



**This Week at Sherwood Oaks – November 2, 2014 to November 8, 2014
The Audio Bulletin Board 8489**



Sunday, November 2 Buffet Lunch/Dinner

- 1:30 p.m. Pittsburgh Symphony - Heinz Hall
- 2:00 p.m. Chapel Service – Auditorium
Rev. James Moran

Monday, November 3 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
- 4:00 p.m. Resident Referral Cocktail Party
Prior reservations required
- 6:30 p.m. Sing Along - Oak Grove Center
- 7:00 p.m. Monday Night Bridge – Oak Lodge
Great Room

Tuesday, November 4 Buffet Lunch

ELECTION DAY
Bus transportation to the polls
9:30 a.m. - 11:45 a.m. - 1:45 p.m. - 3:30 p.m.

- 9:30 a.m. Bus to Pittsburgh/Oakland
- 10:00 a.m. Tai Chi – Auditorium
- 10:00 a.m. Hand and Foot Canasta - Lobby
- 11:00 a.m. Communion Service - Chapel
- 11:00 a.m. Take a Walk With a Friend
Meet in Center Lobby
LAST SESSION!!
- 1:30 p.m. SORA Board Meeting - Auditorium
- 6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, November 5 Buffet Lunch

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

- 10:00 a.m. Men’s Bible Study - Chapel
- 10:00 a.m. Bus to Rt. 228 Mall
- 11:00 a.m. Exercise Class - Card Room

Wednesday (con’t)

- 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, November 6 Buffet Lunch

Blackburn Scooter Service - Scooter Garage
9 a.m. - 2:30 p.m.

- 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
- 10:00 a.m. Yoga Class - Auditorium
- 10:30 a.m. Aquacize – Swimming Pool
- 11:00 a.m. Bus to Streets of Cranberry &
UPMC Passavant Main
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 7:15 p.m. Program Committee Presents
Double Play Flute & Tuba - Auditorium

Friday, November 7 Buffet Lunch

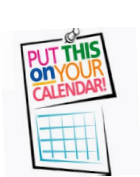
Bus to Passavant Hospital
UPMC Passavant Cranberry
7 am – 12:30 pm – 2 pm

- 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
- 6:30 p.m. River City Brass Band
Carson Middle School

Saturday, November 8 Buffet Lunch

- 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 - **Rudy** - Rated PG





COMING EVENTS

November 9	Sunday	Chapel Service - 2 p.m. - Memorial Park Presbyterian Church - Auditorium
November 10	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
November 11	Tuesday	Veteran's Day Program - 1:15 p.m. - Auditorium
November 11	Tuesday	Pittsburgh Opera - Benedum Center - 5:30 p.m.
November 11	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
November 12	Wednesday	Trip to the Greater Pittsburgh Food Bank - 9 a.m.
November 12	Wednesday	Life Story Writing - 1 p.m. - Conference Room
November 13	Thursday	The Greater Cranberry Barbershop Chorus - 7:15 p.m. - Auditorium
November 15	Saturday	Bus to Beaver Valley Mall - 10 a.m.
November 15	Saturday	Saturday Night at the Movies - 7:15 p.m. - Auditorium - Ballet Shoes

This Week's Menu

Sunday, November 2, 2014 – Saturday, November 8, 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 2

Manhattan Clam Chowder
 Beef London Broil
 Duck Breast with Dried Cherry Sauce
 Sole Meniere
 Chef's Feature – Bacon Pancakes

Monday 3

Italian Wedding Soup
 Herb Grilled Chicken
 Stuffed Shells Marinara
 Blackened Catfish
 Chef's Feature – Braised Pork Shanks

Tuesday 4

Chilled Cucumber Soup
 Macaroni and Cheese
 Chinese Pepper Steak
 Baked Scallops
 Chef's Demo - Caesar Salad Toss

Wednesday 5

Navy Bean Soup
 Barbeque Baby Back Ribs
 Lemon Pesto Chicken
 Lamb Patty with Tzatziki Sauce
 Catch of the Day – Lobster Ravioli with
 Sauce Supreme

**Vegetable of the Week: Butternut Squash
with Cookie Spices**

Thursday 6

Tomato Basil Soup
 Hot Turkey Sandwich
 Beef Burgundy
 Pork Tenderloin with Plum Puree
 Catch of the Day – Pumpkin Swordfish with
 Shallot-sage sauce

Friday 7

Chilled Spiced Melon Soup
 Beef Stew
 Stuffed Portobello Mushroom
 Grilled Salmon
 Chef's Feature – Chicken Thighs in Wine Sauce

Saturday 8

Beef Vegetable Soup
 Veal with Sautéed Peppers
 Mandarin Chicken Salad
 Three Cheese Lasagna
 Catch of the Day - Mussels w/Tomato & Dill

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