

TUESDAY, OCTOBER 11, 2011

SEA DAY

BREAKFAST

7:00am – 10:30am	Continental	<i>Rosie's, 9 Aft</i>
7:30am – 10:30am	Lido Buffet	<i>Rosie's, 9 Aft</i>
8:00am – 10:00am	Open Seating	<i>Washington, 3 Aft</i>
8:00am – 12:00pm	Late Risers	<i>Rosie's, 9 Aft</i>

LUNCH

12:00pm – 1:30pm	Open Seating	<i>Washington, 3 Aft</i>
12:00pm – 2:30pm	“American”	<i>Rosie's, 9 Aft</i>
12:00pm – 2:30pm	Mongolian	<i>Mongolian Wok, 9 Aft</i>
12:00pm – 2:30pm	Fish & Chips	<i>Fish & Chips, 10 Aft</i>
12:00pm – 2:30pm	Burritos	<i>Burrito Bar, 9 Aft</i>
12:00pm – 6:00pm	Grill	<i>Rosie's, 9 Aft</i>

DINNER

Assigned Dining Guests

Washington Dining Room	<i>Washington, 3 & 4 Aft</i>
Lincoln Dining Room	<i>Lincoln, 4 Fwd</i>
Early Dining: 6:00pm	Late Dining: 8:15pm

Your Time Dining™ Guests

Allows you to dine at your leisure.

5:45pm - 9:30pm	<i>Lincoln, 3 Fwd</i>
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Tonight's dining dress code is **Cruise Elegant** attire. Please Note: Shorts, t-shirts, jeans, flip-flops, bathing suit attire, sleeveless shirts for men, sportswear and baseball hats are not allowed in the dining rooms.

Maitre D' Wine Selection

White:	Vouvray Alban St. Pre
Red:	Beaujolais Villages Georges DeBeouf

ALTERNATIVE DINING

We are pleased to offer alternative dining venues with varied selections.

Rosie's Bistro 6:00pm – 9:30pm	<i>Rosie's, 9 Aft</i>
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Deli 11:00am – 11:00pm	<i>Deli, 9 Aft</i>
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Late Night Snacks 11:30pm – 1:30am	<i>Rosie's, 9 Aft</i>
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Open 24 Hours Pizza Bar	<i>Rosie's, 9 Aft</i>
Coffee, Tea & Ice Cream	<i>Rosie's, 9 Aft</i>
Room Service	<i>Dial 8000</i>

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”

Disco Ball Souvenir Glass

Wanna have your own disco ball? Check with us tonight at One Small Step

Celebration Time

From 5:00pm until 8:00pm is the captain's special time \$1 off in any drinks or cocktails.
American Lobby Deck #3 and all Lounges Deck #5

Pitcher of Sangria

Enjoy our unique Pitcher of Sangria under the sun on lido deck

SCARLETT'S 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 1078. There will be a fee of \$30 per person.

5:30pm - 9:30pm	<i>Scarlett's Steakhouse, 10 Mid</i>
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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 0, Fwd

Phone: 4444

Emergencies: 911

Medical Center Hours:

8:00am – 12:00pm & 1:00pm - 8:00pm

Doctor's Hours:

8:00am – 11:00am & 3:00pm - 6:00pm

SMOKING AREAS

Smoking is permitted in the Casino while playing at designated slot machines and table games, The One Small Step Dance Club, The Paris Hot Lounge and the starboard (right) side of the open deck only. Cigar smoking is only permitted in the Paris Hot Lounge located on Deck 5, Aft. The Casino is a non-smoking lounge while closed.

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 5, Fwd for details.

CARNIVAL'S SEASIDE THEATERSM

CNN News:	7:00am - 9:00am
Morning Show with Gary	9:00am
Fun Ashore & Fun Aboard Presentation	10:30am
Concert Time: Tom Jones	5:00pm
Movie Time: Mars Need Moms	8:15pm & 10:45am

Seaside Theater SM	<i>Lido, 9 Mid</i>
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ON AIR

Ch. 17 Morning Show with Gary	9:00am
Ch. 17 Cruise Director Information	All Day
Ch. 27 Cruise Director Entertainment	All Day
Ch. 33 Knight & Day	All Day
Ch. 34 You Again	All Day
Ch. 35 Alpha & Omega	All Day
Ch. 36 Port Shopping Information	All Day

