SUNDAY
SEPTEMBER 30

MORNING

All Day	Morning Show with Cruise Director Dan
7:00a	Morning Stretch
7:30a	Fab Abs
8:00a-10:00a	Adult Tennis Open Play**
8:00a	Tour De Cycle *
9:00a	Inter- Faith Service with Fellow Guests
9:00a	Cardio Dance Class with Cruise Staff
9:00a	Digital Camera Helpdesk
9:00a	Pathway To Yoga*
9:30a	Lecture Series: JonBenét Ramsey
9:30a-10:30p	Knitters & Stitchers Gathering
9:45a	Morning Trivia with Cruise Staff
10:00a	Up To \$500 Slot Tournament*
10:15a	International Hair Show
10:30a	Origami Creations with Cruise Staff
10:30a	Fruit & Vegetable Carving Demo
11:00a	Binocular Helpdesk
11:00a	Color Gemstone Seminar
11:30a	Test your Knowledge with CruiseNext
11:30a	Burn Fat Faster

AFTERNOON

12:15p	Chinese Herbal Medicine with Dr Ram Babu
12:30p	Let's Talk with Jeff
12:30p	\$350,000 Satellite Poker Tournament*
1:00a	Progressive Trivia
1:00p-5:00p	Sport Court Open Play**
1:30p	Up To \$500 Blackjack Tournament*
1:30p	Bean Bag Toss Challenge
2:00p	Engineering Challenge: Paper Bridge
2:00p	Relieving Back Pain
2:00p-3:00p	Love Moods with Fire & Ice
2:00-5:00p	Anti-aging consultations with Dr Jenny
2:30p	Jewelry Trivia
2:30p	Ladder Toss Challenge
2:30p	Hypnosis for Weight Loss Seminar
3:00p	Paradise Lotto Draw*

(*) 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

AFTERNOON (CONT.)

TV Channel 27	3:15p
Aerobic Studio	3:30p
Aerobic Studio	4:00p
Sports Court	4:00p
Aerobic Studio	5:00p
Fyzz Lounge	5:00p
Spinnaker	5:00p-6:15p
Photo Gallery	5:00p-9:00p
Aerobics Studio	5:15p
Stardust	5:15p
Shakers Bar	5:15p
Spinnaker	5:15p-5:45p
Jewel Casino	
Magnums	
Spinnaker	6:00p
Crystal Atrium	6:00p
Photo Gallery	6:00p-9:30p
Tradewinds	6:00p-10:00p
Fyzz Lounge	6:00p-10:00p
Aerobics Studio	6:30p
	6:30p-10:00p

NIGHT

Magnums	7:00p-7:45p
Fyzz Lounge	7:00p-8:00p
Jewel Casino	7:15p
Spinnaker	8:00p-8:45p
Sports Court	8:15-9:00p
Jewel Casino	8:30p
Sapphire Pool	9:00p-9:45p
Spinnaker	9:00p-10:00p
Aerobics Studio	9:15p
Fyzz Lounge	9:45p-Close
Mandara Spa	10:00p-11:00p
Tradewinds	10:00p-Close
Sapphire Pool	10:00p-Close
Stardust	11:00p
Jewel Casino	11:00p-Close

Latin Line Dance Class	Spinnaker
Ring Toss Challenge	Sapphire Pool
Japan Port Highlights & Tips	Stardust
Visual Trivia	Spinnaker
Evening Stretch	Aerobic Studio
Evening Trivia with Cruise Staff	Spinnaker
Piano Melodies with Dana	Crystal Atrium
Professional Portraits	Crystal Atrium
Guppies (Age: 0-2): Wiggles and Giggles	Splash Acad.
Sailing Solo Social (18+)	Spinnaker
Photos with Captain Giorgio	Crystal Atrium

Friends of Bill W. Meet	Chapel
Jazz Dance Class with the Cast	Fyzz Lounge
Pub Classics with Leo	Magnum's
Grand Finale Art Auction Sneak Peak	Art Gallery
Guess The Price of The Peter Max	Chin Chin
LGBTQAI Gathering (Meet in Red Room)	Fyzz Lounge
Relaxing Sounds with Soul Inspiration	Crystal Atrium
Dance Music with Fire & Ice	Fyzz Lounge
Ballroom Hour with DJ	Spinnaker
The Magic of Greg Gleason	Stardust
Variety Music with Fire & Ice	Fyzz Lounge
Bandaoke with Sonata	Spinnaker
Spot The Fake Emerald Drawing	Tradewinds
Music Continues with Fire & Ice	Fyzz Lounge
Pre-White Hot Music with DJ Onyx	Spinnaker
The Magic of Greg Gleason	Stardust
Piano & Vocals with Dana	Magnum's
Norwegian's White Hot Party with Sonata	Spinnaker
Karaoke Blast with Cruise Staff	Fyzz Lounge
Paradise Lotto Draw *	Jewel Casino
Late Night Party with DJ Onyx***	Spinnaker

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

