



The World This Week

SUNDAY, 21 JULY TO SATURDAY, 27 JULY 2013

	Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
Location	Lorient, France Depart: 23:59hrs	Concarneau, France Anchor: 09:00hrs Depart: 23:59hrs	At Sea	La Coruña, Spain Dock: 09:00hrs	La Coruña, Spain	La Coruña, Spain	La Coruña, Spain Depart: 23:59hrs
Breakfast	Marina	Marina	Tides	Tides	Tides	Tides	Tides
Lunch	Marina	Marina	Tides	Tides	Tides	Tides	Tides
Dinner	Portraits/East	Portraits/East	Truly Seafood/ Tides	Marina/East	Marina/East	Marina/East	Beef Wellington Night in Marina/ East
Events	Christian Service: 10:00hrs	Pick up a copy of this month's Book Discussion selection, <i>The Prisoner of Heaven</i> by Carlos Ruiz Zafón	Workshop: 11:30hrs Poker: 14:00hrs Lecture: 16:00hrs Bridge: 16:00hrs Spa Presentation: 17:00hrs Fashion Show: 18:00hrs	Ask The World Concierge for details on what La Coruña has to offer. Ext. 5250	Why not visit The World Spa for a massage? Ext. 5300	Kiddush: 19:00hrs	Drop by The Study to browse the DVD Collection 16:00hrs-19:30hrs
The World Gallery	Exhibition in The World Gallery: Watercolor & Washed Ink on Paper by Christophe Boutin						
The World Boutique	Closed	Closed	10:00hrs-18:00hrs; 18:30hrs-20:00hrs; 20:30hrs-22:00hrs	Closed	Closed	Closed	Closed
Films in Colosseo	<i>Manipulation</i>	<i>Becoming Redwood</i>	<i>The Host</i>	<i>Northern Spain and the Camino de Santiago</i>	<i>The Incredible Burt Wonderstone</i>	<i>Discovering Spain</i>	<i>Dead Man Down</i>
Dining Info	Breakfast Tides / Marina (<i>Resort Casual</i>) 07:00hrs-10:00hrs Lunch Tides (<i>Resort Casual</i>) 12:00hrs-14:00hrs All Day Fredy's (<i>Resort Casual</i>) 09:00hrs-19:00hrs Pool Grill (<i>Resort Casual</i>) 11:00hrs-17:30hrs (weather permitting)			Dinner East (<i>Smart Casual, Jackets for Men</i>) 19:00hrs-21:30hrs Tides (<i>Smart Casual</i>) 19:00hrs-21:30hrs Marina (<i>Smart Casual</i>) 19:00hrs-21:30hrs Pool Grill (<i>Resort Casual</i>) 19:00hrs-21:30hrs (weather permitting)			
	For Reservations, call Ext. 2502 between 07:00hrs and 22:00hrs • In-Residence Dining, call 5100, 24 hours/day.						
Bars & Lounges	Lobby Bar: <i>Resort Casual</i> until 19:00hrs and <i>Smart Casual</i> thereafter Quantum: <i>Resort Casual</i> throughout the day Regatta Bar: <i>Resort Casual</i> until 19:00hrs and <i>Smart Casual</i> thereafter The Cigar Club: <i>Resort Casual</i> The Pool Bar: <i>Resort Casual</i>			Open: 10:00hrs-Midnight Open: 10:00hrs-Midnight Open: 12:00hrs-14:30hrs and 18:00hrs-Midnight Open: 10:00hrs-Midnight Open: 09:00hrs-21:30hrs (weather permitting)			

Check your daily copy of Our World Today for changes to the scheduled itinerary and updates to daily events. All published information was correct at the time of printing.

Residents & Guests acknowledge that the scheduled itinerary is approximate and subject to change due to sailing conditions, unforeseen delays or other circumstances beyond our control.



SPORTS & GOLF

Sports & Golf Manager David Janikowski encourages Residents & Guests to tee-off with an upcoming Golf Excursion ashore.

Friday, 26 July (La Coruña, Spain)
Real Club de Golf de La Coruña

FULL SWING SIMULATOR

The Full Swing Golf simulator provides the ultimate indoor golf experience. By combining the very best in software, ball tracking systems, image projection and touch screen control, it supplies golfers with the most accurate simulation in the game of golf.

Golfers can practice their game, play golf on any of the 50 famous courses or compete against their friends using the built-in challenge games. Players use standard golf clubs and balls and strike the ball as hard as they normally would on an outdoor course.

Every shot is played in the simulator, from driving off the tee to hitting irons, through to putting out once on the green. The ball tracking system allows golfers to play shots from anywhere in the simulator. As a result, the Full Swing system has simulated light rough, heavy rough and sand areas to make the game even more challenging.

