



Today's activities.

6am 6.00am Good Morning Queen Mary 2
Your guide to today's entertainment and activities with Entertainment Director Jo Haley.
Stateroom TV, Channel 23 (repeated continuously until 12.00pm)

7am 7.30am Canyon Ranch Fitness
Stretch and relax - Full body stretch. Previous sign-up required.
Queens Room, Deck 3, D Stairway

8am 8.15am Canyon Ranch Fitness
Yoga. \$12 fitness pass and previous sign up required.
Queens Room, Deck 3, D Stairway

8.30am Catholic Mass
Illuminations, Deck 3, B Stairway

9am 9.00am Fencing Introduction to Fencing.
With your Sports Host Tom. (Over 18s only).
Queens Room, Deck 3, D Stairway

9.00am Christian Fellowship Gathering
The Boardroom, Deck 9, A Stairway (unhosted)

9.15am Canyon Ranch Seminar
Ancient Chinese Medicine for 21st century health concerns. Join Dr Ricardo to talk you through how since 5000 years ago, Acupuncture has been successful in treating over 300 concerns, from chronic pain to depression and smoking addiction. A highly valuable and educative session, not to be missed
ConneXions Room 2, Deck 2, A Stairway

9.30am Social Table Tennis
Pavilion Pool, Deck 12, B Stairway (unhosted, over 18s only)

9.30am Beginners' Bridge Class - Day 2
Atlantic Room, Deck 11, A Stairway

10am 10.00am Full Crew Drill
This morning the crew will be exercised in their emergency duties. No action is required from guests, however guest services will be limited for the duration of the drill.
Shipwide

10.00am Transatlantic Games Sign-Up
Sign up for games taking place 6 to 9 January.
The Fairways, Deck 12, B Stairway

10.00am 'Sailing Solo' Coffee Get Together
Meet other independent guests, with your dance hosts.
Carinthia Lounge, Deck 7, B Stairway (until 10.45am)

10.00am Watercolour Art Class
With Art Instructor Vivien Philport. Limited to 25 guests. (There will be a one time fee of \$35 for supplies).
Britannia Restaurant, Deck 3, C Stairway, Port side

10.30am Intermediate Bridge Class
Atlantic Room, Deck 11, A Stairway

11am 11.00am Masonic Gathering
The Boardroom, Deck 9, A Stairway

11.15am Canyon Ranch Seminar
Detox for Health and Weight Loss. Learn more about water retention, inflammation, and toxins that we consume every day without knowing. Our health specialist on board will teach you how you can improve the quality of your life by detoxification.
ConneXions Room 2, Deck 2, A Stairway

11.15am Morning Trivia
Golden Lion Pub, Deck 2, C Stairway

11am 11.15am Diamonds of the World Seminar
Come join Renee from Royal Jewellery, in a wonderful seminar on Diamonds of the World. A deep look into where diamonds are mined and the colours that they come in. Also enter for your chance to win a great prize.
Chart Room, Deck 3, C Stairway

11.15am New York Times Speaker: Phil Shenon
Recorded and broadcast on TV Ch. 44 from 5.00pm onwards.
"Where do conspiracy theories come from?" The author of bestselling histories of two turning points in modern American history - the JFK assassination and 9/11 - shows how shocking events invariably produce conspiracy theories that can warp history.
Illuminations, Deck 3, B Stairway

11.15am Line Dance Class
With your Entertainment Host Jade. Please wear appropriate footwear.
Queens Room, Deck 3, D Stairway

11.30am Beat the Board Competition
The Fairways, Deck 12, B Stairway (over 18s only)

12pm 12.00pm Navigational Announcement Public Address System

12.00pm Lunch & Learn
This is for pre-booked guests only.
The Verandah Restaurant, Deck 8, D Stairway

12.00pm Canyon Ranch Seminar
Sciatica, arthritis, disc problems. Join our Chiropractor Dr. Sarah as she discusses the root of your pain and how to manage it effectively.
ConneXions Room 2, Deck 2, A Stairway

12.15pm Pub Lunch Melodies
With pub duo 'Amethyst'.
Chart Room, Deck 3, C Stairway (until 4.00pm)

12.15pm Ballroom Dance Class
Beginners' Slow Waltz dance class with your dance instructors Eugene and Darya.
Queens Room, Deck 3, D Stairway

12.15pm Cunard Insights: William Lokey
Recorded and broadcast on TV Ch. 44 from 5.00pm onwards.
"Volcanoes Have Changed the World - and Will Again!"

