

today ON LOCATION

MONDAY, MARCH 24, 2014

Forecast:	Sunny
Temperature:	29°C / 84°F
Winds:	NNE 5kts
Sunrise / Sunset:	6:22am/6:30pm
Dress Code	Smart Casual
All Aboard:	5:30pm



THE PANAMA CANAL

Bringing the cultures, tastes and unique Holland America experiences to life, both on board and off.

Today's highlights include:

Panama Canal Transit Schedule:

Please note the below times are approximate and subject to local weather and shipping traffic conditions.

- 5:30am Passing breakwaters
- 7:00am Arrive Gatún Locks southbound
- 9:15am Anchored in Gatún Lake*
*Only guests on Holland America Line Shore Excursions will be permitted ashore at this time
- 11:00am Arrive Gatún Locks northbound
- 1:00pm Depart Gatún Locks northbound
- 3:30pm ETA Colon
- 5:30pm All Aboard

Access to the bow · 6:00am

Proceed via the forward elevators or staircases to Deck 4. Follow the signs on the starboard side directing you to the bow. There is a high step through the hatch to gain access to the bow, so guests requiring wheelchair access are advised to view the Canal from Promenade Deck, 3 or the Crow's Nest, 10, forward.



Panama Canal Deck Sale

7:00am · 1:00pm

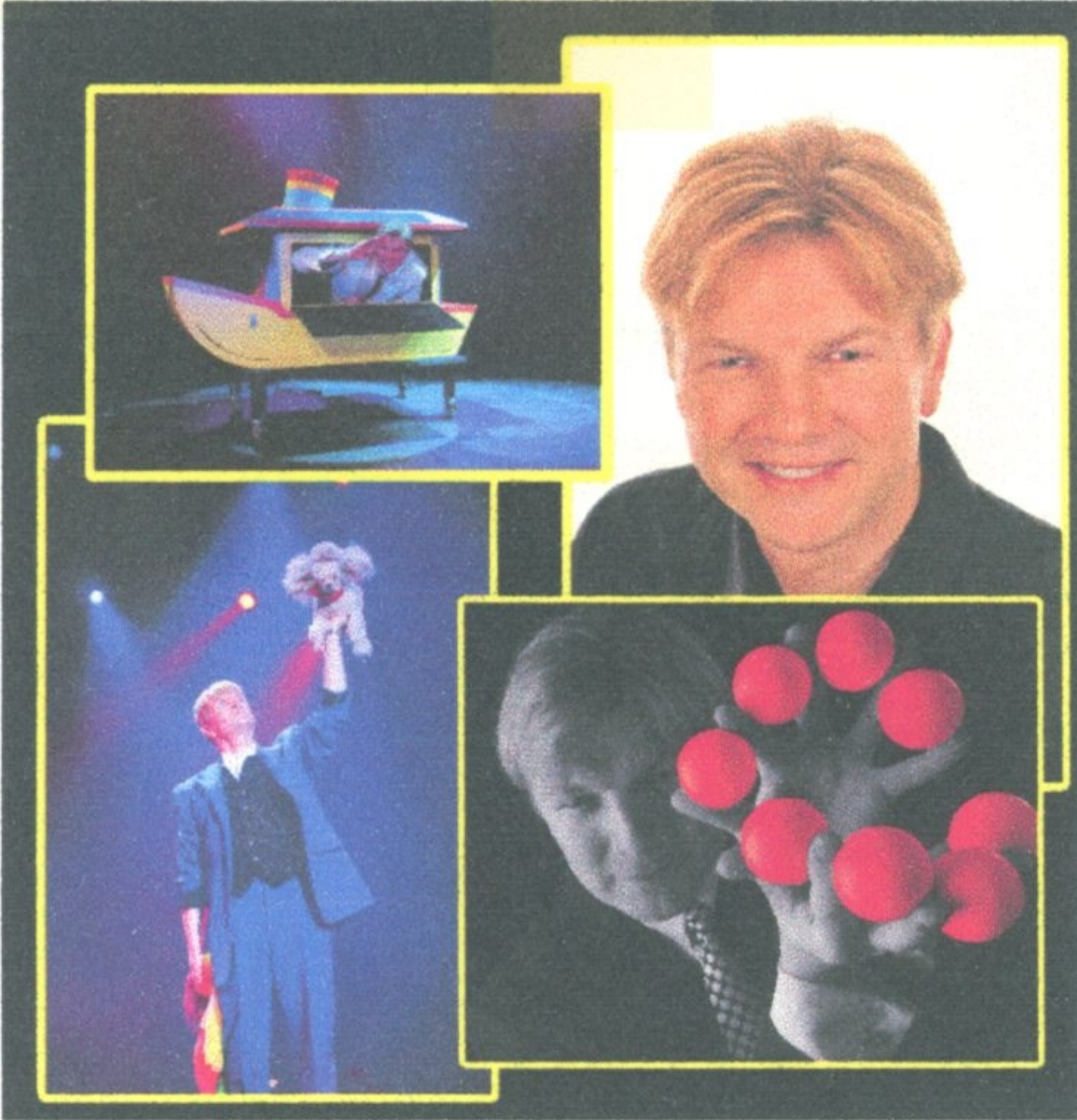
LIDO POOLSIDE, 9 MIDSHIP

