



A cruise can be great experience you'll not find in any other vacation setting. The most convenient aspect is that once you're aboard, everything is provided, and all within easy walking distance.

For seniors, especially those with physical challenges, a cruise is the best vacation. You're right inside a wonderful combination of luxury hotel, spa, pool, casino, restaurant and entertainment. In that setting, there are many enjoyable happenings you can expect:

1. New experiences: You'll live the sailor's life, watching your ship depart from port, feeling the waves gently rock you and stroll the decks while breathing in the clear sea air.
2. Continuously changing scenery: Experience the various ocean views, day and night, and see different lands and port cities during ship visits. No hotel or shore resort can offer such a passing parade of different scenes.
3. 'Round the clock fun: Your cruise provides activities from dawn 'til wee hours. Exercise classes or jogging can make sunrise at sea an invigorating experience. Swim in the ship's pools, soak in a spa, play miniature golf, sweat off pounds in the gym, try your luck in the casino and sit in on bingo games.

You'll enjoy scores of other never-ending activities, most included in the cost of your cruise. Enjoy late night strolls alone or with that special someone as the moon lights up the waves of

the ship's wake.

4. Great food: Cruises are famed for dining extravaganzas. Throughout the day, cafés offer fresh pizza, waffles, ice cream and dozens of other snacks. Then, at dinner, dress up or go casual to the main dining room for a sumptuous dinner.

5. Exciting shows: The main stage of most cruise ships present high-level variety programs that rival Las Vegas productions. There are also comedy clubs, musical groups, piano bars and other entertainment to enjoy.

6. Excursions: Your ship visits exotic ports you've only read about. Go ashore independently or with a tour group to enjoy the scenery, admire the local landmarks, browse souvenir shops and enjoy local cafés. In some ports, there will be opportunities to sail, snorkel, swim and participate in many other fun adventures.

You can expect a great many new experiences on your first cruise. Take your camera or smartphone for bragging fun as you show highlights of your first sea-going adventure.