ALL KINDS OF DELICIOUSNESS

BREAKFAST

6:30am Coffee & Danish La Playa Grill, 9 Aft 7:00am - 10:30am Breakfast on Deck La Playa Grill, 9 Aft 8:00am - 12:00pm Late Risers Breakfast La Playa Grill, 9 Aft 8:00am - 10:00am Open Seating Empire, 2 Aft

LUNCH

11:00am - 6:00pm	Grill	La Playa Grill, 9 Aft
12:00pm - 2:30pm	Lido Lunch	La Playa Grill, 9 Aft
12:00pm - 1:30pm	Open Seating	Empire, 2 Aft
Taste of Nations	Mexican	La Playa Grill, 9 Aft

DINNER

Assigned Dining Guests Empire, 2 & 3 Aft

Early Dining: 6:00pm Late Dining: 8:15pm

Your Time Dining™ Guests

Empire Dining Room

Guests assigned to Your Time Dining are invited to dine when and with whom they choose each evening. Empire, 3 Aft

5:45pm - 9:30pm

Tonight's dining room attire is Cruise Elegant Please Note: Gym or basketball shorts, flip-flops, bathing suit attire, cut-off jeans, baseball hats and men's sleeveless shirts are not allowed in the dining rooms.

CRUISE THE VINEYARDS

Wine Packages. Deluxe Packages & Premium Package are available at a savings of nearly 25% off regular wine list prices. See your Dining Room server or stop by the Formalities shop on Deck 3 Mid for details.

ALTERNATIVE DINING

We are pleased to offer alternative dining venues with varied selections

Ice Cream Parlor

3:00pm - 4:30pm Fantail Bar, 9 Aft

La Playa Grill

La Playa Grill, 9 Aft 6:00pm - 9:30pm

11:00am - 11:00pm Deli, 9 Aft

Late Night Bistro

11:30pm - 1:00am La Playa Grill, 9 Aft

Open 24 Hours

Pizza Bar La Playa Grill, 9 Aft Coffee, Tea & Ice Cream La Playa Grill, 9 Aft Dial 8000 Room Service

BEVERAGE SERVICE

You must be at least 21 years old to be served alcohol on board. Proper identification with birth date is required.

Today's Drink Special

"Yellow Bird"

Morning Special

"Bloody Mary's, Mimosas & Screw Drivers" Pool Bar, 9 Mid

lcy Inventions

"Pina Colada"

Carnival Signature Cocktail

"Sex on the Beach"

Unlimited Soda Program

Check out the amazing Unlimited Soda Program, available to be used all cruise long; available for purchase at the Lobby, Casino and Pool Bars, restrictions apply

Fountain Café

Latte, Cappuccino or Espresso. Treat yourself to a thick milkshake made-to-order or indulge with a fresh pastry.

7:00am - 12:00am Fountain Café, 2 Fwd 6:30am - 4:30pm Lido, 9 Aft

United States Department of Public Health has determined that eating uncooked or partially cooked poultry, meat, eggs or seafood may present a health risk to the consumer, particularly those who may be more vulnerable

FOR YOUR INFORMATION

MEDICAL CENTER Deck A Fwd Phone: 4444 Emergencies: 911 **Medical Center Hours**

8:00am - 8:00pm Doctor's Hours:

8:00am - 11:00am & 3:00pm - 6:00pm

SMOKING AREAS

Smoking is permitted in the Casino, Casino Bar, Shanghai Piano Bar, Dancin' Dance Club, Champion's Sports Bar and the starboard (right) side of the open deck only. Cigar smoking is only permitted in the Champion's Sports Bar located on Deck 2, Fwd & Fantail Bar located on Deck 9, Aft Starboard side.

GUEST SERVICES

Feel free to visit us throughout your cruise for general questions information, or to report lost or found items. Open 24 hours a day, located on Deck 2, Mid.

FUNSHIP TRANSFERS

Flying out on debarkation morning? Catch a ride on our funship transfers! If your flight leaves no earlier than 11:30am from San Diego, we have a seat waiting just for you. Purchase your ticket at the Guest Services Desk.

LUGGAGE EXPRESS

You have fun; we'll take care of the rest. To make sure your bags get back home safely, we print your boarding pass and baggage tags on board and then check them through to your final destination. So when you get to the airport, all you have to do is walk through the gate. Some restrictions apply; see the Guest Services desk for more details; fees apply. Deadline for enrollment is 12:00p.m. on October 10.

