

THURSDAY, APRIL 11, 2013

SEA DAY

BREAKFAST

6:30am – 10:30am	Continental	<i>Brasserie, 10 Aft</i>
7:30am – 10:30am	Breakfast Grill	<i>Poolside Grill, 10 Mid</i>
8:00am – 10:00am	Open Seating	<i>Mardi Gras, 8 Fwd</i>
10:30am – 12:00pm	Late Risers	<i>Brasserie, 10 Aft</i>

LUNCH

11:30am – 6:00pm	Off The Grill	<i>Poolside Grill, 10 Mid</i>
12:00pm – 2:30pm	Rotisserie	<i>Poolside Grill, 10 Mid</i>
12:00pm – 2:30pm	Chef's Choice - "American"	<i>Brasserie, 10 Aft</i>
12:00pm – 2:30pm	Mongolian Wok	<i>Poolside Grill, 10 Mid</i>
12:00pm – 1:30pm	Open Seating	<i>Mardi Gras, 8 Fwd</i>

DINNER

Assigned Dining Guest

Mardi Gras Dining Room	<i>Mardi Gras, 8 Fwd</i>
Carnivale Dining Room	<i>Carnivale, 8 Aft</i>
Early Dining: 6:00pm	Late Dining: 8:15pm

Your Time Dining™ Guest

Allows you to dine at your leisure anytime between 5:45pm and 9:30pm

5:45pm – 9:30pm *Mardi Gras, 8 Fwd*

Tonight's dining room attire is **Cruise Casual Attire**

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

Maitre D' Wine Selection

White: Vouvray, Loire Valley, France

Red: Pinot Noir, Murphy Good, California

ALTERNATIVE DINING

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

The Taste Bar - The Red Frog Pub

5:30pm – 8:30pm *Promenade, 9 Fwd*

Brasserie Good Eats

6:00pm – 9:30pm *Brasserie, 10 Aft*

Carnival Deli

11:00am – 11:00pm *Carnival Deli, 10 Aft*

Late Night Bistro

11:30pm – 1:00am *Brasserie, 10 Aft*

Open 24 Hours

Pizza Pirates	<i>Brasserie, 10 Aft</i>
Coffee, Tea & Ice Cream - Swirls	<i>Brasserie, 10 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: "Berry Blast "

Morning Drink Special:

Bloody Mary's. Mimosa's and Bellini's

8:00am – 12:00pm *All Bars*

Mini Martini Tasting

Swing by and sample four fun, flavor-inspired martinis, all made with premium Stolichnaya Vodka, at a price that's as smooth as the drinks.

5:00pm – 8:00pm *Chopin, 9 Aft*

The Taste Bar - \$5 Signature Cocktail "Red Jumper"

5:30pm – 8:30pm *Promenade, 9 Fwd*

Café des Artistes

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

7:00am - 12:00am *Café, 9 Mid*

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

Medical Center, 3 Fwd

Phone: 1441

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 prohibited in all guest staterooms. Guests in balcony staterooms are permitted to smoke on the stateroom balcony. Smoking is permitted in the Casino while playing at designated slot machines and table games, The Rock N Roll Dance Club and the starboard (right) side of the open deck. Cigar smoking is only permitted on the starboard side of Lido Deck and stateroom balconies.

SAIL & SIGN CARD®

You'll receive a printout of your purchases debarkation morning between 6:15am - 7:00am. Remember, if there is a cash overage on your Sail & Sign account of \$5.00 or less, we will donate the remaining amount to St. Jude's Children's Hospital! Of course, if you want the full cash overage, please retrieve it from one of the Sail & Sign Kiosks or Guest Services, otherwise cash overages greater than \$5 will be refunded via check mailed within 7 days after your cruise. Let's help fill up that piggy bank for a great cause!. Accounts with credit card deposits do not need to settle their account.

SAIL & SIGN® KIOSKS

Managing your Sail & Sign® account is easy: Add funds, print statements, or simply break large bills. Our kiosks are located on Promenade 9 mid and Lobby Deck 7, opposite Guest Services Desk.

ON AIR

Here are some of the in-stateroom channels for you to browse. Please note that all stateroom movies run every three hours.

