

WHEN & WHERE

Thursday, March 7, 2019

PANAMA CANAL

Tonight's Dress: Smart Casual

Weather: 91°F / 32°C, Partly Cloudy

BOW ACCESS

The bow will be open to all guests beginning
at 6:00am on Decks 5, 6, & 7

TRANSIT OF THE PANAMA CANAL

All times are approximate and subject to change.

ESTIMATED ENTRANCE AT CRISTOBAL

06:30am

GATUN LOCKS (West Lane)

Arriving 8:00am

Departing 10:15am

PASSING BY GAMBOA 1:30pm

PEDRO MIGUEL LOCKS (West Lane)

Arriving 2:40pm

Departing 3:30pm

MIRAFLORES LOCKS (West Lane)

Arriving 4:00pm

Departing 5:10pm

ESTIMATED EXIT AT BALBOA

6:40pm



Holland America Line®
SAVOR THE JOURNEY



America's Test Kitchen



Microsoft Digital Workshop



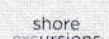
BBC Earth Experiences



Explorations Central



O, The Oprah Magazine










Shore Excursions

6:00am	Panama Rolls & Coffee on Deck	Verandah Deck, 5
6:30am	Nieuw Amsterdam Enters Cristobal	
7:00am	Wildlife Spotting on Deck With your Naturalist Morning Stretch Deck Sale: Panama Canal Souvenirs	Promenade Deck, 3 Fitness Center, 9 Lido Poolside, 9
7:30am	Abs Class	Fitness Center, 9
8:00am	Nieuw Amsterdam Enters Gatun Locks Nieuw Amsterdam Cruises the Panama Canal Narration of our transit can be heard on your stateroom television. Go to My Journey tab and select Location & Weather followed by Forward Camera. Mass is Celebrated Pathway to Yoga \$12	Exploration's Central, 11 & Outside Decks Hudson Room, 3 Fitness Center, 9
9:00am	Shore Excursions Desk: Open until 12:00nn Complimentary Footprint & Posture Analysis with Good Feet® Manager's Deal of the Day: Ship Wheel Charm	Explorations Central, 11 Fitness Center, 9 The Shops, 3
9:30am	The Art of Reflexology	The Greenhouse Spa, 9
10:00am	Basketball Challenge Party Bridge Play continues until 12:00nn Meet for a Game of Mahjong Diminish Swollen Ankles and Reduce Fluid Retention Manager's Deal of the Day: Buckley 15% Off Future Cruise Consultant Available until 12:00nn One Day Watch Sale	Sports Court, 11 Stuyvesant Room, 3 Half Moon Room, 3 The Greenhouse Spa, 9 The Shops, 3 Atrium, 1 The Shops, 3
11:30am	Swim Across the Panama Canal Q&A Camera Time on the Bow Our Digital Workshop Host Hannah, is available on the ship's bow Deck 3 during our scenic sailing for advice on how to get the best photographs.	Sea View Pool, 9 Promenade Deck, 3 Aft
12:30pm	Express Yourself with Windows Ink Ever wanted to quickly jot something down on a document or draw on a webpage? Come and learn about Windows Ink and how you can draw almost anywhere on your Windows 10 device. Today's Movie: The Tailor of Panama (Comedy, R, 1 hour 49 minutes) A tailor living in Panama reluctantly becomes a spy for a British Agent. Pain Management Workshop Meet for a Game of Scattergories	Digital Workshop, 2 Mainstage, 2 & 3 The Greenhouse Spa, 9 Billboard Onboard, 2

Board games and puzzles are always available in the Explorations Café, 11.



1:00pm	Team Trivia Challenge	Billboard Onboard, 2
1:30pm	 Get Creative with Paint 3D Let us introduce you to the exciting world of 3D drawing and learn how easy it can be.	Digital Workshop, 2
	Music Trivia Game	Billboard Onboard, 2
2:00pm	 Wildlife Spotting on Deck With your Naturalist	Promenade Deck, 3 Atrium, 1
	Future Cruise Consultant Available until 5:00pm	
2:30pm	 Q&A with Your Digital Workshop Host Your Digital Workshop Host Hannah, is available and ready to answer Your questions about Windows 10	Digital Workshop, 2
	The Art of Reflexology	The Greenhouse Spa, 9
	New Look, New You	The Greenhouse Spa, 9
2:40pm	 Nieuw Amsterdam Enters Pedro Miguel Locks	
3:00pm	 Shore Excursions Desk: Open until 5:00pm	Exploration's Central, 11
	Meet for a Game of Pictionary	Billboard Onboard, 2
	Afternoon Tea	Dining Room, 3
	Shuffleboard Players Meet	Panorama Deck, 10 Portside
	Instant Wrinkle Remedies	Pinnacle Bar, 2
3:30pm	Pickleball Players Meet	Sports Court, 11
4:00pm	 Nieuw Amsterdam Enters Miraflores Locks	
	Couples Massage Workshop: How to Give a Massage \$58	Fitness Center, 9 The Shops, 3
	Improve Your Posture	Explorations Central, 11 & Ocean Bar, 3
	Name the Price: Silent Auction	
	Happy Hour Enjoy a second drink for only \$2	B.B. King's Blues Club, 2
	Snowball Jackpot Bingo Tickets on sale at 3:00pm	
4:30pm	Experience a Live Acupuncture Demonstration	The Greenhouse Spa, 9
5:00pm	 Ask Your EXC Guide Anything you'd like to know about our itinerary until 6:00pm	Explorations Central, 11
	Friends of Bill W. Meet	Tasman Room, 3
	Sip & Savor Cornflake Crusted Shrimp with the wine selection of the day. Wine by the glass \$5.	Pinnacle Bar, 2

Plan your day with Holland America Line Navigator, our free mobile-friendly tool.
Simply type login.com into your web browser to begin exploring.