OPEN TIMES

Blackjack Pro & Texas Hold'em	All Day - 5:00am	<i>Deck 5, Mid</i>
Gymnasium	6:00am - 10:00pm	<i>Deck 11, Fwd</i>
Java Café	7:00am - 12:30am	<i>Deck 5, Mid</i>
Lido Café	7:00am - 4:00pm	<i>Deck 9, Aft</i>
Casino Slot's	7:00am - 4:00am	<i>Deck 5, Mid</i>
Spa Carnival®	8:00am - 10:00pm	<i>Deck 11, Fwd</i>
Serenity Whirlpools	8:00am - 10:00pm	<i>Deck 14, Fwd</i>
Midship Pool	8:00am - 10:00pm	<i>Deck 9, Mid</i>
Aft Pool	8:00am - 12:00am	<i>Deck 9, Aft</i>
Foward Pool	8:00am - 10:00pm	<i>Deck 10, Fwd</i>
Midship Whirlpool	8:00am - 10:00pm	<i>Deck 9, Mid</i>
Aft Whirlpool	8:00am - 11:00pm	<i>Deck 9, Aft</i>
Carnival Twister Slide	9:00am - 6:00pm	<i>Deck 10, Mid</i>
The Fun ShopsSM	9:00am - 11:30pm	<i>Deck 5, Fwd</i>

HELP US GREENIFY: M/S Carnival Valor 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.”

TOWEL HUT

Blue Beach Towels, Basketballs and Volleyballs are available from the Towel Hut located on Deck 9, Mid from 8:00am - 6:00pm. Your Sail & Sign® card number will be taken as a deposit.

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 ship's time. Please always stay on ship's time.

PHONING HOME

Consult your stateroom directory for dialing instructions. Calls to the U.S., Canada and the Caribbean are only \$6.99 per minute. International calls are only \$9.99 per minute. Charges apply to all calls including 1-800 calling cards, credit cards and collect calls.

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 logout.com in the address bar. Please contact the Internet Café Manager during posted hours for additional information.

HELP US HELP YOU

The goal of all the Officers, Staff and Crew on board the Carnival Valor is to provide you with a memorable and fun-filled vacation. If for any reason we have not met your expectations, please contact a Guest Services Associate at extension 7777. We welcome your feedback and will work to resolve any issue immediately.

OPEN TIMES continued...

Photo Gallery	9:00am - 11:00pm	<i>Deck 4, Fwd</i>
Shore Excursions	10:00am - 5:00pm	<i>Deck 3, Fwd</i>
Casino Tables	10:00am - Late	<i>Deck 5, Mid</i>
Formalities	10:00am -11:00pm	<i>Deck 5, Fwd</i>
NuEmage Body Art	10:00am - 6:00pm	<i>Deck 9, Mid</i>
Loyalty & Cruise Desk	10:00am - 8:00pm	<i>Deck 5, Mid</i>
Internet Café	24 Hours	<i>Deck 4, Aft</i>

GROOVE FOR ST. JUDE

Do good. Feel good. And help some kids – also good, right? Grab your groove thang and sign up at Formalities for this special event. A \$10 donation to St. Jude gets you a T-shirt and wristband. Dance Event will take place on Saturday at 1:30pm Poolside.

The CARNIVAL VALOR® Team

CAPTAIN: Orazio D'Aita **CHIEF ENGINEER:** Cesare Boldrini

HOTEL DIRECTOR: David Drier **CRUISE DIRECTOR:** Gary Brierley

Safety Message: Proper footwear is recommended at all times to prevent injuries.

A RELAXING DAY & ELEGANT NIGHT AT SEA

IMPORTANT:

Don't forget to join your Cruise Director, Gary , for the morning show at 9:00am on Channel 17 and then at 10:30am for the Fun Ashore & Fun Aboard Presentation in the Ivanhoe Theater!

TUESDAY, OCTOBER 11, 2011

MORNING

Table with 2 columns: Time and Event. Includes 7:00am Casino Slots, 7:30am Fab Abs, 8:00am Early Bird Special \$2 Min Blackjack, 9:00am Morning Show w/ Gary, 9:30am Triviaton: General, 10:00am Cash Craze Bingo, 10:30am Fun Ashore & Fun Aboard, 11:00am Secret to a Flatter Stomach, 11:15am Introduction to Acupuncture, 11:30am Texas Hold Em' Tournament + ...

AFTERNOON

Table with 2 columns: Time and Event. Includes 12:00pm Slot Tournament + ..., 12:30pm Food & Wine Pairing + ..., 1:00pm Master Mixologist..., 1:30pm Hairy Chest Contest..., 2:00pm "Back Pain Solutions" Seminar..., 2:15pm Turbo Trivia..., 2:30pm Live Champagne Art Auction..., 2:35pm Slot Tournament Finals..., 3:00pm 3 Game Bingo + ..., 3:30pm Tea Time..., 3:45pm Valor Murder Mystery..., 4:00pm Pilates + ..., 4:30pm Elegant Night Portraits...

