

CRUISE COMPASS

QUANTUM OF THE SEAS

RELAX AT SEA

Today is a day at sea and we hope you had a good night's sleep, because with everything you can do onboard, you're going to need it.

TRENDING TODAY

The Exclusive Vitality Thermal Suite

Relax on heated loungers, detoxify in our Aromatherapy Steam and Sauna chambers and de-stress your mind, body, and soul. Limited passes available. Sign up now for unlimited cruise access. \$199 for couples pass or \$109 for single pass. Call 4600 or Visit the Vitality Spa on Deck 15.

Champagne Art Auction

You haven't lived until you've experienced a live art auction. Join us for champagne, a free gift, and 90 minutes of fun you'll never forget. 11:00 am, Boleros, Deck 4

HELPFUL TIPS FOR TODAY

SeaPass Account Hold Charge

You may notice a temporary hold on the credit card your SeaPass card is linked to. The hold is used to secure funds for anticipated onboard purchases and will be released at the end of the sailing once your final charges are settled.

Poolside Safety

Splashing in the pool is fun but the pool deck can become slippery as a result. Please watch your step in this area.

Internet and TV Satellite Connectivity

Due to the satellite connection and our position, you may experience Internet outages and/or loss of video / audio for live TV channels. Our teams are aware of this ongoing issue. The app, internet and TV may not be available until the signal outage is resolved. We apologize for any inconvenience this may cause.



DESTINATION TALK

Get a head start on planning your day ashore with insider tips on the port, exclusive information about tours and any essentials you'll need to bring with you. 10:00 am, Royal Theatre, Deck 4



PLAY YOUR MYSTERY CREDITS

Use your SeaPass Card to download up to \$100 in free play before it's too late! Offer expires at Midnight.
Casino Royale, Deck 3

DAY 2

Thursday, November 10, 2022 At Sea

DAILY SNAPSHOT



Forecast Mostly Cloudy

Sunrise 5:45 am

Temperature 70°F (21°C)

Winds S 18 kts Sunset 7:18 pm

Dress Code Dress to Impress

Nighttime's the right time to wear your best look. That means a step up from your typical dinner wear, and includes collared shirts, dresses, skirts, blouses and pantsuits. Jackets, tuxedos/formal wear sports coats and blazers are also appropriate.

YOUR HEALTH IS OUR PRIORITY

We're all in this together. Here are some things to keep in mind for the health and safety of everyone onboard.



Face Masks At a Glance

Masks are recommended for all guests while indoors except while eating or drinking or while in their stateroom.

Wash Up and Watch Out!

To best prevent illnesses, wash your hands with soap and warm water after bathroom breaks and before eating. Feeling ill? Norovirus symptoms include upset stomach, vomiting and diarrhea. Should you experience any of these symptoms, contact our Medical Staff by dialing 1200.

GOOD TO KNOW

Kids in the Pool

Due to public health regulations, children in diapers, swim diapers, pull-ups, or who are not completely toilet trained are not allowed in the pools, and whirlpools, or the H2O zone. The Baby Splash area is designated for children in diapers

Personalized Services for Guests with Visual Disabilities

The Company provides personalized service to all guests with visual disabilities across the fleet, in compliance with the requirement of the Americans with Disabilities Act (ADA) and EU Regulation 1177/2010.

Be Careful with Doors

Doors onboard -- to staterooms, the decks, restaurants and other venues -- are typically heavier than doors back home. Please use caution when opening and closing them.



Let's Get Digital

Download the Royal App on your phone and conveniently access your Cruise Compass to plan your days onboard.



TODAY'S TOP DEALS

DAILY HIGHLIGHTS

SURF + STREAM At Sea

Enjoy the fastest internet at sea - even on a sea day! SURF the web or SURF + STREAM your favorite movies, TV shows and music as well as video chat. Connect to "WiFi-Guest-Quantum" and go to login.com to get started.

