



**This Week at Sherwood Oaks – October 8, 2017 to October 14, 2017
The Audio Bulletin Board 8489**




Sunday, October 8 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. James Moran

Monday, October 9 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
- 11:00 a.m. Communion Service - 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
- 1:30 p.m. Understanding Medicare with Eric Holmes
Auditorium
- 2:00 p.m. Patching and Piecing Quilters 
Cranberry Lake Grill
- 3:00 p.m. Pinochle - Center Lobby
- 4:00 p.m. General Gift Shop Meeting - Card Room
For all residents who are interested in
learning more about volunteer opportunities
- 6:30 p.m. Sing Along - Skilled Nursing West Hall
- 7:00 p.m. Monday Night Bridge - Card Room

Tuesday, October 10 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. Take a Walk with a Friend
Meet in Center Lobby
- 1:40 p.m. VA Clinic Cranberry/Passavant
Cranberry/Pittsburgh/Oakland
- 3:00 p.m. Grab and Go Book Club - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 5:30 p.m. Bus to Pittsburgh Opera - Benedum Center
- 6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, October 11 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.
- 1:00 p.m. PC, Laptop, Tablet, or Smartphone
help in Computer Room until 3 p.m.

Wednesday (con't)

- 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 12 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
- 10:00 a.m. Aquacize – Swimming Pool
- 10:30 a.m. Continued Learning - Auditorium
- 11:00 a.m. Resident Flu Shots **until 1 p.m.** - Medical Office
- 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 13 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. Resident Get Together - Auditorium
Updates from Annette
- 1:30 p.m. Tai Chi - Cranberry Lake Fitness Center
- 2:00 p.m. Bake Sale Planning Meeting following Resident
Get Together - Auditorium
- 2:00 p.m. Sew and So - Personal Care Day Room
- 3:00 p.m. Pinochle - Center Lobby

Saturday, October 14 Buffet Lunch/Dinner

- 10:00 a.m. Bus to Ross Park Mall 
- 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
The Rainmaker - PG-13 - 2 hr. 15 mins.

COMING EVENTS

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| October 15 | Sunday | Bus to Pittsburgh Symphony - 1:30 p.m. - Heinz Hall |
| October 15 | Sunday | Chapel Service - 2 p.m. - Auditorium - Rev. Charlie Hamill |
| October 15 | Sunday | Pittsburgh Concert Chorale - Bus leaves at 3 p.m. - Carnegie |
| October 16 | Monday | Women's Bible Study - 10:45 a.m. - Chapel |
| October 16 | Monday | AARP 4 hour Refresher Class - 1 p.m. - Auditorium |
| October 16 | Monday | Sing Along - 6:30 p.m. - Skilled Nursing West Hall |
| October 17 | Tuesday | Continued Learning - 10:30 a.m. - Auditorium |
| October 17 | Tuesday | Resident Flu Shots 11 a.m. until 1 p.m. - Medical Office |
| October 17 | Tuesday | Sister Circle - 11 a.m. - Skilled Nursing - Call Betty Tolbert for info x8409 |
| October 17 | Tuesday | Drama Club - 1:30 p.m. - Oak Lodge Great Room |
| October 17 | Tuesday | Marketing Presents - Doo Wop Band - 2 p.m. - Auditorium - RSVP to Phyllis by Oct.12 x8462 |
| October 17 | Tuesday | Sing Along - 6:30 p.m. - Personal Care Day Room |
| October 18 | Wednesday | Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary |
| October 18 | Wednesday | Life Story Writing Class - 1 p.m. - Conference Room |
| October 19 | Thursday | Continued Learning - 10:30 a.m. - Auditorium |
| October 21 | Saturday | Bus to Beaver Valley Mall - 10 a.m. |
| October 21 | Saturday | Halloween Piano Recital - 1:15 p.m. - Auditorium |
| October 21 | Saturday | Saturday Night Movie - 7 p.m. - Auditorium - Westside Story - PG - 2 hrs. - 32 mins. |





This Week's Menu
Sunday, October 8, 2017 – Saturday, October 14, 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 8

Chicken Tortellini
 Cherry Glazed Baked Ham
 Steak au Poivre
 Baked Orange Roughy
 Chef's Feature - Strawberry Waffles

Thursday 12

Wonton
 Roast Turkey Natural Broth
 Lamb Santorini
 Stuffed Peppers
 Chef's Feature – Pan Seared Perch

Monday 9

Turkey Barley
 Grilled Chicken w/Pineapple Ginger Sauce
 Pork Stir Fry
 Smoked Salmon
 Chef's Feature - Combination Burger & Fries

Friday 13

Chicken Curry Soup
 Baked Flounder
 Veal Parmigiana
 Baked Herb Chicken Breast
 Chef's Feature – Open-Faced Gyro

Tuesday 10

Chili
 Fried Breaded Walleye
 Whole Wheat Vegetable Pizza
 Grilled Flank Steak
 Chef's Demo - Chicken, Sausage, beef & grits, MTO



Saturday 14

Gazpacho
 Pan Seared Snapper
 Steak with Shallot Butter
 Chicken Tenderloin Salad
 Chef's Feature - Smoked Pork Loin

Wednesday 11

Chilled Strawberry Soup
 Beef Pot Roast with Gravy
 Trio Salad with Date & Nut Bread
 Barbeque Ribs
 Chef's Feature – Grilled Shark

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