For information about the Simulator or daily golf clinics or to book a spot on an upcoming Golf Excursion, contact the Sports & Golf Manager on Ext. 2362.

FEATURED DESTINATION EXPERIENCE



RIAS BAIXAS

Gardens, Grapes and Shellfish

Saturday, 27 July • 08:00hrs-18:30hrs (La Coruña)

Spain's Rias Baixas is famed for its coastal landscapes, crisp Albariño wine and shellfish industry. This full-day excursion allows for the opportunity to experience the appealing Galician district south of La Coruña.

Heading south, deep into Spain's Galicia region and the province of Pontevedra, spend some time at *Pazo de Rubianes*, a lovely 15th-century manor house near *Ria de la Rosa*. Begin your visit with a walk through the gardens; a park-like expanse covering about 27 acres. The walkways are lined with camellias, geometric flowerbeds, large magnolias, fragrant camphor, eucalyptus trees and a towering Norfolk Pine that is over a century old creating an appealing landscape. *Pazo de Rubianes* is also known for its vineyard, a suitable setting for a tapas lunch and wine tasting during your stay. After lunch, drive to *Bodega Martín Códax* which was founded in 1986 and named after a medieval Galician troubadour. Have a look at the meticulously tended vineyard, where the grapes are harvested by hand and placed in relatively small boxes to avoid crushing the grapes prematurely. Adjourn to the cellar for further information about the vineyard and a tasting. Then continue your Galician exploration with a look at the thriving shellfish farming industry near O Grove. These nutrient-rich estuaries are ideal for farming oysters, mussels and scallops. The process involves long ropes suspended from bateas, floating wooden platforms, on which the tiny mollusks grow to the proper size for harvesting. Board a catamaran and head out into the estuary for a close-up look at the enterprise. The outing will conclude with a tasting of mussels prepared onboard and a glass of Albariño as you discuss this classic pairing.

For more information on all Destination Experiences contact The World Concierge on Ext. 5250.



THE WORLD SPA & WELLNESS CENTER PRESENTS PHYT'S



Tuesday, 23 July • Conference Rooms • 17:00hrs

Jérôme Logre, Manager of International Business Development for PHYT'S and the son of PHYT'S owner Thierry Logre, will be onboard *The World* to officially present PHYT'S to the community.

PHYT'S IS PURE ORGANIC LUXURY FOR THE SKIN

Since its beginning, Laboratories PHYT'S built a sincere and ethical philosophy based on unconventional ideas: Beauty and Health are linked and Nature alone can create efficient and effective cosmetics that are in harmony with the body and at the same time respect mankind and the environment.

For more information, contact The World Spa & Wellness Center on Ext. 5300.

FITNESS TIP OF THE WEEK

FOOD LABELS

Look beyond the total calories, fat, carbohydrates and protein of the food product and start focusing a little further down on the area titled "ingredients". If you start reading the ingredients and there is a word you do not recognize, do not buy the product. Odds are the product is processed. Make sure you know what you are putting into your body.



THE WORLD BOUTIQUE
PRESENTS

Chopard

FASHION SHOW

Tuesday, 23 July • The Plaza • 18:00hrs
Louis-Ulysse Chopard founded his own workshop in 1860 in Sonvillier, the Swiss Jura. Since 1963 *Chopard* is owned by the Scheufele family and its headquarters are located in Geneva. Quality and creativity are the hallmarks of *Chopard*. The internationally known luxury watch and jewelry firm produce high-precision watches and precious jewelry through a skilful mix of innovative design, high technology and traditional craftsmanship. For more information contact the Retail Manager on Ext. 2352.

WORKSHOPS WITH ELIZABETH MURRAY

Iphoneography

Until Thursday, 25 July (Liverpool-La Coruña)



The iPhone has given rise to a new form of photography. More than just a camera in a phone, it has become both camera and portable darkroom. Ms. Murray will guide you in various ways of capturing and processing images with your iPhone. You will learn to create stunning results using a variety of Apps. There are over 10,000 photography Apps available and in the classes you will be introduced to some of the more popular ones that will help you in the creation of your own photographic masterpieces. Ms. Murray will take Residents & Guests on a hiking journey to some photographic haven locations to instruct and capture priceless moments.

Tuesday, 23 July • Card Room • 11:30hrs

Iphoneography: Using iPhone apps to create artistic images



GUEST LECTURER

Giles Tremlett

Sunday, 21 July-Friday, 26 July (Lorient-La Coruña)

Mr. Tremlett is onboard to lecture on current affairs in Spain. He is currently the Madrid correspondent for both *The Guardian* newspaper and *The Economist* magazine. He is a regular current affairs commentator on Spain's biggest radio news station, *Cadena SER*, and on Spanish state television *TVE*. He is an occasional commentator on Spain for *CNN*, the *BBC*, *Sky News* and *Al-Jazeera*. His feature writing has been published in numerous magazines, including *The Observer Magazine*, *The Times Saturday Magazine*, *Vogue Man (U.S.)* and *Lonely Planet*.