Explore the impact of volcanoes from Iceland to Indonesia and learn how communities in the US manage preparedness near one of the world's most dangerous volcanoes.
Illuminations, Deck 3, B Stairway

12.30pm Poolside Music With Vibz
Pavilion Pool, Deck 12, B Stairway (until 1.30pm)

12.30pm Solo Travellers' Luncheon
Join Social Host, Tommi for a luncheon. Please RSVP at the Purser's desk or by calling 22200 if you would like to attend.
Britannia Restaurant, Deck 2, C Stairway

12.30pm The Sunrise String Quartet
Carinthia Lounge, Deck 7, B Stairway (until 1.15pm)

1pm 1.00pm Blackjack Tournament
Empire Casino, Deck 2, B Stairway

1.00pm Low Limit Afternoon Sea Days
Play your favourite Poker Games for \$3 and Roulette for 50cents until 5.00pm.
Empire Casino, Deck 2, B Stairway

1pm 1.15pm Canyon Ranch Seminar
Salon Showcase. Join our hair and makeup professionals and discover hints and tips galore, looking fabulous just got that bit easier.
ConneXions Room 2, Deck 2, A Stairway

1.30pm Planetarium: 'Search For Life'
Tickets are available from the ConneXions desk, Deck 2, A Stairway, at 9.00am. Please form a line on the Starboard side only. Screened in English. Language translation headsets are available prior to the films. Guests may use their own earphones or a set will be provided to you. Please enter Illuminations on the Starboard side.
Illuminations, Deck 3, B Stairway

2pm 2.00pm Sparkling Gallery Tour
Join Taja and Katie for a glass of bubbles and a gallery tour delving into Clarendon Fine Art's

Learn more about the techniques, inspirations and styles of some of our artists. From the likes of floral abstract artist Danielle O'Connor Akiyama, populous genius Craig Alan and master of the female form Fabian Perez, this intriguing whistle stop tour of the portfolio is sure to entertain our international award winning artists.
Clarendon Fine Art Gallery, Deck 3L, C or D Stairway, Starboard side

2.00pm Queen Mary 2 Choir & Sign-Up
Come and sign-up to be part of Queen Mary 2's guest choir. With pianist Andrew Cavendish-Grey.
G32, Deck 3, D Stairway

2.00pm Planetarium: 'Search For Life'
Tickets are available from the ConneXions desk, Deck 2, A Stairway, at 9.00am. Please form a line on the Starboard side only. Screened in English. Language translation headsets are available prior to the films. Guests may use their own earphones or a set will be provided to you. Please enter Illuminations on the Starboard side.
Illuminations, Deck 3, B Stairway

2.00pm Canyon Ranch Lecture
Pain Free Posture Seminar. Join our health specialists onboard in an interactive seminar about body posture and pain free life.
ConneXions Room 2, Deck 2, A Stairway

2.00pm Social Whist Play
ConneXions Room 3, Deck 2, A Stairway (until 4.00pm)

2.00pm Killer Darts Competition
Golden Lion Pub, Deck 2, C Stairway (over 18s only)

2.15pm Afternoon Classical Concert: Hugh Pether
"From the grandeur of Beethoven to the romance and dazzle of Italy." Beethoven: Pathetique sonata. Grieg: Nocturne/Arabesque Pether: Grand Italian Fantasia based on popular Neapolitan folk songs.
Royal Court Theatre, Decks 2 & 3, B Stairway

2.30pm Planetarium: 'Search For Life'
Tickets are available from the ConneXions desk, Deck 2, A Stairway, at 9.00am. Please form a line on the Starboard side only. Screened in English. Language translation headsets are available prior to the films. Guests may use their own earphones or a set will be provided to you. Please enter Illuminations on the Starboard side.
Illuminations, Deck 3, B Stairway

