



This Week at Sherwood Oaks - September 16, 2018 to September 22, 2018
The Audio Bulletin Board 8489



Sunday, September 16 Buffet Lunch/Dinner

Bus to Local Churches - please see bulletin board and Channel 900 for times

2:00 pm Chapel Service - Auditorium -
Rev. Tom Parkinson

Buffet Lunch

Monday, September 17 Full Service Dinner

8:15 am Bus to Passavant Cranberry
 9:30 am Bus to Costco/Barnes & Noble
 Walmart/Cranberry Mall
 Passavant Cranberry & Main Campus
 10:00 am Aquacize - Swimming Pool
 10:45 am Women's Bible Study - Chapel
 11:00 am Exercise Class - Cranberry Lake
 Fitness Center
 1:00 pm Let's Talk - Auditorium
 1:00 pm Painting Class - Novice or Pro
 1:00 pm Bus to Shop 'n Save/CVS
 Passavant Cranberry & Main Campus -
 Legacy Theater - Movie Today
 3:00 pm Pinochle - Center Lobby
 7:00 pm Monday Night Bridge - Card Room

Buffet Lunch

Tuesday, September 18 Full Service Dinner

8:15 am Bus to Passavant Cranberry
 9:30 am Bus to VA Clinic in Cranberry
 Passavant Cranberry &
 Pittsburgh/Oakland
 10:00 am Tai Chi Today - Cranberry Lake
 Fitness Center
 11:00 am Living with Loss - Card Room
 11:00 am Sister Circle - Skilled Nursing Unit
 11:00 am Take a Walk with a Friend - Meet in
 Lobby
 1:30 pm Drama Club Meeting - Card Room -
 New Members Welcome!
 1:40 pm VA Clinic Cranberry/Passavant
 Cranberry/Pittsburgh/Oakland
 3:00 pm Hand and Foot Canasta - Lobby
 7:15 pm Outdoor Games - Summer House

Wednesday, September 19 Buffet Lunch

Bus to UPMC Passavant Cranberry
8:15am - 9:30am -11:45am - 2:00pm

9:30 am Bus to Rite Aid, Passavant
 Cranberry & Rt. 228 Mall
 10:00 am Men's Bible Study - Chapel
 11:00 am Exercise Class - Cranberry Lake
 Fitness Center
 11:45 am Bus to City Theatre - Southside
 12:00 pm Granny's Attic Annex Patio Home 156
 1:00 pm Complimentary Hearing Aid Service
 Dr. Francis - Appointment Necessary

Wednesday, September 19 (continued)

1:00 pm Wednesday Bridge - Card Room
 1:00 pm How To Write Your Life Story - Must be
 pre-registered - Sherwood Meeting Room
 1:30 pm Handbells Practice - Auditorium
 3:00 pm Chorus Practice - Auditorium
 3:00 pm Pinochle - Center Lobby
 7:15 pm Campfire Night - Summer House

Thursday, September 20 Buffet Lunch/Dinner

7:00 am Bus to Passavant Cranberry & Main
 9:30 am Bus to Costco/Barnes & Noble/Walmart
 Cranberry Mall/Passavant Cranberry &
 Passavant Main
 10:00 am Aquacize - Swimming Pool
 11:00 am Yoga Class - Cranberry Lake
 Fitness Center
 11:00 am Farmers Market - 11am to 2pm -Lobby
 1:00 pm PC, Laptop, Tablet, or Smartphone Help
 1:00 pm Streets of Cranberry/Passavant Cranberry
 and Passavant Main
 1:15 pm Scrabble & Games - Lobby
 1:30 pm Duplicate Bridge - Card Room
 7:15 pm Focus on the World - Auditorium

Buffet Lunch

Friday, September 21 Full Service Dinner

UPMC Passavant Cranberry
7 am - 9:30 am - 1 pm

9:30 am Bus to Shop 'n Save
 Passavant Cranberry & Passavant Main
 9:30 am Friday Gatherings/Prayer - Chapel
 11:00 am Exercise Class - Cranberry Lake Fitness Ctr.
 1:00 pm Costco/Barnes & Noble/Walmart
 Cranberry Mall/Passavant Cranberry/
 Passavant Main
 1:30 pm Resident Get Together - Auditorium
 1:30 pm Tai Chi - Cranberry Lake Fitness Center
 2:00 pm Sew and SO - Personal Care Day Room