ON AIR

Channel 16 -	TV Channel Guide
Channel 17 -	Cruise Director Information channel
Channel 27 -	Cruise Director channel
Channel 33 -	Clash of the Titans
Channel 34 -	The Bounty Hunter
Channel 35 -	Dr Seuss - Horton Hears a Who

BEACH TOWELS

Please remember to return the Carnival Beach Towel or Bathrobe to your Stateroom Steward or your Sail & Sign® Card account will be billed. If you'd like to purchase one as a souvenir, your Stateroom Steward will be happy to deliver a new one. Just ask.

DECK CHAIRS

In consideration of your fellow guests, the reserving of deck chairs is not permitted. Towels and personal items left on chairs unattended for 30 minutes or more will be removed by the pool attendants and brought to the Towel Hut for safekeeping until you pick them up.

CELLULAR PHONE SERVICE

Stay connected out at sea using your cellular phone. International rates apply. Please remember that your cellular phone may show a different time than ships time. Please always stay on ships time.

PHONING HOME

Consult your stateroom directory for dialing instructions. Charges apply to all calls including 1-800 calling cards, credit cards and collect calls. \$6.99 per minute to USA, Canada, Puerto Rico and Caribbean Islands. \$9.99 per minute for international.

INTERNET ACCESS - 24 HOURS

We are wireless - connect to Carnival WiFi with your own laptop or use one of our computers in the Internet Café. You can purchase and use your minutes anytime, from anywhere. To Log Out type http://1.1.1.1 in the address bar, Please contact the Internet Café Manager during posted hours for additional information.

Stay in touch with the fun. Follow us on Facebook.com/carnival

OPEN TIMES

Gymnasium	6:00am - 10:00pm	Deck 9, Fwd
Towel Hut	8:00am - 8:00pm	Deck 9, Mid
Whirlpools	8:00am - 10:00pm	9, Mid/Fwd
Whirlpool (Adults only)	8:00am - 12:00am	Deck 9, Aft
Forward Pool	8:00am - 8:00pm	Deck 9, Fwd
Midship Pool	8:00am - 10:00pm	Deck 9, Mid
Aft Pool (Adults Only)	8:00am - 8:00pm	Deck 9, Aft
Spa Carnival	8:00am - 10:00pm	Deck 9, Fwd
Casino Slots	8:00am- Late	Deck 2 Mid
Formalities	9:00am - 12:00pm	Deck 3, Mid
Photo Gallery	9:00am - 3:00pm	Deck 3, Mid
The Fun Shops₅м	9:00am - 11:30pm	Deck 3, Mid
Casino Tables	10:00am - Late	Deck 2 Mid
Shore Excursions	10:00am - 5:00pm	Deck 2, Mid
Loyalty/Cruise Expert	11:00am - 10:00pm	Deck 2 Mid

OPEN TIMES continued...

Formalities	2:00pm - 6:00pm	Deck 3, Mid
Art Gallery	6:00pm - 9:00pm	Deck 3, Aft
Shopping Desk	7:00pm - 9:00pm	Deck 2, Fwd
Formalities	7:00pm - 11:00pm	Deck 3, Mid
Internet Cafe	Open 24hrs	Deck 3, Fwd

FUTURE CARNIVAL VACATIONS

Pay Less & Cruise More - A 15 Minute Talk

Why does the person sitting next to you pay less? Joel will tell you. Find out how to get the best deals on cruises. Information on new itineraries, ships and cruise specials in 15 minutes. Find out how to get free spending money on your next cruise.

12:00pm - 12:20pm Conference Room, 3 Aft

11:00am - 10:00pm Desk Open Loyalty Cruise Desk, 2 Fwd

HELP US GREENIFY: Carnival Spirit is certified by ISO14001 for the Environmental Management System, Please help us to Save Energy, Conserve Water & Reduce/Recycle Waste for a Sustainable Environment. For all environmental concerns, please contact 1-305-406-5863 (international); 1-888-290-5105 (North America); or 4ENV(4368) from your ship phone. Environmental Compliance web site: www.carnivalcompliance.com. "Carnival's goal is to be the industry leader in environmental excellence."

Carnival

Sunrise: 6:59am • Sunset: 5:47pm

FRIDAY, NOVEMBER 5, 2010

SEADAY 1



The CARNIVAL SPIRIT. Team

CAPTAIN: Captain Roberto Volpi CHIEF ENGINEER: Camillo Russo Safety Message: Please, no running or playing on the stairs or safety railings.