UNESCO Cockatoo Island

Open a little-known chapter in Australia's history book at Cockatoo Island, an UNESCO World Heritage Site and former penal colony, where you can explore the sites and learn about the lives of the convicts, as well as admire the beauty of the modern-day harbor. Book this tour today via the Royal Caribbean App or at the Shore Excursions Desk, Deck 5.

Formal Night Portraits

Tonight is the night! Everyone is dressing up and getting their glam on, and you should too. Have our photo team capture photos of you rocking your formal attire. Look for our photographers all around the ship tonight.

Up to 30% Off Citizen & Bulova Watches

Sporty, classic or casual? Discover the designer timepiece that fits your style at this amazing savings event for watch lovers. Save up to 35% on brands like Citizen and Bulova, all tax & duty free. 10:00 am - 10:30 pm, Royal Esplanade, Deck 4

500 Years of Art History

Learn about the rich history of Da Vinci, Rembrandt, Goya, Monet, and Picasso, and how they influenced the art we appreciate and enjoy today. 9:30 am, Boleros, Deck 4

It's All In The Card

Use your SeaPass card at the gaming tables and slot machines to earn free drinks, Freeplay, onboard credit and more. See the Casino Host for more details. Casino Royale, Deck 3

Acupuncture

The point of wellbeing -A Life-Changing Introduction to Acupuncture: Want to feel better? Find out about this amazing, effective treatment for countless conditions such as back pain, sciatica, arthritis, indigestion, seasickness and weight issues. Call 4600 or visit the Vitality Spa for your free consultation.

Where Will You Go Next?

Already planning your next vacation? Here's something else to get excited about. Receive exclusive benefits of up to \$600 in savings when you book onboard.

NextCruise, Deck 5

IN THE SPOTLIGHT

Production Showtime Sequins & Feathers

With all its glitz and glamour, dynamics of beauty, music and textures we celebrate the Showgirl. Bringing together the finest of LA, New York, Paris and Las Vegas with stunning choreography and the finest performers from across the world.

8:00 pm & 10:00 pm, Royal Theatre, Decks 4 & 5

50's & 60's Rock 'N' Roll Party

How could we forget all that great music from the '50s? We couldn't! Join Supernova Band and the Cruise Director's Staff as we rock around the clock (bobby socks optional). 10:00 pm, Two70°, Deck 5

DAYTIME ADVENTURES

The World's Sexiest Man Contest

Watch the men onboard strut their stuff at this competition, where each man will get a chance to show off and wow the crowd with their dancing. The judging panel will select a winner who will have bragging rights for the rest of the cruise for being the World's Sexiest Man! 1:00 pm, Two70°, Deck 5

RipCord® by iFLY®

Experience the exhilaration of skydiving without ever leaving the deck, courtesy of RipCord® by iFLY®. Feel what it's like to fly, as you float on air within the safe confines of this groundbreaking simulator. It's a whole new thrill for thrill seekers of all kinds. Book your spot via the Royal Caribbean App.

9:00 am - Noon / 2:00 pm - 6:00 pm , RipCord® by iFly®, Deck 15 (Reservations are required)

Cash Prize Royal Bingo

Have fun with Royal Bingo and win cash prizes. Whether it's your first time or you're a pro, you won't want to miss this onboard favorite. There's always a winner! (Pre-sales Highly recommended at 10:15 am, Royal Theatre) Cards on Sale at 1:45 pm - 2:30 pm, Game Begins at 2:30 pm Two70°, Deck 5

EVENING THRILLS

Finish That Lyric Game Show

Sure, guests can name the beat, maybe even the artist. But do they know the lyrics? Join your Entertainment Activities Team and fellow guests for this fun game show. 9:00 pm, Two70°. Deck 5

Live Music Tonight

Every evening we have a variety of music for you to enjoy in the Harp & Horn Pub, Music Hall, Boleros, Schooner Bar and more.