Saturday, September 22 Buffet Lunch/Dinner

10:00 am Bus to Ross Park Mall
 3:40 pm Bus to St. Ferdinand's Church
 7:00 pm Saturday Night Movie - **The Honeyymooners** -
 Unrated - 1hr 32min

Remember messing up on the last
 number and having to start
 all over again?!!



COMING EVENTS

- September 23 Sunday Chapel Service - 2:00pm - Auditorium - Rev. Tim Spring
- September 23 Sunday Quaker Meeting for Worship - 10:30am - Chapel
- September 24 Monday Eric Holmes/Insurance 101 - 1:30pm - Auditorium
- September 26 Wednesday Chorus & Handbells - **CANCELLED TODAY**
- September 26 Wednesday Birthday Night in the Dining Room - This month's Theme - Super Heroes!
- September 27 Thursday Thomas Wendt Trio - 7:15pm - Auditorium
- September 28 Friday AARP Driver Safety **REFRESHER** Course - 1:00pm to 5:00pm - Auditorium
- September 29 Saturday Saturday Night Movie - 7:00pm - Auditorium - Finding Your Feet - Rated PG - 13 - 1hr 51min



This Week's Menu

Sunday, September 16, 2018 - Saturday, September 22, 2018

Dining Room Reservation # for Patio Homes: 8234

Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724-776-8234

Take Out and Home Delivered Meals - Patio Home Residents: 8236

Take Out and Home Delivered Meals - Apartment Residents and 600 Patio Homes: 724-776-8236

Sunday Buffet Lunch/Dinner 16
 Triple Onion Soup
 Salmon Teriyaki
 Quiche Lorraine
 Roast Beef Tenderloin
 Chef's Feature - Sausage Gravy

Thursday Buffet Lunch/Dinner 20
 Chicken Vegetable Soup
 Seasoned Catfish
 Braised Beef short Ribs
 Ham Loaf with Rum Raisin Sauce
 Chef's Feature - Creamed Chicken

Monday Buffet Lunch Full Service Dinner 17
 Cream of Asparagus Soup
 Coconut Shrimp
 Tri-salad Egg, Ham, Tuna
 Seared Chicken Bella
 Chef's Feature - Slow Roasted Beef

Friday Buffet Lunch Full Service Dinner 21
 Pasta Faggioli
 Fried Grouper
 Chicken Bruschetta
 Angus Beef Burger with Honey Sriracha Mayo
 Chef's Feature - Spinach Artichoke Pizza

Tuesday Buffet Lunch Full Service Dinner 18
 Chicken Tortilla Soup
 Baked Haddock
 Pork Paprikash
 Steak Medallions with Mushrooms
 Chef's Demo - Build Your own "Mac"

Saturday Buffet Lunch/Dinner 22
 Broccoli Cheese Soup
 Baked Orange Tilapia
 Turkey Avocado Salad
 Veal with Sautéed Peppers
 Chef's Feature - Stuffed Pork Chop

Wednesday Buffet Lunch/Dinner 19
 Chilled Peach Soup
 Pesto Cod
 Chicken Quesadilla
 Old Fashioned Meat Lasagna
 Chef's Feature - Bratwurst, Sauerkraut, and Pierogis

Regular Non-Holiday Dining Room Hours
Lunch Buffet: Noon - 1 PM Mon. - Sat.
 Sunday Brunch Buffet: 11:30 AM - 2 PM
Dinner: 5:00 PM - 7:00 PM
Café Sherwood:
 Breakfast: Daily 8 AM - 10:30 AM
 Lunch: Daily 11 AM - 5 PM
 Dinner: 5:00 PM - 7:00 PM

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 Donna Fasone or call 8462, or email fasone@sherwood-oaks.com.