Ship Information Channel	<i>Channel 17</i>
Funship Films	<i>Channel 19</i>
Cruise Director Channel	<i>Channel 27</i>
Skyfall	<i>Channel 33</i>

OPEN TIMES

Gymnasium	6:00am - 10:00pm	<i>Deck 12, Fwd</i>
Casino Slots	7:00am - 4:00am	<i>Deck 9, Mid</i>
Café des Artistes	7:00am - 12:00am	<i>Deck 9, Mid</i>
Main Pool	8:00am - 10:00pm	<i>Deck 10, Mid</i>
Whirlpools	8:00am - 11:00pm	<i>Deck 10, Mid</i>
Spa Carnival®	8:00am - 10:00pm	<i>Deck 12, Fwd</i>
Serenitysm	8:00am - 11:00pm	<i>Deck 9, Aft</i>
Carnival WaterWorkssm	9:00am - 6:00pm	<i>Deck 11, Aft</i>
The Fun Shopssm	9:00am - 11:30pm	<i>Deck 8, Fwd</i>
Photo Gallery	10:00am - 11:00pm	<i>Deck 9, Fwd</i>
Casino Tables	10:00am - Late	<i>Deck 9, Mid</i>
Formalities	10:30am -11:00pm	<i>Deck 9, Mid</i>
Shore Excursions	11:30am - 12:30pm	<i>Deck 7, Mid</i>
Fun Finds Expert	3:00pm - 4:00pm	<i>Deck 9, Mid</i>
Art Gallery	6:00pm - 9:00pm	<i>Deck 7, Fwd</i>
Internet Café	Closes at 10:00pm	<i>Deck 7, Fwd</i>

HELP US GREENIFY: M/S Carnival Inspiration 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. All garbage must be disposed of in the appropriate bins provided onboard. Violations of this requirement may result in penalties

A SPECIAL THANK YOU

We sincerely hope that you have enjoyed every aspect of the service during your cruise. As a reminder, gratuities were posted to your Sail and Sign accounts. Special thanks for your gracious acknowledgement of your stateroom steward's and dining service teams.

BOARDING PASSES

Don't stand in line, check in online, choose your seats and print your boarding passes in the Internet Cafe on deck 7 Fwd. Please note the deadline to purchase any additional Internet minutes is tonight at 10pm. Time Plan minutes can be used until you disembark tomorrow. Printing is available for guests who wish to log on and print.

PHONING HOME AT A LOW RATE

Just \$ 1.99 per minute (Domestic and International calls) when using your stateroom phone! Consult your stateroom directory for dialing instructions. Charges apply to all calls including 1-800 calling cards, credit cards and collect calls.

SERENITYsm OPENS

Have yourself a little "me" time at the ultimate pampering paradise, and best of all, it's for adults only. So shoo your worries away and just relax, because right now it's all about you. Please note that smoking is not permitted on Serenity Deck.

HELP US HELP YOU

The goal of all the Officers, Staff and Crew on board the Carnival Inspiration 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.

ROOM SERVICE

Room service is complimentary and open 24 hours. It is, however, customary to extend a gratuity upon service.

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 dance event. A \$10 donation to St. Jude gets you a T-shirt and wristband. + *(In case of bad weather we will relocate to the Volins Bar, 9 Mid)*

Lido Stage, 10 Mid

RESERVING SUN LOUNGERS

In consideration of all guests on board, please do not reserve sun loungers. Towels will be removed after 40 minutes and kept in the Towel Station close to the Deck 10 main pool.

Enjoy your FUN day at sea.

**Stay in Touch With The Fun.
Follow us on Facebook.com/Carnival**

The CARNIVAL INSPIRATION® Team

CAPTAIN: Renato Bendinelli **CHIEF ENGINEER:** Vincenzo Polisi

HOTEL DIRECTOR: Alain Lopez **CRUISE DIRECTOR:** Steve M. Knisley

Safety Message: Please watch your step as the decks may become slippery due to humidity.

A RELAXING DAY AT SEA

IMPORTANT:

Don't miss out on Steve's very important Debarkation Presentation playing on Channel 17 of your cabin television. This quick & fun presentation will go over everything that will make your debarkation tomorrow smooth.