HUNGRY NOW	DECK	TIME
Café Promenade Room Service (\$)	4	24 hours 24 hours
MAIN DINING	DECK	TIME
Windjammer Early bird (Continental Breakfast)	14	Breakfast: 6:30 am - 7:00 am
Windjammer Marketplace	14	7:00 am - 11:00 am Noon - 3:00 pm
(Theme Night : Savor La France) • Solarium	14	5:30 pm – 8:30 pm 8:00 am - 10:00 am Noon - 2:30 pm 5:30 pm – 9:00 pm
• Main Dining Room	4	8:00 am - 10:00 am Noon - 1:30 pm
My Time Dining	4	6:45 pm - 9:00 pm
Main Seating, Main Dining Room	3, 4	5:15 pm (Door Closes at 5:30 pm)
Second Seating, Main Dining Room	3	7:45 pm (Door Closes at 8:00 pm)
RESTAURANTS (\$)	DECK	TIME
Chef's Table Chops Grille	5 5	5:30 pm & 8:30 pm Noon - 1:30 pm 5:30 pm - 9:00 pm

Wonderland	5	5:30 pm - 9:00 pm		
COFFEE & SNACKS	DECK	TIME		
La Patisserie (\$) Sorrentos Pizza	4 4	6:00 am – 10:00 pm 11:30 am – 1:00 am		
• Harp & Horn (\$) • Cafe Two70°	5	11:00 am - 11:00 pm 7:00 am - 9:00 am Noon - 5:00 pm		
Splash Away SeaPlex Doghouse	14 15	11:30 am - 5:00 pm Noon - 5:00 pm		

Noon - 1:30 pm 5:30 pm - 9:00 pm Noon - 1:30 pm

5:30 pm - 9:00 pm

Casino Bar	3	8:00 am - 2:00 am
Music Hall	3, 4	11:00 am - 2:00 am
La Patisserie	4	6:00 am - 10:00 pm
Harp & Horn	4	10:00 am - 1:00 am
Boleros	4	3:00 pm - midnight
Bionic Bar	5	1:00 pm - 11:00 pm
Vintages	5	11:00 am - midnight
Schooner Bar	5	9:00 am - midnight
Pool Bar	14	9:00 am - 10:00 pm
Sunshine Bar	14	7:00 am - 9:00 pm
Sky Bar	14	9:00 am - 7:00 pm
Windjammer Bar	14	Noon - 3:00 pm / 5:30 pm - 8:30 pm
North Star Bar	15	9:00 am - 7:00 pm

(\$) Fee Applies.

· Jamie's Italian

• Izumi

DINING TIPS

BAR & LOUNGES (\$) DECK

- Reservations are recommended for all Specialty dining venues. Please visit the app, stop by dining venues or dial 7000 for reservations. Smart casual dress codes apply to all of our dining rooms. A cancellation fee will be charged for reservations cancelled within 24 hours of the reservation time.
- Our room service delivery is now contactless. We ask that you retrieve your meal trays from the trolley outside your door as crew will no longer set up room service inside your stateroom.
- Room service is complimentary for breakfast from 6:00 am to
 11:00 am. For all other room service order a convenience fee of \$7.95 +18% gratuity applies to items listed in the all- day menu will be charged.



