



**This Week at Sherwood Oaks – October 19, 2014 to October 25, 2014
The Audio Bulletin Board 8489**

Sunday, October 19 Buffet Lunch/Dinner

- 1:30 p.m. Pops Concert - Heinz Hall
- 2:00 p.m. Chapel Service – Auditorium
Rev. Deane Lavender

Monday, October 20 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 - Card Room
- 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
Cranberry Lake Grill
- 2:00 p.m. Marketing Presents Viva Broadway
Auditorium
- 7:00 p.m. Monday Night Bridge – Card Room

Tuesday, October 21 Buffet Lunch

- 9:30 a.m. Bus to Pittsburgh/Oakland
- 10:00 a.m. Tai Chi – Cranberry Lake Grill
- 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
- 1:30 p.m. Drama Club - Cranberry Lake Grill

Wednesday, October 22 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 - Card Room
- 11:45 p.m. City Theater - Southside

Wednesday (con’t)

- 12:30 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment necessary
- 1:00 p.m. Life Story Writing - Conference Room
- 1:15 p.m. Wednesday Bridge - Card Room
- 3:00 p.m. Chorus Practice - Auditorium
- 7:15 p.m. Line Dancing - Auditorium

Thursday, October 23 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. Bus to Streets of Cranberry &
UPMC Passavant Main
- 1:00 p.m. Yoga Class - Cranberry Lake Grill
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby

Friday, October 24 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, October 25 Buffet Lunch

Special Dining Hours today. Café and Dining Room open 12-3 p.m. Take-out and home delivered meals 4-6 p.m. Dining Room and Café closed for the evening meal.

- 10:00 a.m. Bus to Ross Park Mall
- 1:30 p.m. Scrabble & Games - Lobby
- 7:15 p.m. Saturday Night at the Movies
Auditorium - **Foul Play** - Rated PG

**Food Collection for Food Bank
Oct. 19 - Oct. 25 Scooter Room**



COMING EVENTS

October 26	Sunday	Quaker Meeting for Worship - 10:30 a.m. - Chapel
October 26	Sunday	Chapel Service - 2 p.m. - Rev. Sarah Heppenstall- Auditorium
October 26	Sunday	Pittsburgh Concert Chorale - 3 p.m. - Carnegie Music Hall
October 28	Tuesday	Last day to send in application for Absentee Ballot. Applications at front desk.
October 28	Tuesday	Continued Learning - 10:30 a.m. - Auditorium
October 28	Tuesday	Sherwood Oaks Book Club - 4 p.m. - Card Room
October 29	Wednesday	Continued Learning - 10:30 a.m. - Auditorium
October 29	Wednesday	Piano Duets in lobby - 11:45 a.m. and 5 p.m.
October 29	Wednesday	Life Story Writing - 1 p.m. - Conference Room
October 30	Thursday	Continued Learning - 10:30 a.m. - Auditorium
October 30	Thursday	Pittsburgh Public Theater - 1 p.m. - O'Reilly Theater
October 31	Friday	Last day for Board of Elections to receive your completed ballot
November 1	Saturday	Bus to Beaver Valley Mall - 10 a.m.
November 1	Saturday	Saturday Night at the Movies - 7:15 p.m. - Auditorium

This Week's Menu
Sunday, October 19, 2014 – Saturday, October 25, 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 19

Lentil Soup
 Scallops St. Jacques
 Roasted Pork Loin w/Sauerkraut
 Roast Beef Tenderloin
 Chef's Feature - Blintz with Cherries

Monday 20

Chicken Noodle Soup
 Baked Meatloaf
 Sole Florentine
 Chicken Marsala
 Chef's Feature – Apple Butter Pork Loin

Tuesday 21

Italian Minestrone Soup
 Italian Veal Parmesan
 Trio Salad
 Shrimp Scampi
 Chef's Feature – Chicken Stir Fry

Wednesday 22

Gazpacho
 Dill Beurre Blanc Salmon
 Beef Margaux
 Balsamic Glazed Chicken
 Chef's Feature – Sweet Chili Pork

Vegetable of the week: Fresh Steamed
 Spaghetti Squash

Thursday 23

Corn Chowder
 Stuffed Peppers
 Roasted Pork Loin with
 Fennel and Cherry Sauce
 Grilled Cilantro Chicken
 Chef's Feature - English Seafood Platter

Friday 24

Navy Bean Soup
 Lemon Pepper Fish
 Marinated Flank Steak
 Turkey Avocado Salad
 Chef's Feature - Bratwurst & Kraut

Saturday 25

Vegetable Beef Soup
 Spaghetti and Meatballs
 Grilled Tuna with Salsa
 Baked Pork Chop
 Chef's Feature - Chicken Pot Pie

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**