THURSDAY, APRIL 11, 2013

MORNING

7:00am	Body Conditioning Class <i>Spa Carnival, 12 Fwd</i>
7:30am	Sunrise Stretch <i>Spa Carnival, 12 Fwd</i>
8:00am	Tour De Cycle Class + <i>Spa Carnival, 12 Fwd</i>
8:30am	Sudoku's & Puzzles..... <i>Library, 8 Fwd</i>
9:00am	Yoga Class+..... <i>Spa Carnival, 12 Fwd</i> Glass Figurine Sale..... <i>Fun Shops, 8 Fwd</i> Gold & Silver By The Inch Sale..... <i>Lido, 10 Fwd</i>
10:00am	Towel Folding Fun <i>Paris Lounge, 8 Fwd</i>
10:15am	Library Hour..... <i>Library, 8 Fwd</i>
10:30am	5 Game Multi Jacpot Bingo + <i>Paris Lounge, 8 Fwd</i> Detox To Health & Weight Loss Seminar... <i>Spa Carnival, 12 Fwd</i> Bridge Players Meet (Free Play)..... <i>Library, 8 Fwd</i>
11:00am	Diamond & Gemstone Seminar..... <i>Fun Shops, 8 Fwd</i> European Bracelet Sale..... <i>Fun Shops, 8 Fwd</i>
11:15am	Friends of Bill W. & Jimmy K... <i>Rhapsody In Blue, 8 Fwd</i>
11:30am	Trivia: Famous Faces 1980's <i>Violins, 9 Mid</i> Mini Golf Tournament..... <i>Sun Deck, 14 Fwd</i>
11:45am	Cellulite Solutions Seminar..... <i>Spa Carnival, 12 Fwd</i>

AFTERNOON

12:00pm	Groove For St. Jude™..... <i>Lido Stage, 10 Mid</i> Slot Tournament Qualifying+ <i>Monte Carlo, 9 Mid</i> Trivia: Name that Classic Rock..... <i>Violins, 9 Mid</i>
12:30pm	Movie Themed Trivia <i>Violins, 9 Mid</i>
12:45pm	Ice Carving Demonstration..... <i>Lido, 10 Mid</i>
1:00pm	The Men's Hairy Chest Competition <i>Lido, 10 Mid</i> Champagne Art Auction..... <i>Rock N Roll, 9 Mid</i> Beary Cuddly + <i>Avant Garde, 9 Mid</i> Brighter Smile Seminar..... <i>Spa Carnival, 12 Fwd</i>
1:15pm	Trivia: Michael Jackson Songs..... <i>Violins, 9 Mid</i>
1:30pm	Texas Hold'em Players Meet+ <i>Monte Carlo, 9 Mid</i>
1:45pm	Adult Bean Bag Toss..... <i>Violins, 9 Mid</i>
2:00pm	Pilates + <i>Spa Carnival, 12 Fwd</i>
2:15pm	The 60 Second Challenge <i>Paris Lounge, 8 Fwd</i>
2:30pm	Mini Putting Tournament <i>Violins, 9 Mid</i>
2:45pm	Steve's Gender Showdown..... <i>Paris Lounge, 8 Fwd</i>
3:00pm	Afternoon Tea Time..... <i>Rhapsody In Blue, 8 Fwd</i> Relieve Back Pain With Good Feet <i>Spa Carnival, 12 Fwd</i> Blackjack Tournament Qualifying +.... <i>Monte Carlo, 9 Mid</i> Library Hour <i>Library, 8 Fwd</i> Digital Scavenger Hunt..... <i>Violins, 9 Mid</i>

3:15pm	\$5000 Powerball Jackpot Bingo + .. <i>Paris Lounge, 8 Fwd</i>
3:30pm	Designer Watchset Sale <i>Fun Shops, 8 Fwd</i>
3:45pm	Cash Crraze Raffle Drawing <i>Paris Lounge, 8 Fwd</i>
4:00pm	Teen Karaoke Craziness (Ages 12-17) <i>Avant Garde, 9 Mid</i> Body Sculpt Boot Camp+..... <i>Spa Carnival, 12 Fwd</i>
4:30pm	Trivia: Name That Motown Song <i>Violins, 9 Mid</i> Adult Get Your Ping Pong On!..... <i>Verandah, 11 Fwd</i>