VENUE HOURS	DECK	TIME
Art Gallery	5	5:00 pm – 9:00 pm
Casino Royale Slots	3	8:00 am – late
Challenger's Arcade	15	24 Hours
nternet Assistance	5	9:00 am - noon / 4:00 pm - 8:00 pm
Loyalty Ambassador Desk	4	8:00 am - 9:30 am / 4:00 pm- 6:30 pm
Medical Facility (Dial 51)	2	8:00 am - 11:00 am / 4:00 pm - 7:00 pm
NextCruise Sales Office (Dial 5252)	5	9:00 am - 8:00 pm
Photo Gallery	5	10:00 am – 10:00 pm
Private Photo Studio (Dial 55470)	5	By Appointment
Royal Shops Shore Excursions	4,5	9:30 am – 11:00 pm 9:00 am - 9:00 pm
Vitality Spa (Dial 4600)	15	8:00 am – 10:00 pm
Vitality Spa (blai 4000) Vitality Fitness Center	16	6:00 am – 9:00 pm
POOL HOURS	DECK	TIME
Pool Towel Station	14	7:00 am - 10:00 pm
ndoor Pool	14	7:00 am - 10:00 pm
Solarium (Adults only)	14	9:00 am - 8:00 pm
Main Pool	14	9:00 am - 7:00 pm
H2O Zone (Wave Pool)	14	11:00 am - 6:00 pm
Baby Splash Zone	14	10:00 am - 5:00 pm
SPORTS HOURS	DECK	TIME
SeaPlex® Sports Deck	15	8:00 am – 10:30 pm
(Athletic footwear required)		
FlowRider® Advanced Surfing	16	10:00 am – 11:00 am
FlowRider® Mixed Wave		
(Advanced Surfing & Boogie board	The second secon	11:00 am - 1:00 pm / 4:00 pm - 6:00 pm
FlowRider® Boogie Boarding	15	1:00 pm - 4:00 pm
Ripcord® by iFly® Extended (\$) (RF		9:00 am - noon / 2:00 pm - 7:00pm
North Star Extended (\$) (RR)	15	9:00 am - noon / 2:00 pm - 6:40 pm
Rock Climbing Wall	15	9:00 am – noon / 2:30 pm – 6:00 pm
Adult Speed Climb	15 15	6:00 pm – 6:30 pm 6:00 pm – 9:00 pm
		6.00 bm = 9.00 bm
Roller Skates (RR)	13	0.00 pm 3.00 pm

^{*}Reservations Required (RR)

24 HOUR SERVICES AND VENUES

Guest Services (Dial 0) 4
Selected Hot Tubs 14
Emergency Only (Dial 911)
Operator (Dial 0)

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

Outdoor and Current Pool Opening and closing hours might vary due to weather changes; this will be communicated in case of any changes or delays. Pool and Whirlpools will remain/be closed if the outside air temperature goes to 10°C or below.

For the well-being of everyone onboard, some members of our security team will be wearing body cameras as part of their uniform.

If you encounter any wild birds or animals onboard. Please refrain from touching them and notify the nearest crewmember.



Drink of the Day - The Port Side Punch

We're showcasing one of the most popular cocktails of The Bahamas with today's drink of the day — the Port Side Punch. Made with rum, Peach Schnapps and cranberry juice, you'll have trouble having just one. Try it today and raise a glass to adventure. Order at any bar onboard

DAY 2

Thursday, November 10, 2022 At Sea

1 GOOD TO KNOW	DECK	TIME
Entertainment Today with your Cruise Director, Steve from Canada and Activities Manager, Neil from Brazil Playing Cards Available, The Library (Two70°) Daily Trivia and Sudoku Puzzles, The Library (Two70°) Solo Travelers Meet, Vintages Friends of Bill W. (Self led), The Workshop (Two70°) LGBTQIA+ Gathering, Vintages Junior Cruisers' Curfew	Channel 1 6 6 5 6 5	All Day 9:00 am - 9:00 pm 11:45 am 4:00 pm 9:00 pm 1:00 am

ជ THINGS TO DO	DECK	TIME
Learn To Play, Casino Royale	3	9:30 am - 10:00 am
500 Years of Art History, Boleros	4	9:30 am - 10:30 am
Destination Talk, Royale Theatre	4, 5	10:00 am - 10:45 am
Early Bird Special: 20% Off Photo Packages,	-	10:00 am 10:00 nm
Focus Photo Gallery	5	10:00 am - 10:00 pm
Texas Hold'em Tournament \$, Casino Royale	3	11:00 am - noon
Champagne Art Auction, Boleros	4	11:00 am - 2:00 pm
Snowball Raffle, Casino Royale	3	10:00 pm - 10:05 pm

