



**This Week at Sherwood Oaks – November 23, 2014 to November 29, 2014
The Audio Bulletin Board 8489**



Sunday, November 23 Buffet Lunch/Dinner

- 10:30 a.m. Quaker Meeting for Worship Chapel
- 2:00 p.m. Chapel Service – Auditorium
Rev. Dan Corll

Monday, November 24 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
- 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
Auditorium
- 6:30 p.m. Sing Along - Oak Grove Center
- 7:00 p.m. Monday Night Bridge – Card Room

Tuesday, November 25 Buffet Lunch

- 9:30 a.m. Bus to Pittsburgh/Oakland
- 10:00 a.m. Tai Chi – Auditorium
- 10:00 a.m. Hand and Foot Canasta - Lobby
- 4:00 p.m. Sherwood Oaks Book Club
Card Room
- 6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, November 26 Buffet Lunch

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

- 10:00 a.m. **NO** Men's Bible Study - Chapel
- 10:00 a.m. Bus to Rt. 228 Mall
- 11:00 a.m. Exercise Class - Card Room
- 12:30 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment necessary

Wednesday (con't)

- 1:00 p.m. **NO** Life Story Writing - Lower Level
Conference Room
- 1:15 p.m. Wednesday Bridge - Card Room
- 3:00 p.m. Chorus Practice - Auditorium
- 7:15 p.m. **NO** Line Dancing - Auditorium

Thursday, November 27 Buffet Lunch

**HAPPY THANKSGIVING
NO OFF CAMPUS BUS TRANSPORTATION**

- 7:00 a.m. **NO** Bus to Passavant Hospital Main
- 9:30 a.m. **NO** Bus to Walmart/Barnes & Noble
Cranberry Mall/UPMC Passavant Main
- 9:30 a.m. Aquacize – Swimming Pool
- 10:30 a.m. Aquacize – Swimming Pool
- 11:00 a.m. **NO** Yoga Class
- 11:00 a.m. **NO** Bus to Streets of Cranberry &
UPMC Passavant Main
- 1:00 p.m. **NO** Outdoor Games Indoors
Cranberry Lake Grill Annex
- 1:30 p.m. **NO** Duplicate Bridge - Card Room
- 3:00 p.m. **NO** Hand and Foot Canasta - Lobby

Friday, November 28 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. **NO** Exercise Class
- 2:00 p.m. Sew and So
Personal Care Day Room

Saturday, November 29 Buffet Lunch

- 10:00 a.m. **NO MALL TRIP TODAY**
- 1:30 p.m. Scrabble & Games - Lobby
- 7:15 p.m. Saturday Night at the Movies
Auditorium - **Widows Peak**



COMING EVENTS

November 30	Sunday	Pittsburgh Symphony - 1:30 p.m. - Heinz Hall
November 30	Sunday	Chapel Service - 2 p.m. - Auditorium - Rev. Scott Russell
December 1	Monday	Women's Bible Study - 10:45 a.m. - Chapel
December 1	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
December 2	Tuesday	Communion Service - 11 a.m. - Lower Level
December 2	Tuesday	SORA Board Meeting - 1:30 p.m. - Auditorium
December 2	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
December 3	Wednesday	City Theater - 11:45 a.m. - Southside
December 3	Wednesday	Marketing Presents - Pittsburgh Most Memorable Places - 2 p.m. - Auditorium
RSVP to Phyllis 8462 by Monday, December 1		
December 3	Wednesday	Life Story Writing - 1 p.m. - Upper Conference Room
December 4	Thursday	Blackburn Scooter Clinic - 9 - 2:30 - Sign up on bulletin board
December 4	Thursday	Pick up Poinsettias 1 - 3 p.m. - Auditorium
December 5	Friday	River City Brass Band - 6:30 p.m. - Carson Middle School
December 6	Saturday	Bus to Beaver Valley Mall - 10 a.m.
December 6	Saturday	Pittsburgh Concert Chorale - 6 p.m. - Fox Chapel
December 6	Saturday	Saturday Night at the Movies - 7:15 p.m. - Auditorium

This Week's Menu
Sunday, November 23, 2014 – Saturday, November 29, 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 23

Lentil Soup
 Creole Barramundi
 Spiced Fruited Pork
 Roast Beef Tenderloin
 Chef's Feature – Blintz with Cherries

Thursday 27

Hubbard Squash
 Oyster Stew
 Carved Turkey
 Sun-Dried Ravioli
 Ruby Trout



Monday 24

Chicken Noodle Soup
 Chicken Marsala
 Corn Beef and Cabbage
 Trout with Pears and Bacon
 Chef's Feature – Sausage & Dumplings

Friday 28

Navy Bean Soup
 Grilled Turkey Cutlet
 Braised Beef Brisket
 Lemon Pepper Cod
 Chef's Feature – Lamb Calcutta

Tuesday 25

Italian Minestrone
 Italian Veal Parmesan
 Winter Pork Colonial
 Shrimp Scampi
 Chef's Feature - Taco Bar

Saturday 29

Vegetable Beef
 Spaghetti and Meatballs
 Grilled Tuna with Salsa
 Stuffed Pork Chop
 Chef's Feature - Creamed Turkey over Waffles

Wednesday 26

Apple-Cheddar Curry
 Dill Beurre Blanc Salmon
 Beef Hunter Style
 Sweet and Sour Chicken
 Chef's Feature – Cherry Glazed Ham

Veggie of the Week: Warm Chunky Applesauce

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