

# WALT DISNEYTHEATRE

Deck 4, Forward, 6:30 p.m. & 8:45 p.m.

As a courtesy to all Guests, we kindly advise that the saving of seats is not permitted in the Walt Disney Theatre.



Most cruise ships of this size usually have 10 to 12 different carpet styles or patterns; However, the Disney Magic® has well over 100 different custom themed carpets.

There are over 27,000 signs, plaques and marquees. That's more than double the number used in all of Disney's Animal Kingdom Theme Park.

The Disney Magic's® sister ship the Disney Wonder®, is Art Deco in style but the Disney Magic® is Art Nouveaux. This style of decoration and architecture is from the late 19th and early 20th centuries, was the springboard for Art Deco. Art Nouveaux has a more organic flowing, almost sinuous use of lines that often depict flowers and leaves.

As you walk up the stairs between stateroom decks 6,7 & 8 you will notice a progression on the Magic from rough animation to finished animation.



# DREAMS DO COME TRUE

Join Jeanne for a few highlights of her career, including a behind the scenes look into what it was like portraying Mrs. Potts in Beauty & The Beast on Broadway.

Walt Disney Theatre, Deck 4, Forward, 1:00 p.m.

# Don't Miss:

# Jack-Jack's Incredible Diaper Dash

obby Atrium, Deck 3, Midship - 11:30 a.m. Calling all baby Cruisers! It's time to take to the mat to see who's the fastest crawler of the seven seas! Register your baby 15 minutes prior to the big race.

# Who Wants to be a Mouseketeer?

D Lounge, Deck 4, Midship - 7:45 p.m. & 10:00 p.m.
Your chance to get in to the "hot seat" and win limited edition prizes. Or, play along as part of our live studio audience.

# 80's Flashback (18+)

Fathoms, Deck 3, Forward - 11:00 p.m.
The 80's are back! Join your Cruise Staff team, in testing your 80's knowledge in this high energy 80's revival.



# TIME ZONE CHANGE

Remember to turn your clocks FORWARD 1 HOUR upon retiring on THURSDAY evening, or first

thing FRIDAY morning.



Stop by the Port Adventures Desk, located on Deck 3, Midship, where our friendly team will assist you to plan your adventure to our ports of call!

Animator's Palate: Villains Tonight Carioca's: Villains Tonight Lumiére's: Villains Tonight

7-3001 Fire/Security: 7-3000 Medical Emergency: 7-1923 Health Center:

# HDULT ACTIVITY HIGHLIGH

Body Sculpt Boot Camp - Senses Spa Fitness Center - 8:00 a.m.
Surrise Stretch - Senses Spa Fitness Center - 9:00 a.m.
Abs Attack - Senses Spa Fitness Center - 10:00 a.m. Abs Attack - Senses Spa Fitness Center - 10:00 a.m.

Acupuncture for Pain Relief - Keys - 10:15 a.m.

Facial Workshop - Senses Spa & Salon - 10:30 a.m.

Walking in Comfort - Senses Spa & Salon - 11:00 a.m.

Fab Abs - Senses Spa & Salon - 1:00 p.m.

Secrets to a Flatter Stomach - Senses Spa & Salon - 2:30 p.m.

Introduction to Acupuncture - Senses Spa & Salon - 10:30 a.m.

Graph Caching - Senses Spa Fitness Center - 4:00 p.m.

Group Cycling - Senses Spa Fitness Center - 4:00 p.m.

Pilates - Senses Spa Fitness Center - 5:00 p.m.

# TASTING CLASSES

Maker Wine Tasting (21+) - Keys - 12:30 p.m. Please make reservations for tastings at Guest Services for a nominal fee. Tasting Seminars are only for Guests 21 and Older.



# CLUB 18\*21 - MIXER

O'Gills Pub, Deck 3, Forward - 10:15 p.m.

Come to join fellow cruisers your own age at our exclusive Club 18\*21 event.



# ANYONE CAN COOK - ENTRÉE #1

ANYONE CAN COOK Every Chef has a specialty, and ours is no exception. Get a taste of perfection with today's recipe: Rack of Lamb. Followed by our Oil & Vinegar Seminar at 1:00 p.m.

# VILLAINS QUOTE TRIVIA

ard - 2:15 p.m.