The Kuna women of Panama are known for their colorful and intricately sewn Mola blouses. Panels of the blouses are hand sewn using several layers of colored fabric. The artistry of a Mola reflects a synthesis of traditional Kuna culture with the influences of the modern world. Experience Panama at this one day only sales event!

Did You Know?

Holland America Line was a pioneer in onboard wastewater purification systems. On this ship, the waste water discharged into the sea is treated to a higher quality than the level achieved by most shoreside treatment systems.

TONIGHT'S SHOW



James Cielen

7:00pm, 8:30pm & 10:00pm
VISTA LOUNGE, 2

He will dazzle you with a wide variety of magic, ranging from the extremely difficult sleight of hand to the equally impressive large-scale grand illusion

MUSIC & LOUNGES

Solo Guitarist Ryan Laird

5:00pm · 7:00pm &
8:00pm · 10:00pm

CROW'S NEST, 10

Enjoy 'Classic Songs and Stories', acoustic versions of popular classics and country music from the '60s to today.

Carly & the HALCats

6:00pm · 10:00pm

OCEAN BAR, 3

Join the HALCats at 9:00pm for Ballroom Hour.

Adagio · 7:00pm · 11:00pm

EXPLORER'S LOUNGE, 2

Our violin and piano duo performs sophisticated classical music.