A RELAXING DAY & ELEGANT NIGHT AT SEA

IMPORTANT: Join Jen for the Fun Ashore & Fun Aboard Presentation at 10:30am in Pharaoh's Palace, 2 Fwd.

TODAY'S TOP TEN

1. FUN ASHORE & FUN ABOARD

Join Jen as she guides you through some important information on our ports, the fun on board and our great Shore Excursion Program. The Captain will also introduce the Senior Officers at the presentation ths morning

10:30am Pharaoh's Palace, 2 Fwd

2. \$600 JACKPOT BINGO

All for a crazy low price. Cards can only be purchased with your Sail & Sign® Card. Cash Craze Pull Tabs also available 10:00am (\$600) Pharaoh's Palace, 2 Fwd 3:30pm (3 Game) Pharaoh's Palace, 2 Fwd

3.JEN'S LIVE AFTERNOON TV SHOW

Tune in to channel 27 for Jen's LIVE TV show, lots of fun. plus you could win some great prizes

4:00pm Channel 27

4. SUPER DUPER TRIVIA # 1

Do you know a little of this and a little of that? Are you a super-duper trivia expert? If so, then we've got just the thang. We've got the questions. Do you have the answers?

Artists Lobby, 2 Aft 1:00pm

5. CHARLES WINSTON JEWELRY SALE

Don't miss this opportunity to get designer jewelry at unbelievable prices. Save 10% off U.S. retail prices.

9:00am - 11:30pm Fun Shops, 3 Mid

6. FOOD & WINE PAIRING

Join our Sommeliers for a fun and informative food and wine pairing experience. You'll learn how to match great wines with great foods. Come hungry, come thirsty, but most of all - just come.

12:30pm Nouveau Steakhouse, 10 Mid

7. ELEGANT NIGHT

Tonight is elegant night, and we know you want to look your best. So make your hair appointment now and be the belle of the ball. Book early to avoid disappointment.

8:00am - 10:00pm Spa Carnival, 9 Fwd

8. DESTINATION SHOPPING SEMINAR

Learn about one of the great lost arts: shopping. Come to our talk for details on the Carnival Recommended & Guaranteed Shopping Program and get the inside scoop on the best buys in each port and where to find them. You'll even receive your own VIP shopping card!

1:00pm Versailles Lounge, 1 Fwd

9. MASTER MIXOLOGIST COMPETITION

Our contestants battle it out to be crowned the "Carnival Master Mixologist"

1:00pm Lido Stage, 9 Mid

10. LIVE CHAMPAGNE ART AUCTION

If you love art, complimentary champagne and fun, then stop by the Live Champagne Art Auction. There's complimentary registration, discounts of up to 40% off Park West Gallery prices and the chance to bid on some really great art.

2:30pm Preview & Auction Versailles Lounge, 1 Fwd

GET YOUR GROOVE ON

CALYPSO MUSIC WITH VITALITY

12:00pm - 1:00pm & 2:00pm - 5:00pm Lido Deck, 9 Mid

COCKTAIL PIANO MUSIC WITH ALBERT

3:30pm - 4:30pm Artists Lobby, 2 Aft 9:00pm - Late Spirit Atrium, 2 Mid

GREAT GUITAR MUSIC WITH PAUL

4:45pm - 6:15pm & 6:45pm - 8:15pm Spirit Atrium, 2 Mid

KARAOKE PARTY WITH JOY

7:00pm - 8:45pm

Club Cool, 2 Fwd

VARIETY MUSIC WITH DOUG

8:00pm - Late

Louis XIV Casino, 2 Mid

PARTY MUSIC WITH HIGH RISE

9:00pm - Late

Club Cool, 2 Fwd

SING ALONG PARTY WITH JAFAR 9:30pm - Late Shanghai Piano Bar, 3 Fwd

DANCE SOUNDS WITH DJ BERNARD

10:00pm - Late 18yrs

Dancin' Dance Club, 2 Aft

OLDIES HOUR WITH HIGH RISE 10:30pm - 11:30pm

Club Cool, 2 Fwd

THE BEST OF MICHAEL JACKSON

12:30am - 1:30am Dancin' Dance Club. 2 Aft

HIT THE JACKPOT

SLOT TOURNAMENT

Remember, it's all in the wrist. And if you spin and land on the right number, you could win yourself cash and a fancy new title in our Slot Tournament. + Must be 18 or older.