"Off with their heads" - know the Villain who said this? The join us for our fun Disney Villain's quote trivia!

Gills Pub, Deck 3, Forward - 7:45 p.m.

Join us for the first installment of our Pub Quiz Challenge. Test your general knowledge against your fellow Guests throughout the cruise.

homs. Deck 3. Forward - 10:30 p.m.

Enjoy the wildest and wackiest scavenger team event on the seven seas!

# THUT HOW ALL AGES HIGHLIGHTS

Tune in to channel 27-5, or join us in Promenade Lounge for your Cruise Director's Morning Show, as they discuss all the top tips and must-see events of the day.

# CHARLES RICHARDSON: SEA CREATURES OF THE ATLANTIC - REAL & IMAGINED

9:30 a.m. & 11:30 a.m.

Join Charles Richardson to discover the real & imaginary world of Atlantic Ocean marine life.



# JACK-JACK'S INCREDIBLE DIAPER DASH

Calling all baby Cruisers! It's time to take to the mat to see who's the fastest crawler of the seven seas! Register your baby 15 minutes prior to the big race.

## VILLAINS DANCE CLASS

Join some of your Cast from the Walt Disney Theatre, as they teach you a dance routine from tonight's show, Villains Tonight!

# DISNEY TUNES TRIVIA

omenade Lounge, Deck 3, Aft - 3:00 p.m.

Determine just how well you know your Disney Tunes with your Cruise Staff and Pianist Aileen de la Cruz.



# BIG X \$500 MEGA JACKPOT BINGO

Four CASH prizes to be won! Walk home with \$500 should you cover the Big X patttern in 20 numbers or less on the fourth game. Pre Sales start 15 minutes prior to game.

# BALLROOM DANCING

Fathoms, Deck 3, Forward - 5:15 p.m. & 7:45 p.m.

The dance floor is open for those wanting to enjoy an elegant evening of ballroom dancing.

# OFFICER PIN TRADING

Preludes, Deck 4, Forward - 7:30 p.m.

Come trade pins with the Officers of the Disney Magic.

D Lounge, Deck 4, Midship - 10:45 p.m.

Join your Cruise Staff as they play some of your favorite Disco tunes.



# NOUTH ACTIVITIES HIGHLIGHTS

As a convenience for families dining at 8:30 p.m., our Youth Activities Counselors will be available at 9:30 p.m. at the entrance of Lumiere's and Carioca's and 9:45 p.m. at Animator's Palate to bring registered children to join the fun in Disney's Oceaneer Club and Disney's Oceaneer Lab.



Deck 5, Aft (7-5864)

8:30 a.m. - 11:30 p.m.

Infants and Toddlers can enjoy toys and activities at It's a Small World Nursery. Reservations are first come, first served so please stop by!



Deck 5, Midship (7-1440) (3-12 years old)

9:30 a.m. - 12:00 mid

# **BECOME IRON MAN!**

Do you want to be Iron Man? Marvel's Avengers Academy invites you to virtually suit up in Iron Man's armor for an exciting interactive training gauntlet.

# MARVEL AVENGERS ACADEMY

Young Heroes Assemble! S.H.I.E.L.D and The Avengers need your help in defeating the evil Red Skull and his dreaded Cabal.



Deck 5, Midship (7-1445) (3-12 years old)

9:30 a.m. - 12:00 mid

## **ANIMATION ANTICS**

Learn simple animation techniques and then put your new skills to use by drawing some of your favorite Disney Characters.

# 4TH PIGS PASTA PALACE

Build your very own house made out of pasta and play-doh for Franco, the Fourth Little Pig, to see if it will withstand nature's



Deck 2, Midship (7-5816) (11-14 years old)

10:00 a.m. - 1:00 a.m.

# **BRAINS AND BRAWNS**

You will compete against each other to solve clues, take part in physical challenges, and reach the finish first.

### THAT'S HILARIOUS

Ever wanted to show off your comedy skills? Then be a part of the cast for the crazy improv show "That's Hilarious" and put on a live show for your friends.



Deck 10, Midship (7-18517)

(14-17 years old) 10:30 a.m. - 2:00 a.m.

## ZOMBIFIED

A big movie producer is looking for zombies to help him film the finale to his latest masterpiece, Zombified.

# **BRING IT!**

How much do you think you know? Test your knowledge in our game show where you will be pitted head to head.