Yolanda & the HALCats

8:00pm · 12:00mn

QUEEN'S LOUNGE, 2



Piano Bar Entertainer Michael Sara

9:00pm · close

PIANO BAR, 2

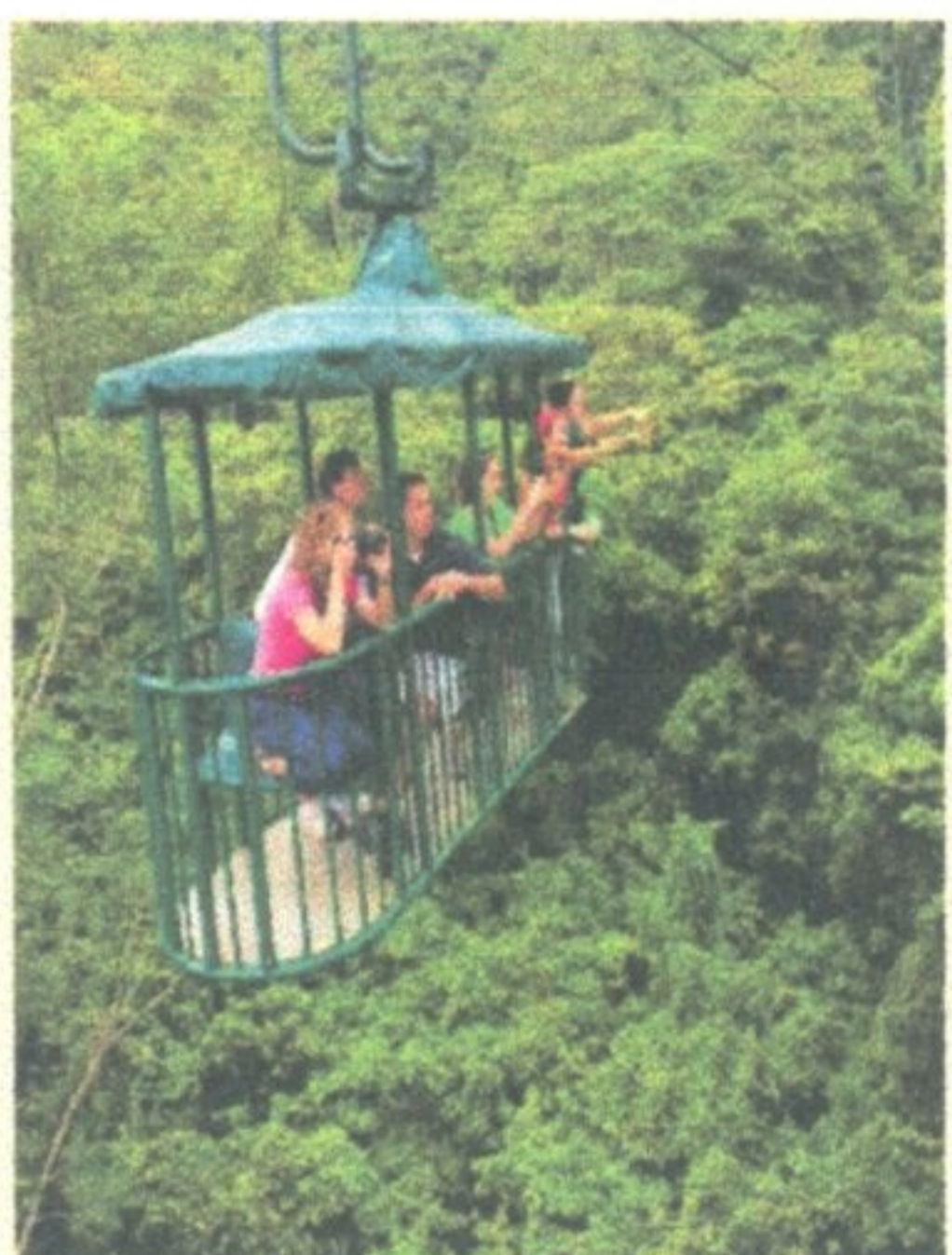
Grab a drink and join Michael for 'A Little Country'.

Show Host Ash Spins the Hits

10:30pm · close

NORTHERN LIGHTS, 2

Ash gets the party started and keeps it going into the night spinning great dance music.



Puerto Limón Rain Forest Aerial Tram

Explore the canopy of Costa Rica's Rain forest in this exhilarating 70-minute aerial tram ride. A unique eco-tourism adventure sightseeing experience discovering the beauty of the hanging gardens of air plants, animals and birds hidden at the top of diverse tall trees. This tour includes a tasty Costa Rican lunch.

Book at the Shore Excursions Desk



Pacific Northwest Steak & Seafood in an intimate setting.
Lower Promenade, 2 midship
Lunch: 12n-1p, \$10
Dinner: 5:30p-9:30p, \$29



A taste of Italy featuring small plates for sharing.
Lido, 9 midship
Dinner: 5:30p-9:30p, \$10



A wide variety of options for breakfast, lunch and dinner in this classic setting with ocean views.
Breakfast: 7:30a- 9a Lunch: closed
Afternoon Tea: 3p-4p
Dinner: Open Seating: 5:15p-9p Seating's at: 5:30p & 7:45p



Our casual option for breakfast, lunch and dinner.
Lido, 9
Continental Breakfast: 5:30a-10:30a Full Breakfast: 6a-10a
Lunch: Lido Bistro: 11:30a-2p Lido Deli: 11:30a-5p
Casual Dinner: 5:30p-8p Late Night Snack: 11p-12m



Burgers, Hot Dogs and Fries served poolside.
Lido Poolside, 9
Grill: 11:30a-6p Mexican Fiesta: 11:30a-2p Taco Bar: 2:30p-6p

