



This Week at Sherwood Oaks – August 31, 2014 to September 6, 2014
The Audio Bulletin Board 8489



Sunday, August 31 Buffet Lunch/Dinner

2:00 p.m. Chapel Service – Auditorium
 Rev. John Rodgers

Monday, September 1 Buffet Lunch

LABOR DAY

NO OFF CAMPUS BUS TRANSPORTATION

9:30 a.m. **NO** Bus to Wal-Mart/Cranberry Mall
 Passavant Hospital - Main Campus

9:30 a.m. Aquacize – Swimming Pool

10:30 a.m. Aquacize – Swimming Pool

11:00 a.m. **NO** Exercise Class - Card Room

1:15 p.m. Bus to Passavant Hospital
 Main Campus - Legacy Theater

1:00 p.m. **NO** Painting Class – Novice or Pro
 Lower Level Studio

6:00 p.m. Video presentation of Don Gowan's
 lecture #4 on Channel 38/500

6:30 p.m. Sing Along – Oak Grove Center

7:00 p.m. Monday Night Bridge – Card Room

9:00 p.m. Video presentation of Don Gowan's
 lecture #4 on Channel 38/500

Tuesday, September 2 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 Center Lobby

11:00 a.m. Communion Service - Chapel

1:30 p.m. SORA Board Meeting - Card Room

6:30 p.m. Campfire Tunes Sing Along
 Personal Care Day Room

Wednesday, September 3 Buffet Lunch

**Bus to UPMC Passavant Cranberry
8 am - 10 am - 11:45 am - 2 pm**

10:00 a.m. Men's Bible Study - Chapel

10:00 a.m. Bus to Rt. 228 Mall

11:00 a.m. Exercise Class - Card Room

12:30 p.m. Complimentary Hearing Aid
 Services with Dr. Francis
 Appointment necessary

1:15 p.m. Wednesday Bridge - Card Room

7:00 p.m. Outdoor Games - Summer House

7:15 p.m. Line Dancing - Auditorium

Thursday, September 4 Buffet Lunch

**Blackburn Scooter Service
9 - 2:30 p.m. Scooter Garage**

7:00 a.m. Bus to Passavant Hospital Main

9:30 a.m. Bus to Walmart/Barnes & Noble
 Cranberry Mall/UPMC Passavant Main

9:30 a.m. Aquacize – Swimming Pool

10:30 a.m. Aquacize – Swimming Pool

1:00 a.m. Yoga Class – Auditorium

11:00 a.m. Bus to Streets of Cranberry &
 UPMC Passavant Main

1:30 p.m. Duplicate Bridge - Card Room

Friday, September 5 Buffet Lunch

**Bus to Passavant Hospital
UPMC Passavant Cranberry
7 am – 12:30 pm – 2 pm**

10:00 a.m. Bus to Shop n Save/Passavant
 Hospital/UPMC Passavant Cranberry

11:00 a.m. Exercise Class - Auditorium

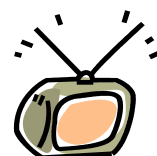
2:00 p.m. Sew and So
 Personal Care Day Room

Saturday, September 6 Buffet Lunch

10:00 a.m. Bus to Beaver Valley Mall

1:30 p.m. Scrabble & Games - Lobby

7:15 p.m. Saturday Night at the Movies
 Heaven is for Real - Auditorium



Due to the limited number of residents still needing a digital converter box, Armstrong Cable will not be coming to Sherwood Oaks to speak about digital conversion. They will be contacting patio home residents who still need a converter box. Any questions, please contact Mark Bondi at x 8497.

COMING EVENTS

September 7	Sunday	Chapel Service - 2 p.m. - Rev. James Moran - Auditorium
September 8	Monday	Women’s Bible Study - 10:45 a.m. - Chapel
September 9	Tuesday	Marketing Event - Chris Denem as Neil Diamond - 2 p.m. - Auditorium RSVP to Phyllis x8462
September 9	Tuesday	Campfire Tunes Sing Along - 6:30 p.m. - Personal Care Day Room
September 9	Tuesday	SORA Quarterly Meeting - 7:15 p.m. - Auditorium
September 10	Wednesday	Health Affairs Committee Presents - <i>Managing Dizziness and Balance Disorders</i> 10:30 a.m. - Auditorium
September 10	Wednesday	Life Story Writing - 1 p.m. - Sherwood Meeting Room - Lower Level
September 11	Thursday	Pittsburgh Concert Society presents four young artists - 3 pianists, 1 harpist Classical music program - Auditorium - 7:15 p.m.
September 12	Friday	Resident Get together - 1:30 p.m. - Auditorium Human Resources with Donna Fasone
September 13	Saturday	Saturday Night at the Movies - <i>Quartet</i> - 7:15 p.m. - Auditorium

This Week’s Menu
Sunday, August 31, 2014 – Saturday, September 6, 2014
Dining Room Reservation # for Patio Homes: 8659
Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724 776-8234
Take out and Home Delivered Meals – Patio Home Residents: 8612
Take out and Home Delivered Meals – Apartment Residents and 600 Patio Homes: 724 776-8236

Sunday **31**

Crab Bisque
Roast Turkey with Bread Stuffing
Pork Loin Roasted with Pears and Shallots
Trout Amandine
Chef’s Feature – Creamed Chipped Beef

Monday **1**

LABOR DAY MENU
Pasta Fagioli
Hamburgers/Cheeseburgers
Bratwurst w/grilled onions
Baked Marinated Cod

Tuesday **2**

Chilled Ginger Carrot
Turkey Loaf with Cranberry Raisin Sauce
Monterey Jack Cheese Quesadilla with Salsa
Seafood Salad in Avocado Half
Chef’s Demo - Cincinnati Chili Bar

Wednesday **3**

Ham & Lima Bean
Jack Daniels Chicken
Black and Bleu Steak Medallions
Lemon Dill Tilapia
Chef’s Feature – Grilled Lamb Steak

Thursday **4**

Minted Pea Soup
BBQ Beef Brisket
Pork Tenderloin with Apples
Poached Salmon Salad
Chef’s Feature – Stuffed Chicken Breast

Friday **5**

Cream of Broccoli
Parmesan Crusted Chicken
Grilled Turkey Kielbasa
Texas Cheeseburger
Chef’s Feature – Ruby Red Trout & Tomatoes

Saturday **6**

Vegetable Soup
Oven Fried Chicken
Crab Quiche
Braised Short Ribs
Chef’s Feature - BBQ Pork Shanks

Dining Room Hours:
Lunch Buffet: Noon – 1 pm Mon. – Sat.
Sunday Brunch Buffet: Noon – 2 p.m.
Dinner: 5:10 – 7:10 p.m.
Café Sherwood:
Breakfast: Daily 8 a.m. – 10:30 a.m.
Lunch: Daily 11 a.m. - 5 p.m.
Dinner: Daily 5:10 - 7:10 p.m.

Vegetable of the week: Locally grown Corn
on the Cob

WEEKEND PHYSICIANS ON CALL
Call the Community Nurse for assistance at 8496.
Call 412 931-3066 for doctor on call information.

**Please leave items for the Weekly Bulletin at
the front desk by Thursday for Phyllis Franks,
or call 8462, or email
frankspm@sherwood-oaks.com**