EVENING

Table with 2 columns: Time and Event. Includes 5:00pm Captain's Celebration..., 5:30pm Sports Trivia Challenge..., 7:00pm Texas Hold Em' Players Meet..., 7:30pm Family Friendly Comedy Special..., 7:45pm Friends Of Bill W. & Jimmy K. ..., 8:15pm Movie Time: Mars need Moms.., 8:30pm Showtime (Early Seating Dinner)...., 9:00pm Texas Hold Em' Players Meet..., 9:30pm Break Dancer Show..., 10:00pm Adults Only (18+) Comedy Special.., 10:15pm Carnival Legends Auditions..., 10:30pm Showtime (Late Seating Dinner) .., 10:45pm Movie Time: Mars need Moms.., 11:00pm Adults Only (18+) Comedy Special..., 11:15pm Up-Close Magic..., 11:30pm Break Dancer Show..., 12:00am Adults Only (18+) Comedy Special..

GET YOUR GROOVE ON

ISLAND SOUNDS WITH OCEAN FLAME

11:15am - 1:00pm & 2:30pm - 5:30pm Lido, 9 Mid

PIANO MUSIC WITH MAGGIE

12:00pm - 2:00pm Java Café, 5 Mid
3:30pm - 4:30pm (Tea Time) Washington, 3 Aft
5:00pm - 6:00pm Lindy Hop, 5 Aft

GUITAR MUSIC WITH ROBERT

2:00pm - 5:00pm American Lobby, 3 Fwd
7:00pm - 8:30pm Casino Bar, 5 Mid

KARAOKE PARTY

2:00pm – 3:45pm Casino Bar, 5 Mid
8:30pm – 1:00am Winston's Bar, 4 Aft
10:15pm Legends Auditions Winston's Bar, 4 Aft

VARIETY MUSIC WITH ELITE DUO

5:15pm - 6:00pm, 7:15pm - 8:15pm, 9:15pm - 10:15pm,
10:30pm - 11:15pm & 11:30pm - 12:30am Lobby, 3 Fwd

DANCE & SWING WITH SHOWBAND

5:15pm - 7:00pm Casino Bar, 5 Mid

LATIN MUSIC WITH FANDANGO

7:30pm - 12:30am Paris Hot, 5 Aft

DANCE MUSIC WITH BEST SELLERS

8:30pm -1:30am Casino Bar, 5 Mid

PIANO BAR FUN WITH BRAD

9:00pm – 2:00am Lindy Hop, 5 Aft
10:00pm - Stump The Piano Man Lindy Hop, 5 Aft
12:00am – Late (Adults Only 18+) Lindy Hop, 5 Aft

NIGHT CLUB WITH DJ NESS

10:00pm - 11:00am (Romantic Hour) One Small Step, 5
12:00pm - Late (Night Club Music) One Small Step, 5 Aft

HIT THE JACKPOT

\$2 BLACKJACK THIS MORNING

For our early risers: \$2 minimum blackjack tables! Join us at our state-of-the-art Blackjack Pro tables for some low-limit fun.

SLOT TOURNAMENT

It's all in the wrist! Land on the right reel combinations and you could win yourself some cash and a fancy new title in our slot tournament. Must be at least 18 years of age to participate. +

12:00pm - 2:30pm Shogun Casino, 5 Mid

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!

BEARY CUDDLY WORKSHOP +

1:30pm (all ages) American Lobby, 3 Fwd

SCAVENGER HUNT

11:30am (ages 12–14) Circle "C", 4 Fwd

BUMP IT/KNOCK IT

4:00pm (ages 15–17) Sports Deck, 11 Aft

NIGHTCLUB EXPRESS

Presented by your Cruise Director Gary

Starring:

The Valor Dancers & vocal dynamics of Heather & Michael
Live music by Chris Teeples & The Valor Showband

8:30pm Early Seating Dinner Ivanhoe Theater, 3 Fwd

10:30pm Late Seating Dinner Ivanhoe Theater, 3 Fwd

Due to copyright law & safety of the performers, videotaping & photography are strictly prohibited. This show is rated PG due to costuming.

GET IN ON THE ACT

VALOR MURDER MYSTERY - A REAL WHODUNIT

Who will you pin it on? Follow the clues and use your skills of detection throughout the cruise to decide who the guilty party is in our famous murder mystery! Will you be crowned our "Ultimate Detective?" You must be present to participate!

3:45pm Ivanhoe Theater, 3 Fwd

PUNCHLINER COMEDY CLUB

We're now offering more comedy than ever before!

Family Friendly (All Ages) Comedy Specials: 7:30pm - Dwight Slade; 8:30pm - Allyn Ball

Adults Only (18+) Comedy Specials: 10:00pm - Dwight Slade; 11:00pm - Allyn Ball; 12:00am - Dwight Slade

All shows take place in the Eagles Lounge, 5 Aft, and will fill up quickly! Get there early!