Deck 5, Aft
Today's Movies



8:30 a.m. Duration: 1 hr 32 mins Rating: G



10:30 a.m. Duration: 1 hr 32 mins Rating: PG



12:30 p.m. Duration: 1 hr 52 mins Rating: PG



3:00 p.m. Duration: 2 hrs 18 mins Rating: R



5:45 p.m. & 8:15 p.m. Duration: 1 hr 48 mins Rating: PG



10:30 p.m. Duration: 2 hrs 1 min Rating: R



# **GAME SHOW**

Your chance to get into the world famous hot seat and win an exclusive prize in our version of the well known television game show.

D Lounge, Deck 4, Midship, 7:45 p.m. & 10:00 p.m



# THEME NIGHT

THE 80'S ARE BACK! Join your Cruise Staff team, in testing your 80's knowledge in this high energy 80's revival.

> Fathoms (18+), Deck 3, Forward, 11:00 p.m.

# YOUTH ACTIVITIES OPEN HOUSE

Open House is an opportunity for all to come and participate in a variety of exciting activities and free time in the Oceaneer Club, Oceaneer Lab, Edge, Vibe, and It's a Small World Nursery throughout the cruise. During these times secured programming will still be offered in the other venues for those looking to check their children into care.

Vibe: 6:30 p.m. - 8:00 p.m. Edge: 10:00 a.m. - 12:00 p.m. Disney's Oceaneer Lab: 2:00 p.m. - 4:00 p.m. Disney's Oceaneer Club: 9:30 a.m. - 11:00 a.m.



# MORE TO ENJOY WHILE ONBOARD





**BOOK ONBOARD AND SAVE!** 

Explore all the itineraries Disney Cruise Line offers - from the Caribbean and Bahamas to Alaska or Europe. Save when you book your next family adventure onboard! Visit the Onboard Sales Desk for more information



**DISNEY VACATION CLUB® GROUP PREVIEW** 

Want to learn more about taking magical vacations year after year? Please see a Disney Vacation Club representative on Deck 4, Midship, or call 7-2805 from your stateroom phone for more information about our interactive group presentation.

**CURRENCY EXCHANGE** 

Euros will be available for exchange at Guests Services, Deck 3, Midship, 24 hours a day. Please be advised that local currency, other than Euros, will NOT be exchanged onboard.



We are now offering a NEW and improved Internet service to stay connected on your cruise like no other in the industry! Internet packages range from \$0.25 per MB - \$89.00 (1000 MB package). For more information contact your Connect@Sea Expert or Guest

QUARTER MASTERS ARCADE

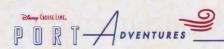
For those who love bowling, reveal your amazing skills and get that STRIKE! Try out Family Bowling fun for all ages, Quarter Masters Arcade, located on Deck 9, Midship.



# ACUPUNCTURE

Naturally effective for pain, sea sickness, stress, digestion, weight loss, and much more. Let us help you enjoy your magical cruise and beyond. We invite you to schedule a consultation with our Licensed Acupuncturist.

Deck 9, Forward - Phone: 7-1465



Create the most memorable experiences during your Disney Cruise Line transatlantic vacation with Port Adventures! Our Port Adventures are designed for you to see the best our ports have to offer. Stop by the Port Adventures desk located on Deck 3, Midship where our friendly team will be happy to assist you plan your adventure!

# 14017 HIHAOS

Industry leaders in vivid colored diamonds, and more specifically Caribbean blue diamonds – one of the single most popular purchases at sea because it reminds everyone of the colors of the breathtaking ocean!

WHITE CAPS

Deck 4, Forward



# SHIDDDING -

OFFICER PIN TRADING

Pick up some Disney Cruise Line® pins when you stop by Mickey's Mainsail, Deck 4, Forward. Later, join the Officers of the Disney Magic® Cruise Ship for pin trading fun at 7:30 p.m. in Preludes, Deck 4, Forward.

2014 DISNEY CRUISE LINE MERCHANDISE
Step into Mickey's Mainsail today and commemorate your Disney cruise with a wide selection of 2014 Disney Cruise Line merchandise. From t-shirts to photo albums and more, you are sure to find a special souvenir for the whole family. Deck 4, Forward.

