

This Week at Sherwood Oaks – October 4, 2015 to October 10, 2015
The Audio Bulletin Board 8489

Sunday, October 4 Buffet Lunch/Dinner

- 1:30 p.m. Pops Concert - Heinz Hall
- 2:00 p.m. Chapel Service – Auditorium
Rev. Jean Henderson
World Communion Sunday

Wednesday (con't)

- 1:00 p.m. Lifestory Writing Class
Conference Room until 3 p.m.
- 1:15 p.m. Wednesday Bridge - Card Room
- 3:00 p.m. Chorus Rehearsal - Auditorium
- 7:15 p.m. Line Dancing - Auditorium

Monday, October 5 Buffet Lunch

- 9:30 a.m. Bus to Wal-Mart/Cranberry Mall
Passavant Hospital - Main Campus
- 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 - CLG Fitness Center
- 1:00 p.m. Painting Class – Novice or Pro
Lower Level Studio
- 1:15 p.m. Bus to Passavant Hospital
Main Campus - Legacy Theater
- 1:30 p.m. Handbell Practice - Auditorium
- 6:30 p.m. Sing Along - Oak Grove Center
- 7:00 p.m. Monday Night Bridge – Card Room

Thursday, October 8 Buffet Lunch

- 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
- 10:30 a.m. Continued Learning - Auditorium
- 11:00 a.m. Yoga Class - CLG Fitness Center
- 11:00 a.m. Bus to Streets of Cranberry &
UPMC 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

Tuesday, October 6 Buffet Lunch

- 9:30 a.m. Bus to Pittsburgh/Oakland
- 10:00 a.m. Tai Chi - CLG 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 lobby
- 1:30 p.m. SORA Board Meeting - Auditorium
- 6:30 p.m. Sing Along - Personal Care Day Room

Friday, October 9 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 - CLG Fitness Center
- 1:00 p.m. *Easy Bridge: An Introduction*
Card Room until 3 p.m.
- 2:00 p.m. Sew and So
Personal Care Day Room

Wednesday, October 7 Buffet Lunch

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

- 9:30 a.m. Men's Bible Study - Chapel
- 10:00 a.m. Bus to Rt. 228 Mall
- 10:30 a.m. Continued Learning - Auditorium
- 11:00 a.m. Exercise Class - CLG Fitness Center
- 12:00 p.m. Granny's Attic Annex Patio Home #156
open until 2:30 p.m.
- 12:30 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment necessary

Saturday, October 10 Buffet Lunch

- 10:00 a.m. Bus to Ross Park Mall
- 1:30 p.m. Scrabble & Games - Lobby
- 7:15 p.m. Saturday Night Movie - Auditorium
Annie - Rated G 2h 8m

COMING EVENTS

October 11 Sunday	Quaker Meeting for Worship - 10:30 a.m. - Chapel
October 11 Sunday	Pittsburgh Symphony - 1:30 p.m. - Heinz Chapel
October 11 Sunday	Chapel Service - 2 p.m. - Auditorium - Rev. Donna Giver-Johnston
October 12 Monday	Communion - 11 a.m. - Chapel
October 12 Monday	Sing Along - 6:30 p.m. - Oak Grove Center
October 13 Tuesday	Curio Cabinets - Pick up Candles and Candlesticks - 10 - noon & 4:30 - 5:30 p.m.
October 13 Tuesday	Continued Learning - 10:30 a.m. - Auditorium
October 13 Tuesday	Take a Walk with a Friend - 11 a.m. - Meet in Center lobby
October 13 Tuesday	Marketing Presents - <i>Understanding Medicare and Your Options</i> 2 p.m. - Auditorium - RSVP to Phyllis by Friday, October 9th
October 13 Tuesday	Pittsburgh Opera - 5:30 p.m. - Benedum Center
October 13 Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
October 14 Wednesday	Continued Learning - 10:30 a.m. - Auditorium
October 14 Wednesday	Life Story Writing Class - 1 to 3 p.m. - Conference Room
October 15 Thursday	Curio Cabinets - Bring in Pittsburgh Items - 10 - noon & 4:30 - 5:30 p.m.
October 15 Thursday	Continued Learning - 10:30 a.m. - Auditorium
October 15 Thursday	Program Committee presents - Pittsburgh Symphony Reed Trio- 7:15 p.m. - Auditorium
October 17 Saturday	Bus to Beaver Valley Mall - 10 a.m.
October 17 Saturday	Saturday Night Movie - 7:15 p.m. - Auditorium - <i>The Maltese Falcon</i> - 1 hr. 40 m.

This Week's Menu

Sunday, October 4, 2015 – Saturday, October 10, 2015

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 **4**

Chicken Tortellini
Cherry Glazed Baked Ham
Beef Burgundy
Baked Stuffed Flounder
Chef's Feature - Zucchini Pancakes

Monday **5**

Turkey Barley
Mango Glazed Chicken
Onion Baked Boneless Pork Chop
Grilled Salmon
Chef's Feature - Beef & Lentil Stew

Tuesday **6**

Chili
Fried Breaded Cod
Chicken Stuffed Tomato
Grilled Flank Steak
Chef's Demo - Salad Toss MTO

Wednesday **7**

Chilled Strawberry Soup
Beef Pot Roast with Gravy
Corn Flake Crusted Chicken
Barbeque Ribs
Chef's Feature – Mahi-Mahi w/Caribbean Relish

Side of the Week - Roasted Red Kuri Squash

Thursday **8**

Wonton
Roast Turkey Au Jus
Fresh Herb Grilled Pork Tenderloin
Salisbury Steak with Gravy
Chef's Feature – Sautéed Perch Meuniere

Friday **9**

Cream of Tomato
Baked Flounder
Escalloped Veal
Grilled Chicken Citrus
Chef's Feature – Pork Chop Suey

Saturday **10**

Gazpacho
Seasoned Snapper
Steak with Shallot Butter
Chicken Tenderloin Salad
Chef's Feature - Pierogies & Kielbasa

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.

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