1:00pm - 3:30pm Louis XIV Casino, 2 Mid

2010 CARNIVAL POKERPRO CHALLENGE

Are you our next Texas Hold'em Champion? Take the Challenge for your share of \$75,000 in Guaranteed Prize Money! +

12:00pm

Louis XIV Casino, 2 Mid

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!



BEARLY CUDDLY +

1:15pm - Prompt (ages 2-11) Playroom,5 Fwd



ELEGANT TEEN DISCO

8:30pm (ages 12-14)

Circle C, 4 Fwd



COME SEE THE MAGIC

4:00pm (ages 15-17)

Club Oz, 10 Fwd

+ Fees apply

JAZZ HOT

Presented by your Cruise Director Jen

Starring

David, Janae, Ling Ling & Brailey & The Carnival Spirit Dancers

Music by Jessy D'Mello & The Spirit Showband

8:45pm & 10:30pm

Pharaoh's Palace, 2 & 3 Fwd

Due to copyright law and safety of the performers, videotaping and photography are strictly prohibited.

CAPTAIN'S CELEBRATION

Meet the Captain, Sr. Officers and fellow quests in this celebration along the Promenade Deck. Dance to live music and enjoy pre-dinner happy hour cocktails.

And since you're all dressed up already, our photo staff will be there to capture this memorable experience with beautiful pictures to take home with you.

5:00pm - 8:00pm Deck 2, All

The Captain and Sr. Officers will be in the Lobby from 5:00pm - 6:00pm & 7:00pm - 8:00pm

7:30pm - Stanley Ullman & Paul Lyons

9:45pm - Stanlsy Ullman

11:45pm - Paul Lyons

GET IN ON THE ACT

PUNCHLINER COMEDY CLUB - We are now offering more comedy than ever before. All show will be in the Versailles Lounge, 1 Fwd. These shows fill up so get there early

PG Rated Double Bill (All Ages)

R Rated (18trs +)

R Rated (18trs +)

LIVE AFTERNOON TV TRIVIA SHOW WITH JEN-Tune in to chanel 27 for some fun and you could win some great prizes 4:00pm - Chanel 27

PLAN ON IT

FUN ASHORE & FUN ABOARD

Don't miss out as your Cruise Director Jen shares all the information that you need to know on our beautiful ports of call. Including how to get ashore, safety tips and most importantly our fantastic Shore Excursion Program. The Captain will also introduce the Senior Officers at the presentation this morning

10:30am Pharaoh's Palace, 2 Fwd

SHORE EXCURSIONS DESK OPENS

Swing by the desk to choose from our amazing shore excursion options and get ready to have fun! Order your tickets

10:00am - 5:00pm Spirit Atrium, 2 Mid

FORMALITIES

Wine, tux rentals, candy, champagne and more - if you want a fancy night, we're here for you.

9:00am - 12:00pm Deck 3, Mid 2:00pm - 6:00pm Deck 3, Mid 7:00pm - 11:00pm Deck 3, Mid

"NOUVEAU" STEAKHOUSE

How'd we create the ultimate steak experience? We combined a delicious steakhouse menu with our unique Carnival style. USDA prime beef seasoned and charbroiled to fit your exact specifications, mouthwatering seafood entrées, gourmet appetizers and an extensive wine list. For reservations, call 0770. There will be a fee of \$30 per person.

5:30pm - 9:30pm Nouveau Steakhouse, 10 Mid

SHOP TO IT

\$10 MADNESS SALE

Two fives. Ten ones. Forty quarters. Every single Bijou Turner item is just ten bucks. Now that's what we call a stimulus plan. Sale starts @ 10:00am

Fun Shops, 3 Mid

Spa Carnival, 9 Fwd

Deck 2 & 3

Deck 2 & 3

9:00am - 11:30pm

GO SMILE TEETH WHITENING

A revolutionary system that makes your teeth noticeably whiter in just 30 minutes. It can even lift stains from porcelain crowns and veneers and is completely safe. Don't miss out on this opportunity to dazzle everyone with your smile. Book your appointment today.