PRECIOUS DISNEY PLUSHES

Cuddle up with some of your favorite Disney pals when you swing by Mickey's Mainsail and pick up one of your own soft Plush. From Stitch and Agent Perry to Minnie and Mickey, you'll be sure to find a new cuddly friend to take home. Deck 4, Midship.

**DESIGNER SUNGLASSES** 

The Look is Now! White Caps is the Sunglasses location. All the brands can be seen here - Ray Ban, Gucci, Maui Jim and Oakley all is an array of styles. What will you be wearing? White Caps, Deck 4, Midship.

WHAT'S A GIRL WITHOUT HER HANDBAG?

Our selection of designer handbags including Vera Bradley, now available at White Caps, Deck 4, Midship.



# LIFESTYLE PORTRAITS

The most popular family portraiture on board. We capture your personality with fun and excitement. Portrait set times are listed everyday in your daily Personal Navigator.

### IMPORTANT INFORMATION

### Security Notice

Security Notice
All Guests (including Children) who wish
to disembark or embark the ship are required
to present their Key to the World card at the
gangway. A photo ID is also required for those
Guests who are 18 years of age or older. Guests
under the age of 18 are required to have a parent,
guardian or other responsible adult sign an
authorization form at the Guest Service Desk if
they wish to go ashore unaccompanied or with any
adult from another stateroom.

Sunscreen/Insect Repellent Advisory reen first and protect against mosquito esses by applying insect repellent on top on when going ashore

### Cold and Flu Reminder

Please wash hands frequently and thoroughly, particularly before meals. Contact the Health Center by dialing 7-1923, should anyone in your party become ill.

For the safety of all Guests, outdoor events may be changed due to unforeseen weather conditions.

# Corridor Quiet Hours

As a courtesy to all our Guests, please recognize quiet hallway hours from 10:00 p.m. til 8:00 a.m.

Environmental Message
With Disney's commitment to the Environmer
please refrain from throwing anything over the

# No Reserved Seats Policy

As a courtesy to all Guests we kindly advise that the saving of seats is not permitted in the Walt Disney Theatre, and the saving of the sun loungers is not permitted on Deck 9 and 10. Items left unattended will be returned to lost and found at Guest Services, Deck 3, Midship.

For the comfort of our guests, the following areas are designated as smoking areas:

Deck 10 Forward, Starboard Side at Quiet Cove
Deck 4, Starboard Side from 6:00 p.m. to 6:00 a.m. only (all of Deck 4 is non-smoking from 6:00 a.m. only (all of Deck 4 is non-smoking from 6:00 a.m. Smoking is prohibited inside all guest staterooms

to 6:00 p.m.)
Smoking is prohibited inside all guest staterooms and on stateroom verandahs. Guests found smoking in their staterooms or on their verandahs will be charged a \$250 stateroom recovery fee.

# Walt Disney Theatre

Therrical performances may use artificial fog, strobe lights, pyrotechnics and other special effects. For the safety of our performers and the comfort of those around you, the use of any photography o video recording device or any electronic equipment is probabilised.

### Verandah Safety

Please do not leave any combustible materials on your balcony when not present in your stateroom for safety reasons.

# THURSDAY, MAY 22, 2014 - DAY AT SEA















8:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m. 5:45 p.m. & 10:30 p.m. Duration: Duration: Duration: 8:15 p.m. Duration: 1 hr 32 mins 1 hr 32 mins 1 hr 52 mins 2 hrs 18 mins Duration: 2 hrs 1 min Rating: G Rating: PG Rating: PG Rating: R 1 hr 48 mins Rating: R Rating: PG

# Character Appearances

**PRINCESS SOFIA** Lobby Atrium (P) - 9:15 a.m.

JAKE - THE NEVERLAND Lobby Atrium (P) - 9:45 a.m.

STITCH

Deck 4, Midship - 10:00 a.m. **CAPTAIN HOOK &** 

MR SMEE Lobby Atrium (P) - 10:15 a.m. DONALD & DAISY

MAX Deck 4, Midship - 10:30 a.m.

Lobby Atrium (P) - 5:15 p.m.

CHIP & DALE Deck 4, Midship - 5:15 p.m.

MINNIE MOUSE Deck 4, Midship - 5:45 p.m.

DONALD DUCK Lobby Atrium (P) - 5:45 p.m.

# MICKEY MOUSE

Lobby Atrium (S) 7:30 p.m. & 10:15 p.m.

