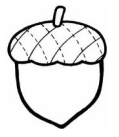


This Week at Sherwood Oaks – October 15, 2017 to October 21, 2017
The Audio Bulletin Board 8489



Sunday, October 15 **Buffet Lunch/Dinner**

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

- 1:30 p.m. Bus to Pittsburgh Symphony - Heinz Hall
- 2:00 p.m. Chapel Service - Auditorium
Rev. Charlie Hamill
- 3:00 p.m. Bus to Pittsburgh Concert Chorale
Carnegie

Monday, October 16 **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
- 1:00 p.m. AARP Refresher Course - 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 17 **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
- 10:30 a.m. Continued Learning - Auditorium
- 11:00 a.m. Resident Flu Shots until 1 p.m.
Medical Office
- 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 - Doo Wop Band
Prior reservations necessary
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 6:30 p.m. Sing Along - Personal Care Day Room
- 7:15 p.m. Candidates Night - Auditorium

Wednesday, October 18 **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.



Wednesday (con’t)

- 1:00 p.m. PC, Laptop, Tablet, or Smartphone
help in Computer Room until 3 p.m.
- 1:00 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment Necessary
- 1:00 p.m. Life Story Writing Class - Conference Room
- 1:15 p.m. Wednesday Bridge - Lobby Area
- 1:30 p.m. Handbell Practice - Auditorium
- 3:00 p.m. Chorus Practice - Auditorium
- 3:00 p.m. Pinochle - Center Lobby

Thursday, October 19 **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
- 9:30 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
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby

Friday, October 20 **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. 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, October 21 **Buffet Lunch/Dinner**

- 10:00 a.m. Bus to Beaver Valley Mall
- 1:15 p.m. Halloween Piano Recital - Auditorium
- 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
Westside Story - PG - 2 hrs. 32 mins.



COMING EVENTS



- | | | |
|------------|-----------|---|
| October 22 | Sunday | Quaker Meeting for Worship - 10:30 a.m. - Chapel |
| October 22 | Sunday | Bus to Pops Concert - 1:30 p.m. - Heinz Hall |
| October 22 | Sunday | Chapel Service - 2 p.m. - Auditorium - Rev. Tom Parkinson |
| October 23 | Monday | Sing Along - 6:30 p.m. - Skilled Nursing West Hall |
| October 24 | Tuesday | Continued Learning - 10:30 a.m. - Auditorium |
| October 24 | Tuesday | Sing Along - 6:30 p.m. - Personal Care Day Room |
| October 25 | Wednesday | Free Health Screenings for Independent Living - 9 - 11:30 a.m. - Card Room
Appts. necessary |
| October 25 | Wednesday | Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary |
| October 25 | Wednesday | Life Story Writing Class - 1 p.m. - Conference Room |
| October 26 | Thursday | Continued Learning - 10:30 a.m. - Auditorium |
| October 26 | Thursday | Program Committee Presents - David Shreiner - Selections of Classical, Pop, and Rag Music - 7:15 p.m - Auditorium |
| October 27 | Friday | Bus to Pittsburgh Philharmonic - 6 p.m. - Mt. Alvernia - Millvale |
| October 28 | Saturday | Bus to Ross Park Mall - 10 a.m. |
| October 28 | Saturday | Sherwood Casino Day - 1-3 p.m. - Auditorium |
| October 28 | Saturday | Saturday Night Movie - 7 p.m. - Auditorium - Stagecoach - 1 hr. 40 mins. |

This Week's Menu
Sunday, October 15, 2017 – Saturday, October 21, 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 **15**
 Lentil Soup
 Pork Osso Bucco
 Cod Newport
 Roast Beef Tenderloin
 Chef's Feature – Country Creamed Turkey

Thursday **19**
 Turkey Noodle Soup
 Beef Burgundy
 Pork & Sauerkraut
 Baked Haddock
 Chef's Feature – Chicken in Wine Sauce

Monday **16**
 Chicken Florentine Soup
 Oven Roasted Whole Birds
 Taco Salad Bowl
 Grilled Trout
 Chef's Feature – Chorizo, Chick Peas, & Spinach

Friday **20**
 Lasagna Soup
 Turkey Avocado Salad
 Braised Beef Brisket
 Balsamic Glazed Chicken
 Chef's Feature – Fish & Chips

Tuesday **17**
 Tuscan White Bean
 Zucchini Lasagna Rolls
 Pork Filetino
 Shrimp Scallop Scampi
 Chef's Feature – Thai Noodle Bowl

Saturday **21**
 Chilled Melon Soup
 Whole Wheat Baked Ziti
 Citrus Cod
 Grilled Bone-In Pork Chop w/Coulis
 Chef's Feature - Chicken Paprikas

Wednesday **18**
 Chilled Borscht
 Grilled Tuna with Salsa
 Beef Pepper Steak
 Pork & Vegetable Pot Stickers
 Chef's Feature – Smoked BBQ Chicken

Vegetable of the Week beginning Monday:
Apricot Beets

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.



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