8:00am - 10:00pm

PHOTO TIME: PHOTOSHOOT FABULOUS

You're all dressed up. You're looking fabulous. It's the perfect time for a photo. So drop by one of our photo studios while you're at the Captain's Celebration and have your picture taken alone or with your family or group. There's no sitting fee, so strike a pose as many times as you want

4:30pm - 6:00pm 7:15pm - 8:30pm & 9:30pm - 10:30pm

RENEWAL OF VOWS

Say "I love you" all over again with our Renewal of Vows ceremony, conducted by Captain Volpi, It's the perfect way to celebrate your love. Details available at the Guest Service desk as well as in Formalities.

9:00am - 12:00pm Formalities, 3 Mid 2:00pm - 6:00pm & 7:00pm - 11:00pm Formalities, 3 Mid

HAVE A GREAT TIME

. Aerobics Studio, 10 Fwd

. Aerobics Studio, 10 Fwd

FRIDAY, NOVEMBER 5, 2010 MORNING

Sunrise Stretch Class......

Awesome Abs......

7:00am

7:30am

7:30am	Awesome Abs Aerobics Studio, 10 FWd
8:00am	Pathway to Yoga +
9:00am	Adult Arts & Crafts Fountain Cafe, 2 Fwd Bridge Players Meet (unsupervised)Monarch Room, 2 Fwd
9:30am	Morning TriviaPharaoh's Palace, 2 Fwd
10:00am	\$600 Jackpot Bingo
10:30am	FUN Ashore & FUN Aboard Presentation. <i>Pharaoh's</i> , 2 Fwd Captain and Senior Officer intro
11:00am	Acupuncture for Pain SeminarAerobics Studio,10 Fwd
11:30am	TV Theme Trivia # 1Lido Deck, 9 Fwd
AFTERNO	
12:00pm	2010 Carnival Pokerpro Challenge Louis XIV Casino, 2 Mic Triviathon: Know it & Show itFountain Cafe, 2 Fwd Scrapbooklt IntroArtist's Lobby, 2 Aft
12:30pm	Triviathon: Slogan TriviaFountain Cafe, 2 Fwd Food & Wine Pairing +Nouveau Steakhouse, 10 Mi
1:00pm	Master Mixology Competition
1:15pm	Bearly Cudly +Camp Carnival, 5, Fwd
1:30pm	Ice Carving DemonstrationLido Stage, 9 Mid
2:00pm	Fine Jewellry Seminar & DrawingFun Shops, 3 Mid Win Lose or DrawArtists Lobby, 2 Aft Texas Hold'em Players MeetLouis XIV Casino, 2 Mid Secrets to a Flatter Stomach Aerobics Studio, 10 Fwd Bean Bag ChallengeSpirit Atrium, 2 Mid
2:30pm	Live Champagne Art Auction Versailles Lounge, 1 Fwd Country Line Dance Class Pharaoh's Palace, 2 Fwd Adult Arts & CraftsFountain Cafe, 2 Fwd
3:00pm	Last Man Standing
3:30pm	3 Game Bingo +
4:00pm	Jen's Live TV call in Show
4:30pm	Trivial Pursuit
EVENING	
5:00pm	Captain's Celebrations
7:00pm	PG Rated Comedy Double Bill . Versailles Lounge, 1 Fwd Karaoke Party
7:30pm	Friends of Bill W/ Jimmy KThe Chapel, 3 Fwd PG Rated Comedy Double Bill . Versailles Lounge, 1 Fwd
8:45pm	Showtime (Early Seating) Pharaoh's Palace, 2 Fwd
9:00pm	Party Music
9:45am	"R" Rated Adult Comedy Versailles Lounge, 1 Fwd
10:00pm	Friends of Dorothy/GLBTDeco Lounge, 3 Aft Slots - O - Prizes +Louis XIV Casino, 2 Mid
10:30pm	Showtime (Late Seating) Pharaoh's Palace, 2 Fwd Oldies Music Hour
11:45pm	"R" Rated Adult Comedy Versailles Lounge, 1 Fwd
12:30am	Michael Jackson HourDancin' Dance Club, 2 Aft
	8:00am 9:00am 9:00am 9:30am 10:00am 10:30am 11:00am 11:30am AFTERNO 12:00pm 12:30pm 1:00pm 1:15pm 1:30pm 2:00pm 2:30pm 3:00pm 3:30pm 4:00pm 4:30pm 5:00pm 7:00pm 7:00pm 7:30pm 7:30pm 9:45am 10:00pm 10:30pm

+ Fees apply