**PLUTO** Deck 4, Midship 7:45 p.m. & 10:45 p.m.

**GOOFY & MAX** Lobby Atrium (S) 8:00 p.m. & 10:45 p.m.

Deck 4, Midship - 10:15 p.m.



(P) - Portside, (S) - Starboard Side Don't forget your Camera to capture those Magical Moments!

Check here each day for Character appearances. For detailed Character appearance information see the Character Information Board in the Lobby Atrium. Meet-and-Greets will be advertised for the length of time the line will be open. To avoid disappointment, please meet at start time of appearances.

# YOUTH ACTIVITIES THEMED EXPERIENCES

focuses on movement and features content which appeals to younger children.

**STORYBOOK SERIES** is designed with a strong connection to the Disney classic stories.

includes large group games & movement-oriented activities.

**GREATE & INVENT SERIE** will have a tactile focus allowing children to create and admire

focuses on children's stage presence with lots of activities and enthusiasm.

are less active, but will challenge children with problem/ solutions-based activities.

**W** YOUTH ACTIVITIES OPEN HOUSE

Activities for families, adults and children of all ages to enjoy together.

## SHIP DIRECTORY

	YOUTH ACTIVITIES		0
DISNEY'S OCEANEER CLUB	DECK 5, MID	9:30 AM -	12:00 MID
DISNEY'S OCEANEER LAB	DECK 5, MID	9:30 AM -	12:00 MID
EDGE	DECK 2, MID	10:00 AM -	1:00 AM
IT'S A SMALL WORLD NURSERY	DECK 5, AFT	8:30 AM -	11:30 PM
VIBE	DECK 10, MID	10:30 AM -	2:00 AM

### POOLS

AQUADUNK	DECK 10, MID	10:00 AM -	8:00 PM
AQUALAB	DECK 9, AFT	9:00 AM -	9:00 PM
GOOFY'S POOL	DECK 9, MID	10:00 AM -	8:00 PM
NEPHEWS' SPLASH ZONE	DECK 9, AFT	9:00 AM -	6:00 PM
QUIET COVE POOL (18+)	DECK 9, FWD	6:00 AM -	12:00 MID
Twist 'n' Spout	DECK 9, AFT	10:00 AM -	8:00 PM

# NOITH JAJ JA

PORT ADVENTURES DESK	DECK 3, MID	10:00 AM -	5:00 PM
SENSES FITNESS CENTER (18+)	DECK 9, FWD	6:30 AM -	10:00 PM
WIDE WORLD OF SPORTS DECK	DECK 10, FWD		24 Hours

# **GENERAL INFORMATION**

BUENA VISTA THEATRE	DECK 5, AFT	SHOWTIMES
DISNEY VACATION CLUB DESK	DECK 4, MID	9:00 AM - 12:00 PM
		5:00 PM - 9:00 PM
ONBOARD SALES DESK	DECK 4, MID	3:00 PM - 6:00 PM
4		7:00 PM - 10:00 PM
FUNNEL VISION	DECK 9, MID	SHOWTIMES
GUEST SERVICES	DECK 3, MID	24 Hours
HAIR BRAIDING	DECK 9, MID	9:00 AM - 6:00 PM
MEDICAL HEALTH CENTER	DECK 1, FWD	9:30 AM - 11:00 AM
		4:30 PM - 7:00 PM
PORT & SHOPPING DESK	DECK 3, MID	
Preludes	DECK 4, FWD	5:30 PM - 9:00 PM
QUARTER MASTERS (ARCADE)	DECK 9, MID	24 Hours
SENSES SPA AND SALON	DECK 9, FWD	8:00 AM - 10:00 PM
SHUTTERS PHOTO GALLERY	DECK 4, AFT	10:00 AM - 10:00 PM
WALT DISNEY THEATRE	DECK 4, FWD	SHOWTIMES

## SHIDDDING

DECK 4, FWD	10:00 AM -	10:00 PM
DECK 9, MID	10:30 AM -	4:00 PM
DECK 3, FWD	2:00 PM -	10:00 PM
DECK 4, MID	11:00 AM -	2:00 PM
	4:00 PM -	10:00 PM
DECK 4, FWD	10:00 AM -	10:00 PM
	DECK 9, MID DECK 3, FWD DECK 4, MID	DECK 9, MID 10:30 AM - DECK 3, FWD 2:00 PM - DECK 4, MID 11:00 AM - 4:00 PM -

