



**This Week at Sherwood Oaks – September 17, 2017 to September 23, 2017
The Audio Bulletin Board 8489**



Sunday, September 17 Buffet Lunch/Dinner

Bus to local churches - please see bulletin board and Channel 900 for times

2:00 p.m. Chapel Service - Auditorium
Rev. Jared Ott

Monday, September 18 Buffet Lunch/Dinner

8:15 a.m. Bus to Passavant Cranberry
9:30 a.m. Bus to Costco/Barnes & Nobel
Wal-Mart/Cranberry Mall
Passavant Cranberry & Main
10:00 a.m. Aquacize – Swimming Pool
10:45 a.m. Women’s Bible Study - Chapel
11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
1:00 p.m. Painting Class – Novice or Pro
Lower Level Studio
1:00 p.m. Bus to Shop ‘n Save/CVS,
Passavant Cranberry & Main Campus
Legacy Theater
3:00 p.m. Pinochle - Center Lobby
6:30 p.m. Sing Along - Skilled Nursing West Hall
7:00 p.m. Monday Night Bridge - Card Room

Tuesday, September 19 Buffet Lunch/Dinner

8:15 a.m. Bus to Passavant Cranberry
9:30 a.m. Bus to VA Clinic in Cranberry
Passavant Cranberry &
Pittsburgh/Oakland
10:00 a.m. Tai Chi - Cranberry Lake
Fitness Center
11:00 a.m. Take a Walk with a Friend
Meet in Center Lobby
11:00 a.m. Sister Circle - Skilled Nursing
Call Betty Tolbert for info x8409
1:30 p.m. Drama Club - Oak Lodge Great Room
1:40 p.m. VA Clinic Cranberry/Passavant
Cranberry/Pittsburgh/Oakland
2:00 p.m. Marketing Presents - **Brain Health across
the Lifespan** with Dr. Paul Nussbaum
Auditorium - Prior RSVP’s necessary
3:00 p.m. Hand and Foot Canasta - Lobby
6:30 p.m. Sing Along - Personal Care Day Room
7:15 p.m. Campfire, Stories, Singing, & S’Mores
Summer House - Bus Pick up 7 p.m. Center

Wednesday, September 20 Buffet Lunch/Dinner

**Bus to UPMC Passavant Cranberry
8:15 am - 9:30 am - 11:45 am - 2 pm**

9:30 a.m. Bus to Rite Aid, Passavant
Cranberry & Rt. 228 Mall
10:00 a.m. Men’s Bible Study - Chapel
11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
12:00 p.m. Granny’s Attic Annex Patio Home 156
opened until 2:30 p.m.
1:00 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment Necessary

Wednesday (con’t)

1:00 p.m. PC, Laptop, Tablet, or Smartphone
help in Computer Room until 3 p.m.
1:00 p.m. Life Story Writing Class - Conference Room
1:15 p.m. Wednesday Bridge - Lobby Area
1:30 p.m. Handbell Practice - Cranberry Lake Grill
3:00 p.m. Chorus Practice - Cranberry Lake Grill
3:00 p.m. Pinochle - Center Lobby
4:30 p.m. Sherwood Oaks 35th Anniversary Cocktail Party
Lobby/Card Room/Auditorium

Thursday, September 21 Buffet Lunch/Dinner

7:00 a.m. Bus to Passavant Cranberry & Main
9:30 a.m. Bus to Costco/Barnes & Noble/Walmart
Cranberry Mall/Passavant Cranberry &
Passavant Main
10:00 a.m. Aquacize – Swimming Pool
11:00 a.m. Yoga Class - Cranberry Lake
Fitness Center
1:00 p.m. Streets of Cranberry/Passavant Cranberry
and Passavant Main
1:30 p.m. Duplicate Bridge - Card Room
3:00 p.m. Hand and Foot Canasta - Lobby
7:15 p.m. Focus on the World - **VOICE**
Speaker Briana Gloeckl, Butler County
Providing services for shelter and victims of
violent crime