EVENING

5:00pm	Trivia: Sports <i>Rhapsody In Blue, 8 Fwd</i> Mowtown Hour <i>Violins, 9 Mid</i> Clearance Sale +..... <i>Fun Shops, 8 Fwd</i> Guess the Carat Weight Competition.. <i>Fun Shops, 8 Fwd</i>
6:00pm	Fab Abs <i>Spa Carnival, 12 Fwd</i>
7:00pm	Show Time - Late Seating..... <i>Paris Lounge, 8 Fwd</i>
7:30pm	Family Friendly Comedy Show <i>Candlelight, 9 Aft</i>
8:00pm	Fun Force Show..... <i>Atrium Lobby, 7 Fwd</i> Invicta Watch Giveaway <i>Fun Shops, 8 Fwd</i>
8:30pm	Family Friendly Comedy Show <i>Candlelight, 9 Aft</i> Karaoke Fun <i>Avant Garde, 9 Mid</i>
8:45pm	Show Time - Early Seating..... <i>Paris Lounge, 8 Fwd</i>
9:45pm	\$100 Gift Basket Give Away..... <i>Fun Shops, 8 Fwd</i>
10:00pm	Adults Only Comedy (18+) <i>Candlelight, 9 Aft</i> 80's Dance Music <i>Rock N Roll, 9 Mid</i> Friends Of Dorothy/GLBT..... <i>Chopin, 9 Aft</i>
11:00pm	Adults Only Comedy (18+) <i>Candlelight, 9 Aft</i> Electric White Night..... <i>Rock N Roll, 9 Mid</i>
11:45pm	Adults Only Comedy (18+)..... <i>Candlelight, 9 Aft</i>

+ Fees apply

GET YOUR GROOVE ON

PARTY MUSIC WITH DJ'S ALLEN D & SPIN

11:30am - 5:00pm *Lido, 10 Mid*

KARAOKE TIME

4:00pm - 5:00pm (Teens) *Avant Garde, 9 Mid*
8:30pm - 10:00pm (All Ages) *Avant Garde, 9 Mid*
10:00pm - 12:30am (Adults Only) *Avant Garde, 9 Mid*

MOTOWN HOUR WITH THE SOUNDWAVES

5:00pm - 6:00pm *Violins, 9 Mid*

PARTY WITH WITH MUSIC ALTERR

7:15pm - 8:15pm *Violins, 9 Mid*
9:00pm - 1:00am *Violins, 9 Mid*

DANCE MUSIC WITH DJ ALLEN D

7:30pm - 8:30pm *Atrium Lobby, 7 Fwd*

SING ALONG MUSIC WITH TOMMY G

9:30pm – Late *Rhapsody In Blue, 8 Fwd*

LATE NIGHT PARTY WITH DJ ALLEN D & SPIN

10:00pm – 11:00pm 80's Hour *Nightclub, 9 Mid*
11:00pm – Late Electric White Night *Nightclub, 9 Mid*

HIT THE JACKPOT

TAKE A CRUISE, WIN A CAR

Play our two-cent BMW slot machines and you could be driving off in a brand-new car. Seriously. +
Monte Carlo, 9 Mid

BLACKJACK TOURNAMENT

Somebody has to win and it could be you! Be sure to enter our Blackjack Tournament for your chance to win cash and prizes! Minimum age requirement – 18 years.+
3:00pm - 5:00pm *Monte Carlo, 9 Mid*

CASH OUT BEFORE YOU SLIP OUT

Important Reminder to Slot and Poker Players: Don't forget to cash out at the casino cashier desk before the casino closes tonight. Have chips to cash in? See the casino cashier before the casino closes tonight. Tomorrow will be too late.
Monte Carlo, 9 Mid

CARNIVAL YOUTH EXPERIENCE

Come by for fun activities, games, & more!

NIGHT OWLS+

10:00pm (ages 0–11) *CampCarniel, 11Fwd*

MAKE YOUR OWN PIZZA

12:00am (ages 12–14) *Brasserie, 10 Aft*

FAREWELL PARTY

10:00pm (ages 15–17) *Club 0., 9 Fwd*

“SHOUT!”

Presented by your Cruise Director Steve

Starring:

The Inspiration Dancers & vocal dynamics of
Laura Nell & Quinton

Live music by Alex Herman & The Soundwaves.

7:00pm Late Seating *Paris Lounge, 8 Fwd*
8:45pm Early Seating *Paris Lounge, 8 Fwd*

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

GET IN ON THE ACT

ICE CARVING DEMONSTRATION & THE MENS HAIRY CHEST COMPETITION

Some like their ice cubed, some like it crushed. We prefer it in the shape of a swan. Come see one of our Master Ice Carvers turn a 300-pound block of ice into a beautiful piece of art. Then the men's hairy chest competition, In this contest, the hairier the better! Guys, come and strut your stuff. Must be 18 or older.
Ice Carving Demonstration 12:45pm *Lido Stage, 10 Mid*

PUNCHLINER COMEDY CLUB - All shows take place in the Candlelight Lounge, 9 Aft

We are now offering more comedy than ever before!