B.B. KING'S ALL STARS

8:45pm

9:45pm

10:45pm

ALL REQUEST
8:45pm

ALL REQUEST
10:15pm

ALL REQUEST
11:30pm

**RETURNS
TOMORROW**

6:00pm **Total Body Conditioning** Fitness Center, 9
Martini Sampling \$15 Tamarind Bar, 11

6:40pm **exc Nieuw Amsterdam Enters Balboa**
Breakwaters

7:00pm **Evening Trivia Game** Billboard Onboard, 2
Singles & Solo Travelers Meet Pinnacle Bar, 2

7:30pm **LGBTQ & Friends Meetup** Tamarind Bar, 11



ON THE MAINSTAGE

SHIRLEY DOMINGUEZ

When the Harp goes Latin, Get ready to experience an evening filled with passionate Latin favor.

8:00pm & 10:00pm

9:00pm **Happy Hour** Sea View Bar, 9
Enjoy a second drink for only \$2

9:30pm **Bartender's Choice Whisky Tasting \$19** Gallery Bar, 2

10:00pm **SHIRLEY DOMINGUEZ** Encore performance Mainstage, 2 & 3

11:00pm **\$385,000 Paradise Lotto Jackpot Drawing** Casino, 2

11:30pm **Dance to the Hits with Monique** B.B. King's Blues Club, 2
For guests age 18 years and older.

Guests age 21 and over are welcome to purchase and consume alcoholic beverages. Proper identification is required, and guests will be asked to verify their age.

FINE DINING

Dial 88 for reservations

The Dining Room, 2

7:30am - 9:00am

Panama Brunch

11:30am - 1:00pm

Deck 2: Open seating & Reservations

5:00pm until 9:00pm

Deck 3: Fixed seating

5:30pm and 8:00pm

Pinnacle Grill, 2

12:00nn - 1:00pm \$10

5:30pm - 9:30pm \$35

Canaletto, 9

5:30pm - 9:30pm \$15

Tamarind, 11

5:30pm - 9:30pm \$25

CASUAL DINING

Lido Market, Deck 9

6:00am - 10:00am

11:30am - 2:00pm

2:00pm - 4:30pm*

5:30pm - 8:00pm

10:30pm - 11:30pm*

*Select stations available

New York Pizza, 9

11:30am - 11:30pm

Dive-In, 9

11:30am - 5:30pm

In-Room Dining

24 hours

Dial 92 to order

DRINKS

Coffee Drinks

Explorations Café, 11 opens at 6:30am.

By the Pool

Lido Bar, 9 opens at 8:00am

Sea View Bar, 9 opens at 9:00am both through the evening.

Daytime

Ocean Bar, 3 opens at 10:00am

Gallery Bar, 2 opens at 10:30am both through the evening.

Evening

Pinnacle Bar, 2,

Tamarind Bar, 11,

B.B. King's Blues Club, 2, &

Billboard Onboard, 2 are open



EVENING AT RUDI'S SEL DE MER

The Pinnacle Grill is transformed into an intimate seafood brasserie serving French classics with a contemporary twist inspired by Master Chef Rudi Sodamin.

Dial 88 for reservations.

PHOTO & VIDEO GALLERY

PANAMA CANAL PHOTO OPPORTUNITY

While we transit through the Panama Canal today, our Photographers will be waiting on deck to capture this unique experience.

7:00am - 5:00pm

All Open Decks

CASINO

SCRATCH CARDS

Just \$5 could win you up to \$30,000.

See our casino staff and ask about our scratch card bundles.

5:30pm, Casino, 2

FUTURE CRUISES

2020 VOYAGE OF THE VIKINGS

Join us on a 35 day round-trip cruise from Boston to amazing ports in Greenland, Iceland, Norway, and Newfoundland. See your Cruise Consultant for details.

10:00am - 12:00nn & 2:00pm - 5:00pm

Future Cruises Desk, Atrium, 1

THE SHOPS

— of Holland America —



DECK SALE: PANAMA CANAL SOUVENIRS

Start your Panama Canal adventure at our Panama Canal Deck Sale. Discover great souvenirs with amazing savings. Today only.

7:00am
Lido Poolside, 9



THE GREENHOUSE
SPA & SALON



CAMERA READY! GO SMILE TEETH WHITENING

Visibly whiter teeth and long-lasting results in one 40 minute session for only \$129, usually \$199.

Visit *The Greenhouse Spa and Salon*, 9 or dial 94 to schedule an appointment

shore excursions

PUNTARENAS, COSTA RICA Discover Costa Rica

An excursion that provides you with a comprehensive look at the local culture, history, architecture, flora and fauna. Highlights will be a visit to Palmares and Doka Estate where you will have a chance to taste famous Costa Rican coffee.

9:00am - 12:00pm & 3:00pm - 5:00pm
Shore Excursions, 11 Forward