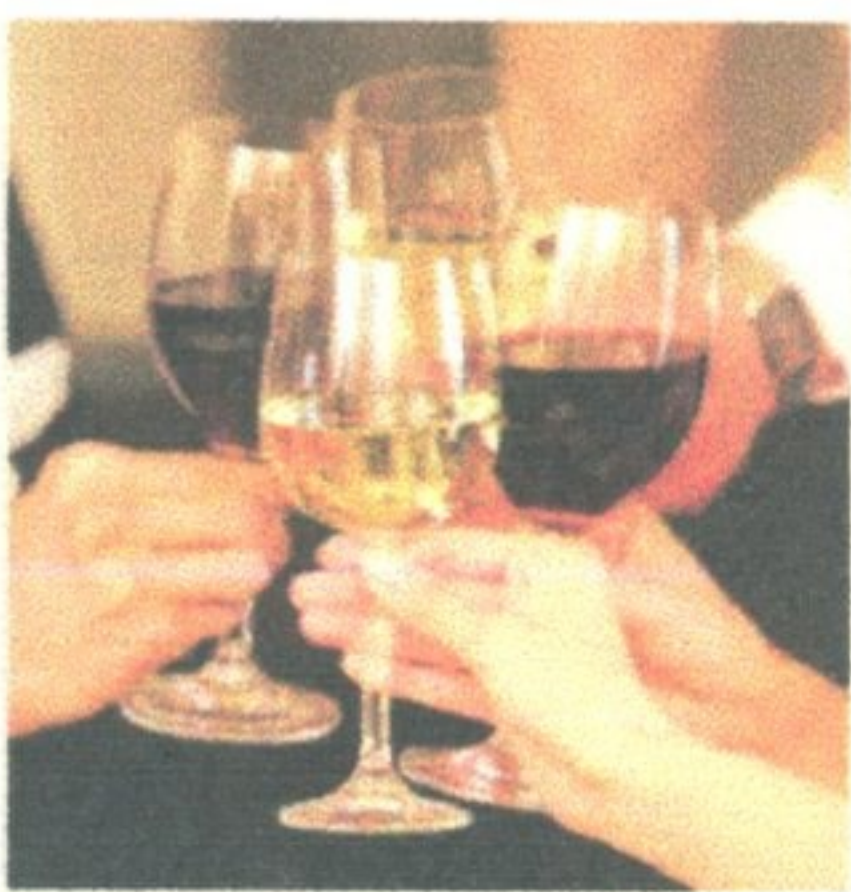
*Reservations for specialty restaurants can be made by dialing 88.

LUNCH AT THE PINNACLE GRILL



Why should dinner be the most special meal? Treat yourself to a leisurely lunch in the Pinnacle Grill. A gastronomic experience to enjoy as we pass through the locks in the Panama Canal, the Pinnacle Grill for lunch will make your cruise experience complete, offering one of the best views in the house.

Make your reservations by dialing 88. Walk-ins also welcome. Lunch \$10
Pinnacle Grill, 2