Tuesday, 23 July • Colosseo • 16:00hrs

Ghosts of Spain



COMPUTER TUTORING WITH

Brian Newman

Thursday, 25 July-Wednesday, 7 August (La Coruña-Mallorca)

Computer expert Brian Newman joins *The World* once more to conduct workshops and one-on-one sessions for Residents & Guests. Mr. Newman will provide group educational and instructional programs and will even make "house calls", one-on-one sessions, to consult on both PC and MAC formats. Classes are open to all and private sessions will be arranged through advance sign-ups for designated hours of the day. The private sessions will have an hourly cost, while the open classes/workshops are offered at no cost.



GUEST MUSICIANS

ESTHER MILLER TRIO

Until Monday, 12 August (St. Tropez)

Esther Miller was born in South Africa where she sang in church and school choirs and raided the family Nat King Cole albums for early musical inspiration. Esther was then accepted at the University of Cape Town medical faculty, but soon gave in to the lure of jazz. Pianist, Richard Busiakiewicz taught himself jazz and improvisation after completing 10 years of classical music studies. Ryan Trebilcock graduated from the Birmingham Conservatoire gaining an honors degree. After establishing himself on the Birmingham jazz scene he moved to London where he very quickly established himself as one of the most in demand young bassists. He leads his own band *Holler* and is a regular member in some of the city's top ensembles.



UPCOMING BOOK DISCUSSION

The Prisoner of Heaven By Carlos Ruiz Zafón

Sunday, 28 July • The Garden • 15:00hrs



Barcelona, 1957. Christmas time and Daniel and his wife have much to celebrate, a beautiful new baby and their close friend is about to be wed. But their joy is eclipsed after a visit from a stranger threatens to divulge a terrible secret that has been buried for two decades. This plunges Daniel and his friend into a dangerous adventure that will take them back to the 1940s. For a copy of this book contact the Enrichment Group Coordinator on Ext. 2369 or pick up a copy in The Study.



Gourmet Weekly



CULINARY HIGHLIGHT

Truly Seafood

Tuesday, 23 July • Portraits • 19:00hrs-21:30hrs

Be enchanted with an exceptional culinary voyage in Portraits. Delight your senses with a magnificent and fresh Seafood experience prepared by our talented culinary team.

Dress Code: Gentlemen: Tuxedo and Black Tie; Ladies: Formal and Cocktail Attire. Please note that the dress code will be strictly enforced.

Reservations Required: Please call Restaurant Reservations on Ext. 2502. Reservations cancelled less than 24 hours will be charged \$25 per Guest. Please confirm special menu requests 24 hours in advance to ensure flawless service.



THIS WEEK'S CULINARY EVENTS

Tuesday, 23 July

Truly Seafood

Portraits • 19:00hrs-21:30hrs

Saturday, 27 July

Beef Wellington Night

Marina • 19:00hrs-21:30hrs

Sunday, 21 July - Monday, 22 July

Portraits with Tides Menu

Portraits • 19:00hrs-21:30hrs

Smart Casual - No jacket required

UPCOMING EVENT

WINE TASTING WITH RENÉ BARBIER

Sunday, 28 July • Quantum • 16:00hrs-17:00hrs

René Barbier, owner of Clos Mogador, a legend in the wine world and the man who revived the Priorat to give the region world recognition. Mr. Barbier will be joining us onboard *The World* to introduce his wines.



Enjoy a wine tasting with Mr. Barbier at 16:00hrs in Quantum.

Beef Wellington Night

Saturday, 27 July • Marina • 19:00hrs-21:30hrs

Indulge yourself in the old-time favourite home comfort food. Enjoy a whole hearted Beef Wellington in Marina Restaurant.

Dress Code: Smart Casual.

Reservations Required: Please call Restaurant Reservations on Ext. 2502.



UPCOMING EVENT

MICHELIN STAR GUEST CHEF

Montse

TRULY CATALONIAN

Sunday, 28 July • Portraits • 19:00hrs (One seating only)

Chef Montse Estruch will be preparing an authentic mouth-watering Catalan dinner menu. The evening will start off with Chef Montse at 18:30hrs in Quantum for cocktails followed by dinner at 19:00hrs. The unforgettable dining experience will be paired with the wines of René Barbier.



TIDES RENOVATIONS

Due to continued renovations Tides will be closed until Monday, 22 July. Breakfast and Lunch will be served in Marina. Dinner will be served in Portraits with the Tides menu until Monday, 22 July

PUBLIC HEALTH CONSUMER ADVISORY:

Eating raw, raw-marinated or partially cooked protein foods such as meats, fish and eggs increases the risk of food borne illnesses.