



**This Week at Sherwood Oaks – August 29, 2010 to September 4, 2010
The Audio Bulletin Board – 8489**

Sunday, August 29 Buffet Lunch/ Dinner

2:00 p.m. Chapel Service – Auditorium
Rev. Linda Pokrajac

Monday, August 30 Buffet Lunch

9:30 a.m. Aquacize – Swimming Pool
10:30 a.m. Aquacize – Swimming Pool
11:00 a.m. Exercise Class – Lower Level
12:25 p.m. Bus to Wal-Mart/Cranberry Mall
Passavant Hospital/UPMC
Passavant Cranberry
1:00 p.m. Painting Class – Novice or Pro
Lower Level Studio
7:00 p.m. Monday Night Bridge
Card Room

Tuesday, August 31 Buffet Lunch

9:30 a.m. Bus to Pittsburgh/Oakland
10:00 a.m. Tai Chi – Auditorium
11:00 a.m. Take a Walk with a Friend
Meet in Lobby
4:00 p.m. Sherwood Oaks Book Club
Hess Great Room
6:30 p.m. Broadway Tunes Sing Along
Skilled Nursing Day Room

Wednesday, September 1 Buffet Lunch

Bus to UPMC Passavant Cranberry
8 a.m. – 10 a.m. – 11:45 a.m. – 2 p.m.
10:00 a.m. Bus to Route 228 Mall
11:00 a.m. Exercise Class – Lower Level
1:15 p.m. Welcome Bridge – Card Room
7:15 p.m. Line Dancing – Auditorium



Thursday, September 2 Buffet Lunch

7:00 a.m. Bus to Passavant Hospital
9:30 a.m. Bus to Cranberry Mall/UPMC
9:30 a.m. Aquacize – Swimming Pool
10:00 a.m. Ceramics Class – Craft Room
10:30 a.m. Aquacize – Swimming Pool
10:35 a.m. Bus pick up at Cranberry Mall
11:00 a.m. Yoga – Exercise Room
11:00 a.m. Bus to Streets of Cranberry &
UPMC Passavant
11:00 a.m. Sing Along with Betty or Nancy
Skilled Nursing Day Room
12:55 p.m. Bus leaves to pick up at Streets
of Cranberry and return to
Sherwood Oaks
1:30 p.m. Duplicate Bridge – Card Room
2:00 pm. Bus leaves to pick up at UPMC
Passavant – last pick-up

Friday, September 3 Buffet Lunch

Bus to Passavant Hospital/UPMC
Passavant Cranberry
7 a.m. – 12:30 p.m. – 2 p.m.
10:00 a.m. Bus to Cranberry Mall/Passavant
Hospital/UPMC Passavant
Cranberry
10:00 a.m. Beginners Bridge – Card Room
11:00 a.m. Intermediate Bridge
Card Room
11:00 a.m. Exercise Class – Lower Level
2:00 p.m. Sew and So
Assisted Living Day Room

Saturday, September 4 Buffet Lunch

10:00 a.m. Bus to Beaver Valley Mall
1:30 p.m. Games – Card Room
2:00 p.m. Scrabble – Card Room
7:15 p.m. Saturday Night at the Movies
Amazing Grace - Auditorium



COMING EVENTS

Sept. 5 Sunday	Chapel Service – 2 p.m. – Auditorium - Rev. Burfield
Sept. 6 Monday	LABOR DAY - NO OFF CAMPUS BUS TRANSPORTATION
Sept. 7 Tuesday	SORA Board Meeting – 1:30 p.m. – Card Room
Sept. 7 Tuesday	Broadway Tunes Sing Along – 6:30 p.m. – Skilled Nursing
Sept. 10 Friday	News and Views – 4 p.m. - Auditorium
Sept. 10 Friday	Slippery Rock Performing Arts Series – 6:30 p.m. – See bulletin board
Sept. 10 Friday	Poker Night – 7 p.m. – Card Room
Sept. 10 Friday	River City Brass Band – 7 p.m. - Carson Middle School
Sept. 11 Saturday	Saturday Night at the Movies – 7:15 p.m. - Auditorium

This Week's Menu

Sunday, August 29, 2010 – Saturday, September 4, 2010
Dining Room Reservations Telephone Number is 8659

Sunday Brunch/Dinner 29

Chilled Strawberry
 Wedding
 Grouper w/ Orange Tarragon Butter
 Carved Roast Beef
 Baked Chicken w/ Honey Mustard Glaze
 Brunch – Chocolate Pancakes
 Dinner – Pretzel Sandwich

Monday Lunch/Dinner 30

Minestrone
 Three Cheese Soup
 Pork Loin w/ Glazed Onions
 Marinated Roasted Chicken Quarters
 Shrimp Gumbo
 Chef's Feature – Beef Pie – Cornish Style

Tuesday Lunch/Dinner 31

Vichyssoise
 Sausage & Lentil
 Roasted Vegetable Quiche
 Beef Stroganoff
 Grilled Salmon w/ Pineapple & Onion Salsa
 Feature Salad – Fried Chicken and Beer
 Fries Salad

Wednesday Lunch/Dinner 1

Crab Bisque
 Split Pea
 Chicken & Mushroom Quesadillas
 Hand Breded Fried Grouper
 Carved Cherry Ham
 Feature Salad – Sweet-n-Sour Pork Salad

Vegetable of the Week:

Thursday Lunch/Dinner 2

Cream of Asparagus
 Meatball Stew
 Seafood Cake
 Homemade Cheese Lasagna
 Marinated Flank Steak
 Chef's Feature – BBQ Chicken Legs

Friday Lunch/Dinner 3

New England Clam Chowder
 White Chicken Chili
 Broiled Trout w/ Rosemary & Chives
 Turkey Cutlet w/ Orange Cranberry Relish
 Home Style Meatloaf
 Feature Salad – Trio Salad Sherwood

Saturday Lunch/Dinner 4

Chilled Peach & Buttermilk
 Chicken Noodle
 Scallops w/ Basil & Tomatoes
 Carved Leg of Lamb
 Southern Fried Chicken
 Chef's Feature – Hot Beef Sandwich with Gravy

Dining Room:

Lunch: Noon – 1:00 p.m. Mon. – Sat.

Mon – Sat. Buffet

Sunday Brunch Buffet: Noon – 2:00 p.m.

Dinner: 5:10 – 7:10 p.m.

Café Sherwood:

Breakfast: Daily 8:00 – 10:30 a.m.

Lunch: Daily 11:00 a.m. – 5 p.m.

Dinner: Daily 5:10 – 7:10 p.m.

THOUGHT FOR THE WEEK:

A balanced diet is a cookie in each hand.



Please leave items for the Weekly Bulletin at the front desk for Phyllis Franks or call 8462.

Any information to be published must include resident or staff name.

e-mail: frankspm@sherwood-oaks.com

WEEKEND PHYSICIANS ON CALL

Call the Community nurse for assistance at 8496. Sunday, Aug. 29 Dr. Polinski 412 931-1730. Saturday, Sept. 4 Dr. Shoenthal – 412 931-3066