Fire/Security: MPORTANT NUMBERS

Medical EMERGENCY: 7-3000

Animator's Palate: Villains Tonight A & Calm Voyage ZCarioca's: Villains Tonight Lumiére's: Villains Tonight

(Alcoholic)

Cranberry No-Jito
(Non - Alcoholic)

G High: 76°F/24°C

Tomorrow: Partly Sunny
High: 76°F/24°C

High: 76°F/24°C

Evening Attire: Cruise Casual

# **DINING & LOUNGES**

	LINTHURA		
CABANAS	DECK 9, AFT	7:30 AM -	11:30 AM
DAISY'S DE LITES	DECK 9, AFT	7:00 AM -	9:00 AM
LUMIÉRE'S BRUNCH	DECK 3, MID	9:00 AM -	12:30 PM
PALO (FOR RESERVATIONS CALL 7-6843)	DECK 10, AFT	10:00 AM -	1:30 P.M.
	LUN(H		
CABANAS	DECK 9, AFT	11:30 AM -	3:00 PM
DAISY'S DE LITES	DECK 9, AFT	11:00 AM -	6:00 PM
LUMIÉRE'S BRUNCH	DECK 3, MID	9:00 AM -	12:30 PM
PALO (FOR RESERVATIONS CALL 7-6843)	DECK 10, AFT	10:00 AM -	1:30 P.M.
PETE'S BOILER BITES	DECK 9, AFT	11:00 AM -	6:00 РМ
PINOCCHIO'S PIZZERIA	DECK 9, MID	11:00 AM -	6:00 PM
	DINNER		
ANIMATOR'S PALATE	DECK 4. AFT	6:00 PM &	8:30 PM
CABANAS TABLE SERVICE	DECK 9, AFT	6:30 PM -	8:30 PM
CARIOCA'S	DECK 3, AFT	6:00 PM &	8:30 PM
LUMIÉRE'S	DECK 3, MID	6:00 PM &	8:30 PM
PALO (FOR RESERVATIONS CALL 7-6843)	DECK 10, AFT	6:00 PM -	8:30 РМ
PETE'S BOILER BITES	DECK 9, AFT	6:00 рм -	10:00 PM
O'GILLS PUB	TE NIGHT (NACH) DECK 3. FWD	10:45 PM -	11:45 рм
PINOCCHIO'S PIZZERIA	DECK 9, MID	9:30 PM -	12:00 MID
PROMENADE LOUNGE	DECK 3. AFT	10:45 PM -	11:45 PM
	DECK 9, AFT	11:00 AM -	11:00 рм
		. 1.00 /111	
BEVERAGE STATION	DECK 9, AFT		24 Hours

# ENTERTAINMENT - LOUNGES - BARS

## Adults must be 21 and older to consume alcoholic beverages.

Timeline illines no m	i dila diadi to dollodillo di	00110110 0010143001	
AFTER HOURS	DECK 3, FWD	(AFTER 9:00 P.M	. ADULTS ONLY)
COVE CAFE (18+)	DECK 9, MID	11:30 AM -	12:00 MID
D LOUNGE	DECK 4, MID		SHOWTIMES
FATHOMS (18+)	DECK 3, FWD	7:00 PM -	2:00 AM
FROZONE TREATS	DECK 9, AFT	11:00 AM -	8:00 PM
INTERNET CAFE	DECK 3, AFT		24 Hours
KEYS (18+)	DECK 3, FWD	5:30 PM -	12:30 AM
O'GILLS PUB (18+)	DECK 3, FWD	12:00 PM -	12:30 AM
PRELUDES	DECK 4, FWD	5:30 рм -	9:00 PM
PROMENADE LOUNGE	DECK 3, AFT	9:00 AM -	12:00 MID
PINOCCHIO'S PIZZERIA	DECK 9, MID	9:00 AM -	12:00 MID
SIGNALS (18+)	DECK 9, FWD	9:30 AM -	10:30 PM

Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk for foodborne illness, especially if you have certain medical condition.



# TIME ZONE CHANGE

Remember to turn your clocks FORWARD 1 HOUR upon retiring on THURSDAY evening, or first thing FRIDAY morning.