



This Week at Sherwood Oaks – December 21, 2014 to December 27, 2014
The Audio Bulletin Board 8489



Sunday, December 21 Buffet Lunch/Dinner

2:00 p.m. Chapel Service – Auditorium
 Rev. William Dambach

Monday, December 22 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. **NO** Painting Class – Novice or Pro
 Lower Level Studio

1:15 p.m. Bus to Passavant Hospital
 Main Campus - Legacy Theater

1:30 p.m. **NO** Handbell Practice - Auditorium

6:30 p.m. Sing Along - Oak Grove Center

7:00 p.m. Monday Night Bridge – Card Room

Tuesday, December 23 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

6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, December 24 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. **NO** Exercise Class

12:30 p.m. Complimentary Hearing Aid
 Services with Dr. Francis
 Appointment necessary

1:15 p.m. Wednesday Bridge - Card Room

3:00 p.m. **NO** Chorus Practice - Auditorium

7:15 p.m. **NO** Line Dancing - Auditorium

Thursday, December 25 Buffet Lunch

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. **NO** Aquacize – Swimming Pool

10:30 a.m. **NO** Aquacize – Swimming Pool

11:00 a.m. Christmas Day Program
 Personal Care Day Room

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, December 26 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, December 27 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



COMING EVENTS

December 28	Sunday	Quaker Meeting for Worship - 10:30 a.m. - Chapel
December 28	Sunday	Chapel Service - 2 p.m. - Auditorium - Service of Lessons and Carols
December 29	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
December 30	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
December 31	Wednesday	Resident New Year's Eve Party - 9 p.m. - 12:30 a.m. - Auditorium & Lobby
January 1	Thursday	HAPPY NEW YEAR!! NO OFF CAMPUS BUS TRANSPORTATION
January 3	Saturday	Bus to Beaver Valley Mall - 10 a.m.
January 3	Saturday	Saturday Night at the Movies - 7:15 p.m. - Auditorium



This Week's Menu
Sunday, December 21, 2014 – Saturday, December 27, 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 21

- Chicken Tortilla Soup
- Swiss Steak
- Apricot Glazed Baked Ham
- Crispy English Shrimp
- Chef's Feature - Wild Blueberry Waffles

Thursday 25

- Elephant Garlic Soup
- French Onion Soup
- Roast Turkey with Stuffing
- Carved Ham
- Pan Seared Barramundi



Monday 22

- Beef Barley Soup
- Mango Glazed Chicken
- Boneless Pork Chop with Gravy
- Grilled Salmon
- Chef's Feature – Beer Braised Beef

Friday 26

- Cream of Tomato Soup
- Baked Stuffed Flounder
- Veal Scallopine
- Grilled Chicken Citrus
- Chef's Feature – Sweet Chili Pork

Tuesday 23

- Chili
- Fried Breaded Catfish
- Sun-Dried Tomato Stuffed Chicken
- Liver & Onions with Gravy
- Chef's Feature – Greek Lamb & Pasta

Saturday 27

- Vegetable Soup
- Seasoned Snapper
- Salisbury Steak with Gravy
- Chicken Cosmopolitan
- Chef's Feature - Veggie Quesadilla

Wednesday 24

- Roasted Parsnip & Apple Jack Soup
- Shore Style Crab Soup
- Baked Haddock
- Prime Rib
- Mustard Glazed Pork Tenderloin



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