2pm 2.30pm Duplicate Bridge Tournament
Atlantic Room, Deck 11, A Stairway

2.30pm Scavenger Hunt
With your Sports Hosts Tom & Neil.
The Fairways, Deck 12, B Stairway (over 18s only)

2.30pm Watercolour Art Class
With Art Instructor Vivien Philport. Limited to 25 guests. There will be a one time fee of \$35 for supplies. This is a repeat of this morning's class.
Britannia Restaurant, Deck 3, C Stairway, Port side

2.30pm Friends of Bill W.
The Boardroom, Deck 9, A Stairway

2.45pm Canyon Ranch Seminar
Wrinkle remedies - Look like you from 10 years ago. With these FDA approved treatments, you have found the modern day fountain of youth.
ConneXions Room 2, Deck 2, A Stairway

2.45pm iStudy: iPad Workshop
Part 1 of 5: Getting Started with iPad. A \$15 fee applies.
ConneXions Room 6, Deck 2, A Stairway

3pm 3.00pm Gemstones Seminar
Join on board Jewellery Specialist, Deepak for 'The Story' and learn about these magical and beautiful gemstones. Join us afterwards in the Jewellery Store to view our collection and treat your loved one to something special.
Chart Room, Deck 3, C Stairway

3.00pm Host Corner: Needlework & Knitting
With your Social Host Tommi. Bring your own projects. This is not a class.
Carinthia Lounge, Deck 7, B Stairway, (until 4.00pm)

3.00pm Snowball Jackpot Bingo
Tickets on sale at the Golden Lion Pub from 1.00pm to 3.00pm.
Golden Lion Pub, Deck 2, C Stairway

3.00pm TAG Heuer Seminar
Come and listen to our Watch Specialist as he takes you through the TAG Heuer watch story. From the early years to the present day and how the TAG brand has evolved over the years.
Watch Store, Deck 3, B Stairway

3.30pm New York Times Speaker: Sam Roberts
Recorded and broadcast on TV Ch. 44 from 5.00pm onwards.
"The Last Word."

News obituaries are the stories of people's lives, not their deaths, "history as it is happening," as Marilyn Johnson, a habitué of "the Dead Beat" has written. What makes those lives memorable? Who merits one of the 1,700 or so advance obituaries awaiting someone's death? How are they researched -- from interviews and, appropriately enough, from clippings in the newspaper's "morgue." Apart from the rich and famous, they are the unsung, the remarkable, the people who, as one Times obit writer says, "managed, however quietly, to put a wrinkle in the social fabric." An insider's look behind the only news story we know the ending to.
Illuminations, Deck 3, B Stairway

3.30pm Canyon Ranch Lecture
Thai demo and workshop. Join Atina our authentic Thai therapists to discover the history and benefits of Thai massage techniques.
ConneXions Room 2, Deck 2, A Stairway

3pm 3.30pm Afternoon Tea
With harpist Lara Szabo.
Queens Room, Deck 3, D Stairway (until 4.30pm)

3.30pm Complimentary Golf Competition
120 yards closest to the pin. Places are limited sign up is required.
The Fairways, Deck 12, B Stairway (over 18s only, sign up from 9.30am)

4pm 4.00pm Afternoon Trivia
Golden Lion Pub, Deck 2, C Stairway

4.00pm Canyon Ranch Fitness
Pilates. \$12 fitness pass and previous sign up required.
Knightsbridge Room, Deck 1, C Stairway

4.00pm Bourbon Tasting Event
Come and join us for an exclusive Bourbon tasting event. We will be offering a selection of Bourbon in store for you to sample.
Liquor Store, Deck 3, B Stairway

4.15pm iStudy: Complimentary Seminar
'Communicating: Intro to Skype and Whatsapp.'
ConneXions Room 6, Deck 2, A Stairway

5pm 5.00pm Friends Of Dorothy LGBT Commodore Club, Deck 9, A Stairway

5.00pm Film: 'Jason Bourne'
The CIA's most dangerous former operative is drawn out of hiding to uncover more explosive truths about his past. Starring Matt Damon, Julia Stiles, Tommy Lee Jones, Vincent Cassel, Alicia Vikander, Riz Ahmed. Rated PG-13.
Illuminations, Deck 3, B Stairway (duration 123 minutes)