Sip & Savor

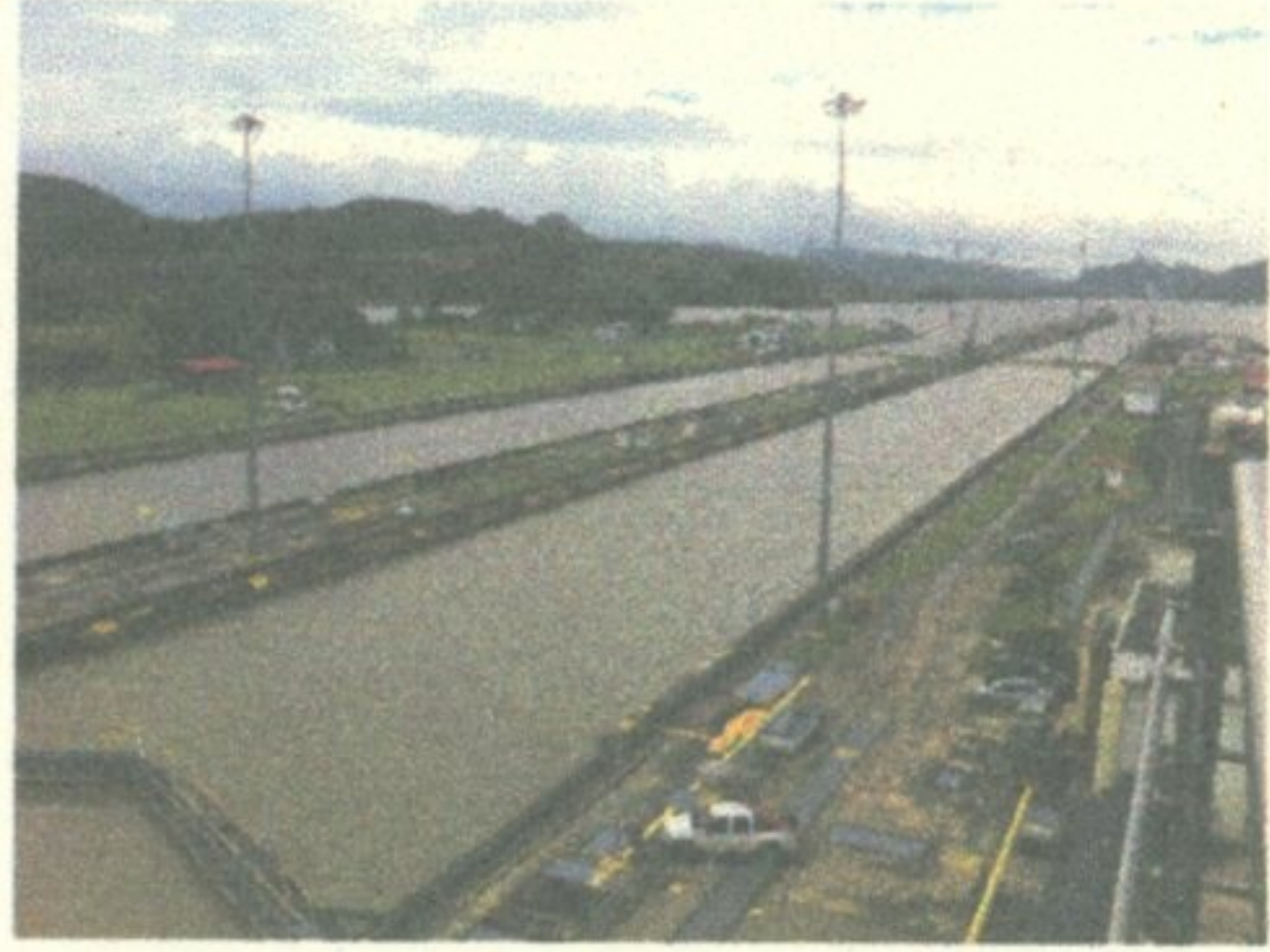
Join Culinary Arts Center Host Ashley for tonight's pre-dinner appetizer Italian Bruschetta and Pinot Grigio by the glass special \$4.

Pinnacle Bar, 2
5:00pm

DRINKS

LOCATION	HOURS	HAPPY	
		HOUR	DECK
Explorations Café	6a-10p	—	10
Lido Bar	9a-8:30p	—	9
Seaview Bar	9a-8:30p	—	9
Ocean Bar	10a-12:30a	4p-5p	3
Crow's Nest	10a-close	4p-5p	10
Sports Bar	9:30a-1p, 5p-close	—	2
Explorer's Lounge	5p-11p	—	2
Pinnacle Bar	4:30p-11p	—	2
Atrium Bar	4:30p-8:30p	6p-7p	1
Northern Lights	9p-close	—	2
Piano Bar	8:30p-close	—	2

DRINK OF THE DAY
Epic Spice Daiquiri \$5.95



Panama Canal Commentary

You will receive updates about the progress of the Zuiderdam's transit through the Panama Canal via the P.A. system. A local canal lecturer will be providing commentary from the bridge, heard on the outside decks, the Lido Restaurant, the Crow's Nest, 10, Lido Deck 9 forward, and channel 40 and 43 of your stateroom television

- 6:00am - **Good Morning Zuiderdam!** Wake up with Cruise Director Dave for this fun and informative TV show about our upcoming day in port and the fun events that are taking place on board Channel 26

- 6:00am - **Panama Rolls at Sunrise** Captain Turner, invites you to the bow to watch the sunrise. Coffee and Panama Rolls will be available. Tropical Mimosas will be available at 9:00am for \$2.95 Bow, 4 forward

- 7:00am **Fitness Class: Morning Stretch** Fitness Center, 9



Rise and Shine

The Mimosa was invented in 1925 at the Ritz Hotel in Paris, although a nearly identical drink was created in 1921 at a tavern in London and given the name Buck's Fizz. Because of it's color, the mimosa gets its name from the bright yellow acacia flower, native to Australia and brought to Europe by Captain James Cook