⑥ SPA, FITNESS & SHOPS	DECK	TIME
Early Morning Stretch, Vitality Fitness Center	16	7:00 am - 7:30 am
Fabulous Abs, Vitality Fitness Center	16	7:30 am - 8:00 am
Pure form Yoga (\$), Fitness Center	16	8:00 am - 8:45 am
Free Spa Tours and Tasters , Vitality Spa	15	9:00 am - 11:00 am
Seminar: Acupuncture The Point of Wellbeing, Vitality Spa	15	10:00 am - 10:30 am
Designer Watch Event, Royal Esplanade Deck	4	10:00 am - 10:30 pm
Seminar: Acupuncture The Point of Wellbeing, Vitality Spa	15	10:00 am - 10:30 am
Does Your Hair Style Suite you, Vitality Spa	15	11:00 am - noon
30% Off Coach Handbag Sale, Coach Store	4	11:00 am - 3:00 pm
Royal Shops Shopping Show, Music Hall Deck	4	11:30 am - 12:30 pm
Grand Unveiling of Tanzanite, Regalia Deck	4	12:30 pm - 2:00 pm
Seminar: Arthritis & Back Pain Solutions With Acupuncture,		
Vitality Spa	15	2:00 pm - 2:30 pm
Cellulite Solutions, Vitality Spa	15	2:00 pm - 2:30 pm
Seminar: Wrinkle Remedies, Vitality Spa	15	2:00 pm - 2:30 pm
Smokey Eyes Event, Beauty Avenue	4	2:00 pm - 4:00 pm
Bylgari Champagne Event, Bylgari	5	3:00 pm - 5:00 pm
Costume Jewelry Sale, Royal Esplanade	4	3:00 pm - 10:30 pm
Targeted Wrinkle Treatments, Vitality Spa	15	4:00 pm - 4:30 pm
Body Sculpt Boot Camp(\$), Vitality Fitness Center	16	4:00 pm - 4:45 pm
Walk-In Acupuncture Clinic for Weight Loss, Vitality Spa Deck	15	4:00 pm - 6:00 pm
Relieving Back Pain with Good-feet Seminar, Fitness Center	16	5:00 pm - 6:00 pm
Guess the price of the Swiss Watch, Regalia Deck	4	5:00 pm - 9:30 pm
Evening Stretch, Vitality Fitness Center	16	6:00 pm - 6:30 pm
Free Footprint and Postural Analysis, Vitality Fitness Center	16	6:30 pm - 7:30 pm
Book a Private Shopping Appointment, Bylgari	5	7:00 pm - 9:00 pm

for Foodies	DECK	TIME
Sip Tour Brunch (\$), Grande Restaurant	3	10:30 am
Taste of the Caribbean (\$), Boleros	4	3:30 pm
Sushi Making Class (\$), Izumi	5	10:00 am



If you are experiencing any of the symptoms below, please do not leave your stateroom and call the Medical Center immediately on extension 1200 to make an appointment.

- · Fever or chills
- Cough
- Shortness of breath
- Fatigue; Muscle or body aches Nausea or vomiting
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Diarrhea

