



**This Week at Sherwood Oaks – October 2, 2016 to October 8, 2016
The Audio Bulletin Board 8489**



Sunday, October 2 Buffet Lunch/Dinner

- 1:30 p.m. Pops Concert - Heinz Hall
- 2:00 p.m. Chapel Service - Auditorium
Communion - Rev. Alan Adams
- 6:00 p.m. Jokes of Islam - Doors open at 6 p.m.
Hosted by Dr. Neptune Bazmi - Auditorium

Monday, October 3 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
- 9:30 a.m. Aquacize – Swimming Pool
- 10:30 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
- 1:30 p.m. Cranberry VA speaking about services
for Veterans - Auditorium
- 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, October 4 Buffet Lunch/Table Service Dinner

**Voter registration table in lobby
before lunch and 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
- 10:00 a.m. Hand and Foot Canasta - Lobby
- 10:30 a.m. Continued Learning - Auditorium
- 11:00 a.m. Take a Walk With a Friend
Meet in Center Lobby
- 12:30 p.m. Complimentary Hearing Aid Services with
Dr. Francis - Appointment Necessary
- 1:30 p.m. SORA Board Meeting - Auditorium
- 1:40 p.m. VA Clinic Cranberry/Passavant
Cranberry/Pittsburgh/Oakland
- 6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, October 5 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
- 11:45 a.m. City Theater - Southside

Wednesday (con’t)

- 12:00 p.m. Granny’s Attic Annex Patio Home 156
Open until 2:30 p.m. - **All items half price!**
- 1:15 p.m. Wednesday Bridge - Card Room
- 1:30 p.m. Life Story Writing Class
Conference Room
- 1:30 p.m. Handbell Practice - Auditorium
- 3:00 p.m. Chorus Practice - Auditorium
- 3:00 p.m. Pinochle - Center Lobby

Thursday, October 6 Buffet Lunch/Dinner

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

- 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
- 9:30 a.m. Aquacize – Swimming Pool
- 10:30 a.m. Aquacize – Swimming Pool
- 10:30 a.m. Continued Learning - Auditorium
- 11:00 a.m. Yoga Class - Cranberry Lake
Fitness Center
- 1:00 p.m. Streets of Cranberry/Passavant Cranberry
and Passavant Main
- 1:00 p.m. PC, Laptop, Tablet, or Smartphone
help in Computer Room until 3 p.m.
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby

Friday, October 7 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
- 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. Classe de Francais - Chapel
- 2:00 p.m. Sew and So
Personal Care Day Room
- 3:00 p.m. Pinochle - Center Lobby
- 6:30 p.m. River City Brass Band
Carson Middle School

Saturday, Oct. 8 Buffet Lunch/Table Service 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
Guys and Dolls - 2 hrs. 30 mins.

COMING EVENTS

- Oct. 9 Sunday Pittsburgh Symphony - 1:30 p.m. - Heinz Hall
- Oct. 9 Sunday Chapel Service - 2 p.m. - Rev. Dan Corll - Auditorium
- Oct. 10 Monday Communion Service - 11 a.m. - Chapel
- Oct. 10 Monday Painting Class - 1 p.m. - Novice or Pro – Lower Level Studio
- Oct. 10 Monday Patching and Piecing Quilters - 2 p.m. - PC Great Room
- Oct. 10 Monday Sing Along - 6:30 p.m. - Skilled Nursing West Hall
- Oct. 10 Monday Monday Night Bridge - 7 p.m. - Card Room
- Oct. 11 Tuesday Last day to register to vote in the November election
- Oct. 11 Tuesday Continued Learning - 10:30 a.m. - Auditorium
- Oct. 11 Tuesday Marketing Presents - **Medicare 101** - 2 p.m. - Auditorium - RSVP to Phyllis x8462 by Oct. 7th
- Oct. 11 Tuesday Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary
- Oct. 11 Tuesday Grab and Go Book Club - 4 p.m. - Conference Room
- Oct. 11 Tuesday Pittsburgh Opera - 5:30 p.m. - Benedum Center
- Oct. 11 Tuesday Sing Along - 6:30 p.m. - Personal Care Day Room
- Oct. 12 Wednesday Life Story Writing Class - 1:00 p.m. - Sherwood Meeting Room
- Oct. 13 Thursday Continued Learning - 10:30 a.m. - Auditorium
- Oct. 14 Friday Resident Get together - 1:30 p.m. - Auditorium - with Annette Mc Peek
- Oct. 14 Friday Bake Sale Meeting - At the end of the Resident Get together in Auditorium
- Oct. 15 Saturday Bus to Beaver Valley Mall - 10 a.m.
- Oct. 15 Saturday Saturday Night Movie - 7:00 p.m. - Auditorium - **A Face in the Crowd** - 2 hr. 15 mins.

This Week's Menu
Sunday, October 2, 2016 – Saturday, October 8, 2016
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 2
 Potato & Leek
 Baked Tilapia w/Lemon
 Chicken Saltimbocca
 Prime Rib with Au Jus
 Chef's Feature – Strawberry Waffles

Thursday 6
 New England Seafood Chowder
 Beef Tips
 Leg of Lamb
 Cajun Catfish
 Chef's Feature – Chicken Stir-Fry

Monday Full table service at dinner 3
 Chicken Gumbo
 Mandarin Chicken Salad
 Grilled Ham & Pineapple
 Oven Baked Flounder
 Chef's Feature – Sauteed Calf's Liver

Friday 7
 Beef Orzo
 Sauteed Veal Scaloppini
 Grilled Kielbasa
 Golden Fried Shrimp
 Chef's Feature – Ricotta, Mushroom, & Spinach
 Pizza

Tuesday Full table service at dinner 4
 Chilled Peach Soup
 Mustard Glazed Pork Tenderloin
 Open Faced Hot Roast Beef Sandwich
 Rotisserie Chicken
 Chef's Feature – Shrimp with Angel Hair

Saturday Full table service at dinner 8
 Cold Cucumber Soup
 Steak Salad
 Turkey Schnitzel
 Basa with Florida Salsa
 Chef's Feature - Ham Loaf

Wednesday 5
 French Onion
 Chicken Picatta
 Broccoli, Tomato & Cheese Quiche
 Panko Crusted Crab Cake
 Chef's Feature - Smoked Brisket with Salsa

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: Greens, Red Beans,
 & Bacon

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