5.00pm Canyon Ranch Fitness
Get on the ball. Previous sign up required.
Knightsbridge Room, Deck 1, C Stairway

5.15pm The Sunrise String Quartet
Chart Room, Deck 3, C Stairway (until 6.00pm)

5.15pm Pianist Andrew Cavendish-Grey
Carinthia Lounge, Deck 7, B Stairway (until 6.00pm)

5.15pm Pub Duo 'Amethyst'
Golden Lion Pub, Deck 2, C Stairway (until 6.00pm)

5.30pm Formal Portrait Studios
Decks 2 & 3, between B & C Stairways (until 6.15pm)

5.30pm Canyon Ranch Fitness
Evening stretching. Previous sign up required.
Knightsbridge Room, Deck 1, C Stairway

7pm 7.30pm Formal Portrait Studios
Decks 2 & 3, between B & C Stairways (until 8.45pm)

7.30pm Pianist Andrew Cavendish-Grey
Commodore Club, Deck 9, A Stairway (until 8.30pm)

7.30pm The Sunrise String Quartet
Chart Room, Deck 3, C Stairway (until 8.30pm)

7.30pm Pub Duo 'Amethyst'
Golden Lion Pub, Deck 2, C Stairway (until 8.00pm)

7.45pm Pianist Miklos Szabo
Carinthia Lounge, Deck 7, B Stairway (until 8.30pm)

8pm 8.00pm Early Evening Trivia
Golden Lion Pub, Deck 2, C Stairway

8pm 8.00pm Film: 'Jason Bourne'
Illuminations, Deck 3, B Stairway (duration 123 minutes)

8.45pm Showtime: Apassionata
With the Royal Cunard Singers and Dancers. Presented by your Entertainment Director, Jo Haley.
Royal Court Theatre, Decks 2 & 3, B Stairway

9pm 9.00pm Recorded Strict Tempo Music
Queens Room, Deck 3, D Stairway (until 9.45pm)

9.30pm Pub Duo 'Amethyst'
Golden Lion Pub, Deck 2, C Stairway (until 10.00pm)

9.30pm Formal Portrait Studios
Decks 2 & 3, between B & C Stairways (until 10.30pm)

9.30pm The Jazz Club
With the Vladimir Zinchenko Trio.
Chart Room, Deck 3, C Stairway (until late)

9.30pm Pianist Andrew Cavendish-Grey
Carinthia Lounge, Deck 7, B Stairway (until 10.00pm)

9.45pm 'A Night at the Ballroom'
Enjoy the fabulous music of the Queens Room Orchestra, under the musical direction of Andrew Hillier, featuring vocalist Brad Reynolds.
Queens Room, Deck 3, D Stairway (until 12.00am)

9.45pm International Band Vibz
G32, Deck 3, D Stairway (until 10.45pm)

10pm 10.00pm Karaoke
Golden Lion Pub, Deck 2, C Stairway

10.00pm Poetry Recital
Kipling to Keats, Tennyson to Thomas. Join Social Host Tommi for a poetry recital of some famous poems.
Carinthia Lounge, Deck 7, B Stairway

10.00pm Pianist Miklos Szabo
Commodore Club, Deck 9, A Stairway (until 12.00am)

10.15pm Three Queens Raffle Draw
Play in the Casino and qualify for raffle tickets by playing your favourite slot machines and table games. The more raffle tickets you earn, the more chances to be the winner of many exciting Casino prizes.
Empire Casino, Deck 2, B Stairway

10.30pm Showtime: Apassionata
With the Royal Cunard Singers and Dancers. Presented by your Entertainment Director, Jo Haley.
Royal Court Theatre, Decks 2 & 3, B Stairway

10.30pm Film: 'Jason Bourne'
Illuminations, Deck 3, B Stairway (duration 123 minutes)

10.45pm 50s & 60s & More With DJ Chris
G32, Deck 3, D Stairway (until 11.30pm)

11pm 11.30pm International Band Vibz
G32, Deck 3, D Stairway (until 12.30am)

12am 12.00am Dance Music For Enthusiasts
Recorded ballroom and latin music.
Queens Room, Deck 3, D Stairway (until 12.30am)

12.30am All Request Express With DJ Chris
G32, Deck 3, D Stairway (until late)