PLAN ON IT

FUN ASHORE & FUN ABOARD

Put on your fun cap and come on over for a ship orientation and port review. Your Cruise Director, Gary , will give you the low down on all the fun you can be having onboard and on shore at each upcoming port. And get your cameras ready to capture a cameo appearance by your Captain.

10:30am Ivanhoe Theater, 3 Fwd

SHORE EXCURSION DESK OPENS

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

10:00am - 5:00pm American Lobby, 3 Fwd

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. + Fees apply.

12:30pm Scarlett's Steakhouse, 10 Mid

FUTURE CARNIVAL VACATIONS

Pay Less & Cruise More – Ever wonder why the person next to you paid less for their cruise. Find out how in our 15 minute talk, we'll give you tips on how to get the best deals on cruises along with information on new itineraries, ships, and cruise specials. Here you will also learn how to get an onboard credit on a future cruise.

12:00pm Lindy Hop, 5 Aft
10:00am - 8:00pm Desk Open Promenade, 5 Mid

CAPTAIN'S CELEBRATION

Meet the Captain, Sr. Officers and fellow guests in this celebration along the Promenade Deck. Dance to live music and enjoy pre-dinner happy hour cocktails - \$1 off all drinks. 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.

5:30pm - 6:00pm Casino Stage, 5 Mid

7:30pm - 8:00pm Casino Stage, 5 Mid

\$1 off all drinks 5:00pm - 8:00pm Promenade, 5 All

SHOP TO IT

TANZANITE JEWELRY SALE

Love being at sea? Take home a reminder of the glittering deep blue ocean with some Tanzanite jewelry, a rare gemstone that boasts an amazing hue of violet blue. Take 40% off suggested retail prices on all our Tanzanite jewelry.

2:15pm Gold Raffle The Fun ShopsSM, 5 Fwd

4:00pm Elegant Night Ring Sale The Fun ShopsSM, 5 Fwd

SECRET TO FLATTER STOMACH

Have you ever wondered why you diet and exercise but still can't get the flat stomach you always wanted? Join our Body Specialist to find out how lonithermie figure-correcting treatment can work for you. After just one treatment, you'll see instant results.

11:00am Eagles Lounge, 5 Aft

FORMALITIES

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

10:00am - 11:00pm Formalities, 5 Fwd

PORT SHOPPING INFORMATION

Learn about one of the great lost arts: shopping. Tune into channel 36 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.

All Day Channel 36

1. FUN ASHORE & FUN ABOARD

Join Gary , your Cruise Director, for a ship orientation and port review. The Captain & his two most Senior Officers will also be there! At the end of this presentation you'll be sure to become the most informed sailor on the sea.

10:30am Ivanhoe Theater, 3 Fwd

2. NIGHTCLUB EXPRESS

Don't miss this award winning show which is a tribute to the greatest nightclubs around the world. Featuring your Valor Singers, Dancers, Chris and the Showband!

8:30pm & 10:30pm Ivanhoe Theater, 3 Fwd

3. PHOTO TIME: ELEGANT

It's not often you dress up in your finest digs. Let us capture the moment - give us your best smile and say "cheese!"

4. MORNING SHOW

No better way to wake up than with some good ole' fashioned fun. Tune in to channel 17 at 9:00am for a look behind the scenes with your Cruise Director Gary !

9:00am Channel 17

5. TANZANITE JEWELRY SALE

Love being at sea? Take home a reminder of the glittering deep blue ocean with some Tanzanite jewelry, a rare gemstone that boasts an amazing hue of violet blue. Take 40% off suggested retail prices on all our Tanzanite jewelry.

2:15pm - 3:15pm The Fun ShopsSM, 5 Fwd

6. JACKPOT BINGO

Two big sessions today, both for one crazy low price! Cash Craze tabs also available at all bingo sessions! +

10:00am - Cash Craze Bingo Ivanhoe Theater, 3 Fwd

3:00pm - 3 Game Bingo Ivanhoe Theater, 3 Fwd

7. 2011 CARNIVAL POKERPRO CHALLENGE

Are you our next Texas Hold'em Champion? If you know when to hold 'em and know when to fold 'em, you just could get up from the table with bragging rights and your share of \$100,000 in Guaranteed Prize Money! +

11:30am Shogun Casino, 5 Mid

8. PORT SHOPPING INFORMATION

Learn about one of the great lost arts: shopping. Tune into channel 36 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.

All Day Channel 36

9. CARNIVAL LEGENDS AUDITIONS

We want you to be the next superstar. Try out for the big stage. Auditions will be held during karaoke. Tonight we're looking for Aretha Franklin, James Brown, Elvis Presley & Sir Elton John.

10:15pm Winston's Bar, 4 Aft

10. LIVE CHAMPAGNE ART AUCTION

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

2:30pm Eagles Lounge, 5 Aft

+ Fees apply