☞ ENTERTAINMENT	DECK	TIME
Sports Activity: Open Play Pickleball, SeaPlex® Sports Activity: Open Play Table Tennis, SeaPlex® Sports Activity: Open Play Xbox Games, SeaPlex® Sports Activity: Water aerobics with your sports staff,	15 15 15	8:00 am - 11:00 am 8:00 am - 10:30 pm 8:00 am - 10:30 pm
(max capacity 30 pax), Indoor Pool Sudoku Challenge #1, Schooner Bar Morning Trivia, Music Hall Crossword Challenge, Schooner Bar	15 5 3, 4 5	10:00 am - 10:30 am 10:00 am - 10:30 am 10:30 am - 11:00 am 10:45 am - 11:15 am
Search for Nations: The Scavenger Hunt - Pick Up Music Hall	3, 4	11:15 am - 11:30 am
Sports Activity: Family Table Tennis Competition (sign ups 11:00 am), SeaPlex® Visual Trivia: What's that Logo?, Schooner Bar	16 5	11:15 am – noon 11:30 am - noon
Adventure Family Muffalo Potato: Learn to draw with letters and numbers, Voyager Room Sports Activity: Adult Soccer Competition, SeaPlex®	12	12:15 pm - 12:45 pm
(sign ups 12:45 pm), SeaPlex® The World's Sexiest Man Contest, Two70° Visual Trivia: Flags Around the World, Music Hall Royal Cash Prize Bingo - Cards on Sale, Two70° Airport Codes Trivia, Schooner Bar Movie: Crazy Rich Asians (PG-13, 2018), Royal Theatre Friends: The TV Series Trivia, Music Hall Royal Cash Prize Bingo - Game Begins, Two70° Selfie Scavenger Hunt, Schooner Bar Name that Tune: 50's & 60's, Music Hall Sports Activity: Adult Volleyball Competition (sign ups 2:45 pm), SeaPlex® Zen Coloring, Schooner Bar If you Know it, Dance it! Game Show, Music Hall Line Dance Class, Two70° Sports Activity: Open Play Volleyball, SeaPlex® General Knowledge Trivia, Music Hall Sports Activity: Roller Skates, (Reservations required), SeaPlex® Production Showtime: Sequins & Feathers Royal Theatre Movie: Cyrano (PG-13, 2021), Poolside It Happened in the 50's & 60's Trivia, Boleros Finish That Lyric Game Show, Two70° Open Mic Karaoke, Boleros 50's & 60's Rock N Roll Party, Two70°	15 5 5 5 5 5 5 5 5 5 5 5 5 5	1:00 pm - 2:00 pm 1:00 pm - 1:45 pm 1:30 pm - 2:30 pm 2:00 pm - 2:30 pm 2:00 pm - 2:30 pm 2:00 pm - 2:30 pm 2:00 pm - 4:01 pm 2:15 pm - 2:45 pm 2:45 pm - 3:15 pm 3:00 pm - 3:30 pm 3:00 pm - 4:00 pm 3:30 pm - 4:00 pm 3:45 pm - 4:15 pm 4:00 pm - 4:30 pm 4:00 pm - 5:45 pm 4:30 pm - 5:00 pm 6:00 pm - 9:00 pm 8:00 pm - 8:45 pm 8:00 pm - 10:04 pm 8:15 pm - 8:45 pm 9:00 pm - 9:45 pm 9:00 pm - 10:30 pm 10:00 pm - 10:30 pm
Teen Exclusive Roller Skates (Åges 12 - 17), SeaPlex® Production Showtime: Sequins & Feathers	15	9:00 pm - 9:30 pm
Royal Theatre	4, 5	10:00 pm - 10:45 pm
A LIVE MUSIC ENTERTAINMENT	DECK	TIME
Rock the pool with Supernova Band Pool Deck Pool Deck	14 14	Noon - 12:45 pm 1:00 pm - 1:45 pm
Poolside music with our Resident DJ Terry Pool Deck Piano melodies with Yevhen	14	2:00 pm - 3:30 pm
Schooner Bar Schooner Bar Schooner Bar Schooner Bar Schooner Bar Easy listening music with Accolade Duo	5 5 5 5	4:15 pm - 5:00 pm 5:30 pm - 6:15 pm 6:30 pm - 7:15 pm 7:30 pm - 8:15 pm
Boleros Boleros Boleros Ballroom dance music with Supernova Band	4 4 4	4:15 pm - 5:00 pm 6:15 pm - 7:00 pm 7:15 pm - 8:00 pm
Two70° Music & dancing with Iconic Band	5	6:45 pm - 7:30 pm
Music Hall Piano and Bar Entertainment with Jennifer	3, 4	7:00 pm - 7:45 pm
Schooner Bar Bob Marley tribute with Iconic Band	5	8:45 pm - midnight*
Music Hall Guitar & Vocal Entertainment with Carlo	3, 4	8:45 pm - 9:30 pm
Harp & Horn Pub Iconic Band LIVE!	4	9:00 pm - late*
Music Hall Music Hall	3, 4 3, 4	9:45 pm - 10:30 pm 10:45 pm - 11:30 pm
50's & 60's Rock 'N' Roll Party featuring Supernova Band Two70°	5	10:00 pm - 11:00 pm
Nightclub Open with our Resident DJ Terry (+18) Music Hall	3, 4	11:45 pm - late

*Entertainers will take periodic breaks.