Friday, September 22 Buffet Lunch/Dinner

**Bus to Passavant Hospital and
UPMC Passavant Cranberry
7 am – 9:30 am - 1 pm**

9:30 a.m. Bus to Shop ‘n Save
Passavant Cranberry & Passavant Main
9:30 a.m. Friday Prayer Gathering - Chapel
11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
1:00 p.m. Costco/Barnes & Noble/Walmart
Cranberry Mall/Passavant Cranberry/
Passavant Main
1:30 p.m. Resident Get Together - **Marketing
with John Sterling** - Auditorium
1:30 p.m. Tai Chi - Cranberry Lake Fitness Center
2:00 p.m. Sew and So - Personal Care Day Room
3:00 p.m. Pinochle - Center Lobby

Saturday, September 23 Buffet Lunch/Dinner

10:00 a.m. Bus to Ross Park Mall
1:30 p.m. Scrabble & Games - Lobby
3:40 p.m. Bus to St. Ferdinand’s Church
7:00 p.m. Saturday Night Movie - Auditorium
Argo - Rated R - 2 hours.

COMING EVENTS



- Sept. 24 Sunday Quaker Meeting for Worship - 10:30 a.m. - Chapel
- Sept. 24 Sunday Bus to Pittsburgh Symphony - 1:30 p.m. - Heinz Hall
- Sept. 24 Sunday Chapel Service - 2 p.m. - Auditorium - Rev. Tim Spring
- Sept. 25 Monday Sing Along - 6:30 p.m. - Skilled Nursing West Hall
- Sept. 26 Tuesday Curio Cabinets - Pick up Gifts from the Earth - 10 - noon & 4:30 - 5:30 p.m.
- Sept. 26 Tuesday Sing Along - 6:30 p.m. - Personal Care Day Room
- Sept. 26 Tuesday Program Committee Presents - **Austrian Dance Group** - 7:15 p.m. - Auditorium
- Sept. 27 Wednesday Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary
- Sept. 27 Wednesday Life Story Writing Class - 1 p.m. - Conference Room
- Sept. 27 Wednesday 2nd Annual Tag Day - 4:30 p.m. - Center - Call Dick Bach for info x8275
- Sept. 28 Thursday Curio Cabinets - Bring in Halloween Items - 10 - noon & 4:30 - 5:30 p.m.
- Sept. 30 Saturday NO Bus to Mall - 10 a.m.
- Sept. 30 Saturday Saturday Night Movie - 7 p.m. - Auditorium - **Beauty and the Beast** - PG - 2 hrs. 9 mins.

This Week's Menu
Sunday, September 17, 2017 – Saturday, September 23, 2017
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 17

- Potato & Leek Soup
- Baked Tilapia w/Lemon
- Stuffed Chicken w/Spinach & Ricotta
- Prime Rib Au Jus
- Chef's Feature – Quiche in Pastry

Thursday 21

- New England Seafood Chowder
- Braised Beef Tips
- Leg of Lamb
- Cajun Catfish
- Chef's Feature – Assorted Bavarian Sausage

Monday 18

- Chicken Primavera Soup
- Mandarin Chicken Salad
- Grilled Ham & Pineapple
- Oven Toasted Flounder
- Chef's Feature – Beef Steak Pie

Friday 22

- Meatball Soup
- Sauteed Veal Scaloppini
- Grilled Kielbasa
- Golden Fried Shrimp
- Chef's Feature – Stuffed Chicken

Tuesday 19

- Chilled Peach Soup
- Rotisserie Chicken
- Open Faced Hot Roast Beef Sandwich
- Mustard Glazed Pork Tenderloin
- Chef's Feature – Pan Seared Scallops

Saturday 23

- Cold Cucumber Soup
- Steak Salad
- Char-Grilled Turkey w/Chutney
- Basa Fish
- Chef's Feature - Pork Chop Suey

Wednesday 20

- French Onion Soup
- Chicken Picatta
- Broccoli, Tomato & Cheese Quiche
- Panko Crusted Crab Cake
- Chef's Feature - Homemade Chop Steak

Regular 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 beginning Monday:
Assorted Roasted Fall Squash

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