Morning Mimosa Special
Just \$2.95 in the Lido Bar and Restaurant, 9

- 7:00am **ON LOCATION Panama Canal Deck Sale** The Kuna women of Panama are known for their colorful and intricately sewn Mola blouses. Panels of the blouses are hand sewn using several layers of colored fabric. The artistry of a Mola reflects a synthesis of traditional Kuna culture with the influences of the modern world. Experience Panama at this one day only sales event! Lido Poolside, 9

- 8:00am **Fitness Class: Indoor Cycling \$12** Fitness Center, 9

- 9:00am- **Acupuncture: Complimentary Tongue and Pulse Analysis** Greenhouse Spa, 9

- 9:30am **Get Organized with Calendar App:** Use the Calendar app to manage events and schedule appointments Digital Workshop, 2 aft

- 10:00am **Creative Crafts Class** Join Culinary Arts Center Host Ashley as she shows you how to make your very own Ribbon Bookmarks Culinary Arts Center, 2

- 10:00am **Card Players Meet** Half Moon Room, 3

- 10:30am **\$30 Texas Hold'em Beginners' Tournament** Casino, 2

- 10:30am **Complimentary Jewelry Cleaning** Merabella Luxury Boutique, 3

- 11:00am **Health Seminar: Detox for Health, Energy and Weight loss** Stuyvesant Room, 3

- 11:00am **Swim the Canal with Show Host Ash** Seaview Pool, 9

- 12:00nn **Body Seminar: Inch Loss Made Easy with Ionithermie** Stuyvesant Room, 3

- 1:30pm **Meet the New Windows:** An inside look at the latest operating system for your PC Digital Workshop, 2 aft

- 2:00pm **Card Players Meet** Half Moon Room, 3

Canaletto Restaurant



Named for the famous 18th-century Venetian artist, the award winning Canaletto Restaurant serves classic Italian fare featuring small plates for sharing.

Dinner \$10.

Dial 88 for Reservations.

<input type="checkbox"/> 2:30pm	Techspert Time: Techspert Brian is available to answer your questions about Windows 8	Digital Workshop, 2 aft
<input type="checkbox"/> 3:00pm	ON LOCATION That's Souper Learn to make a wonderful, chilled Banana and Coconut Soup with Toasted Almonds with Culinary Arts Center Host Ashley	Culinary Arts Center, 2
<input type="checkbox"/> 3:00pm	Afternoon Tea	Vista Dining Room, 3
<input type="checkbox"/> 4:00pm	Friends of Bill. W	Piano Lounge, 2
<input type="checkbox"/> 5:00pm	Mass is Celebrated	Queen's Lounge, 2
<input type="checkbox"/> 5:00pm	Sip & Savor Get your evening started with today's pre-dinner appetizer and wine pairing. Culinary Arts Center Host Ashley will be serving Italian Bruschetta with Pinot Grigio by the glass special \$4	Pinnacle Bar, 2
<input type="checkbox"/> 5:00pm	Martini Madness	Atrium Bar, 1
<input type="checkbox"/> 5:00pm	Fitness Class: Pathway to Yoga \$12	Fitness Center, 9
<input type="checkbox"/> 5:30pm	Secure your Windows 8 PC: Help keep your PC protected from malware with Windows 8 and Internet Explorer 10. Back up your files and restore them when you need it the most	Digital Workshop, 2 aft
<input type="checkbox"/> 6:00pm	Panama Souvenirs Sidewalk Sale Missed the Deck Sale this morning? Visit the Signature Shops for a second chance to purchase unique keepsakes	Signature Shops, 3
<input type="checkbox"/> 7:00pm	SHOWTIME: Illusionist James Cielen	Vista Lounge, 2
<input type="checkbox"/> 7:30pm	LGBT Gathering	Ocean Bar, 3
<input type="checkbox"/> 7:30pm	Crack the Casino Vault Competition \$1 to play	Casino, 2
<input type="checkbox"/> 8:00pm	Panama Prize Draw With your Signature Shops Team	Signature Shops, 3
<input type="checkbox"/> 8:00pm	Pub Trivia with Show Host Ash	Northern Lights, 2
<input type="checkbox"/> 8:30pm	SHOWTIME: Illusionist James Cielen	Vista Lounge, 2
<input type="checkbox"/> 9:00pm	Ballroom Hour with the HALCats until 10:00pm	Ocean Bar, 3
<input type="checkbox"/> 9:00pm	Port and Chocolate Tasting \$15 with Cellar Master Adrien	Pinnacle Bar, 2
<input type="checkbox"/> 9:30pm	Movie Trivia with Show Host Ash	Northern Lights, 2
<input type="checkbox"/> 9:00pm	\$1/ \$2 No Limit Texas Hold'em Cash Game	Casino, 2
<input type="checkbox"/> 9:30pm	Panama Prize Draw With your Signature Shops Team	Signature Shops, 3
<input type="checkbox"/> 10:00pm	SHOWTIME: Illusionist James Cielen	Vista Lounge, 2
<input type="checkbox"/> 10:30pm	All Request Night with Show Host Ash	Northern Lights, 2
<input type="checkbox"/> 11:00pm	Paradise Lotto Drawing The jackpot now stands over \$121,000. Play tonight for just \$2	Casino, 2