Lance Montalto 7:30pm Family Friendly
Dwight Slade 8:30pm Family Friendly
Lance Montalto 10:00pm Adults Only (18+)
Dwight Slade 11:00pm Adults Only (18+)
Lance Montalto 11:45pm Adults Only (18+)

PLAN ON IT

DEBARKATION INFORMATION

For important debarkation information and procedures, please tune your stateroom TV to channel 17. There the Cruise Director will advise you the fastest, easiest, and most efficient ways to disembark the Carnival Inspiration.

FUN ON DVD

Take your favorite Carnival memories home with you on disc, just like a movie. We can't wait for the sequel. Find out more at the Photo Gallery.
7:00pm - 9:00pm *Photo Gallery, 9 Fwd*

LAUNDRY HATERS; REJOICE

Why do you rown laundry? After all—you're on vacation. So contact your stateroom steward for a Carnival Valet Bag to put your laundry in. They'll pick it up by 10:30 am and return you freshly folded laundry by 7:00 p.m. that evening.

SPA EXPERIENCE

RELIEVING BACK PAIN SEMINAR

Got back pain? Tired of having sore knees or hip problems? The solution could be your feet. At 3:00pm come along to the fitness center, deck 12 forward, for your complimentary foot analysis. We may be able to give you the solution to your concern by using one simple footprint.

1.DEBARKATION INFORMATION

For important debarkation information and procedures, please tune your stateroom TV to channel 17. There your Cruise Director Steve will advise you on the fastest, easiest, and most efficient ways to disembark the Carnival Inspiration.

2. GROOVE FOR ST. JUDE™

Do good. Feel good. And help some kids! Grab your groove thang and come upstairs for this special dance event. A \$10 donation to St. Jude gets you a T-shirt and wristband. +
(In case of bad weather we will relocate to the Volins Bar, 9 Mid)
12:00pm *Lido Stage, 10 Mid*

3. STEVE'S GENDER SHOWDOWN

Join your Cruise Directro Steve and come see who the dominant gender is going to be! Males vs. Females! Must be 18 or older.

2:45pm *Paris Lounge, 8 Fwd*

4. B-I-N-G-O!

B4 – Bingo! Yeah, it's that easy. We yell out letters and numbers and you yell out, "Bingo! Not only is it simple – it's super fun. Plus tht "snowball" jackpot must be given away today, it could get as high as \$1000 +
10:30am - 5 Games, Multi Jackpots *Paris Lounge, 8 Fwd*
3:15pm - Win up to \$5000 *Paris Lounge, 8 Fwd*
3:45pm - Cash Craze Raffle Drawing *Paris Lounge, 8 Fwd*

5. 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 - 2:00pm (Qualifying) *Monte Carlo, 9 Fwd*

6. IONITHERMIE INCH LOSS

Want to learn one of the best ways to lose inches, reduce unwanted cellulite, and detoxify the body? Then stop by or call the spa at 2009 and ask about our revolutionary Ionithermie detox treatment for women and men that can remove up to 8 inches from your hips, thighs, and abdomen. +

7. TOWEL FOLDING FUN

Let your stateroom steward and entertainment team teach you how to take boring bath towels and turn them into fun, cuddly towel animals.
10:00am *Paris Lounge, 8 Fwd*

8. DESIGNER WATCHSET SALE @ 2:30PM

You don't want to be late for this sale. Get wrist watches for one low price. One hour only, so don't miss out!
3:30pm Watch Clearance Sale *Fun Shops, 8 Fwd*

9. THE TASTE BAR - RED FROG PUB

The experience never stops. Why travel to a pub, when you have one right here? Come sample Carnivals own Red Frog finger foods. We suggest you bring an ice cold beer!
5:30pm - 8:30pm *Promenade, 9 Fwd*

10. GRAND FINALE ART AUCTION

Join us for our last afternoon of artwork and prizes. You'll find the work of some of the most collected artists, as well as raffles and giveaways. So grab a glass of complimentary champagne with one hand and cross the fingers of your other hand – you never know, you could win a work of art or \$500 bid credit. Bring this ad to today's auction for 5 complimentary tickets!
1:00pm *Rock N Roll, 9 Mid*