TODAY'S MOVIE

About Time

Screening Room, 3

10:00am, 1:00pm, 4:00pm, 7:00pm & 10:00pm

Drama Rated: R Time: 1 Hour 3 Minutes

Staring: Domhnall Gleeson, Bill Nightly, Rachel Mc Adams and Tom Hollander

A young man with the ability to time travel discovers that finding true love isn't as easy as he thought it would be in this romantic comedy.

Seating is limited in the Screening Room.

This movie will replay on Channel 37 of your stateroom television on March 25.

SERVICES

LOCATION	HOURS	DECK
Explorations Café Library	8a-10p	10
Fitness Center	6a-9p	9
Front Office	24 hours	1
Future Cruise Consultant	12p-3p	1
Greenhouse Spa & Salon	8a-10p	9
Thermal Suite & Hydro pool	8a-10p	
Medical Center	8a-12n, 2p-6p	A
Doctor's Hours	8a-9a, 5p-6p	
Hot Tubs	9a-10p	9
Pools	7a-9p	9
Port Shopping Ambassador	6p-7p	1
Shore Excursions Desk	5p-7p	1
Signature Shops	9a-2p, 6p-11p	3
Casino	10a-arrival, 6:30p-close	2

ONBOARD OFFERS



Panama Canal Deck Sale

Start your Panama Canal adventure at our Panama Canal Deck Sale

Discover great souvenirs and amazing savings on items made locally in Panama. Today only!

Lido Poolside, 9
7:00am-1:00pm

MERABELLA LUXURY BOUTIQUE

Complimentary Jewelry Cleaning

Merabella Luxury Boutique, 3

10:30am-11:30am

INTERNET

Panama Canal Web Cams

Did you know there are live webcams located in the Panama Canal? Have friends and family log onto

www.pancanal.com to watch our ship sail through the locks in real time

Explorations Café, 10

FUTURE CRUISE

The Sunny Mediterranean

Join us for our most popular

Mediterranean sailing. Sail to Monte

Carlo, Rome, Naples, Dubrovnik,

Venice and more. Our newest ship the

Nieuw Amsterdam. Sailing May thru

October with several dates to choose

from. Book by March 25th & receive a complimentary Win a Cruise Lottery ticket!

See Future Cruise Consultant Michelle in the Atrium, 1

PHOTO GALLERY

Panama Canal Photo Opportunity

Today while we transit through the Panama Canal, your friendly Image Creators and Videographer will be around the ship waiting on the locks to capture this unique experience. Don't forget to smile!

Photo Gallery, 3

5:00pm-11:00pm

FINE ART

Step Into Our Gallery

Please join us in the Art Gallery between 7:30pm and 9:30pm for a glass of champagne and an art gallery tour.

Art Gallery, 2

CASINO

Low limit Tables - 10:00am- Arrival

Free Slot Play!

Insert your keycard into any slot machine to see if you are a lucky winner of \$20 in free slot play

Casino, 2

THE GREENHOUSE

SPA & SALON

SPA SPECIAL

Ladies and Gent's Pamper

Indulge in a Scalp massage, back, neck & shoulder massage, hydrating facial, foot & ankle massage, Rejuvenating Eye treatment and full body exfoliation for 60minutes after which you have 1 hour access to the Thermal Suite & Hydro Pool. 120 Minutes total for just \$119.

Visit the Greenhouse Spa, 9
or dial 94 to schedule an appointment