

This Week at Sherwood Oaks - October 7, 2018 to October 13, 2018
The Audio Bulletin Board 8489



Sunday, October 7 Buffet Lunch/Dinner

Bus to Local Churches - please see bulletin board and Channel 900 for times
 1:30 pm Pittsburgh Symphony - Heinz Hall
 2:00 pm Chapel/Communion Service - Auditorium - Rev. Jean Henderson

Wednesday, October 10 (continued)

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

Monday, October 8 Buffet Lunch 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
 11:00 am Exercise Class - Cranberry Lake Fitness Center
 11:00 am Living with Loss - Card Room
 1:00 pm **NO** 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

Thursday, October 11 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
 10:30 am Continued Learning - Auditorium
 11:00 am Yoga Class - Cranberry Lake Fitness Center
 11:00 am Flu Shots - Medical Office - until 3:00pm
 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
 1:30 pm Osteoporosis Talk - Dr. Susan Greenspan - Auditorium
 7:15 pm Candidates Night - Auditorium

Tuesday, October 9 Buffet Lunch 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
 10:30 am Continued Learning - Auditorium
 11:00 am Take a Walk with a Friend - Meet in Lobby
 1:40 pm VA Clinic Cranberry/Passavant Cranberry/Pittsburgh/Oakland
 3:00 pm Hand and Foot Canasta - Lobby
 4:00 pm Grab 'n Go Book Club - Chapel
 5:30 pm Pittsburgh Opera - Benedum Center

Friday, October 12 Buffet Lunch 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
 10:30 am Continued Learning - Auditorium
 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 Tai Chi - Cranberry Lake Fitness Center
 2:00 pm Sew and SO - Personal Care Day Room
 2:00 pm Patching & Piecing Quilters - Craft Room

Wednesday, October 10 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
 12:00 pm Granny's Attic Annex Patio Home 156
 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary
 1:00 pm Wednesday Bridge - Card Room

Saturday, October 13 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 -**PATERNO** - (TV-MA) 1hr 45min

Every great dream begins with a dreamer.



COMING EVENTS

October	14	Sunday	Bus to Pops Concert - 1:30pm - Heinz Hall
October	14	Sunday	Chapel - 2:00pm - Auditorium - Rev. Dean Ziegler
October	15	Monday	Women's Bible Study - 10:45 a.m. - Chapel
October	15	Monday	Living with Loss - 11:00am - Card Room
October	16	Tuesday	Continued Learning - 10:30am - Auditorium
October	16	Tuesday	Drama Club - 1:30 p.m. - Great Room
October	17	Wednesday	Murder Mystery Dinner - 5:00pm - Auditorium
October	18	Thursday	Continued Learning - 10:30am - Auditorium
October	18	Thursday	"UPMC for Life" Seminar with Kendra White- 1:30pm - Auditorium
October	19	Friday	Continued Learning - 10:30am - Auditorium
October	19	Friday	Resident Get Together - 1:30pm - Auditorium
October	19	Friday	Resident bake sale meeting following Resident Get Together - Auditorium
October	20	Saturday	Students of Kazumi Petinaux - Piano Recital - 1:15pm - Auditorium
October	20	Saturday	Saturday Night Movie - 7:00pm - Auditorium - Our Souls at Night - (TV-14)



This Week's Menu

Sunday, October 7, 2018 - Saturday, October 13, 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	7	Thursday	Buffet Lunch/Dinner	11
<hr/>			<hr/>		
Crab Bisque			Chilled Borscht		
Trout Amantine			Poached Salmon		
Chicken Ricotta			Smoked Duck Breast with Currant Sauce		
Roast Beef Tenderloin			Steak Salad Entrée		
Chef's Feature - Pumpkin Pancakes			Chef's Feature - Pizza Sherworks		

	Buffet Lunch			Buffet Lunch	
Monday	Full Service Dinner	8	Friday	Full Service Dinner	12
<hr/>			<hr/>		
Chilled Melon Soup			Cream of Spinach Soup		
Creamy Vegetable Lasagna			Fried Shrimp		
Roasted Pork Loin with Cherry Sauce			Sweet 'n Sour Chicken		
Baked Meatloaf			Spinach & Lamb Sausage		
Chef's Feature - Sautee Perch Meuniere			Chef's Feature - Beef Windsor		

	Buffet Lunch			Buffet Lunch	
Tuesday	Full Service Dinner	9	Saturday	Buffet Lunch/Dinner	13
<hr/>			<hr/>		
Elephant Garlic Soup			Summer Potato Soup		
Corn Crusted Catfish			Baked Tilapia		
Fresh Fruit with Assorted Tea Sandwiches			Roast Pork and Kraut		
Barbecue Chicken Breast			Yankee Pot Roast		
Chef's Demo - Oktoberfest Feast			Chef's Feature - Turkey ala King		

Wednesday	Buffet Lunch/Dinner	10
<hr/>		
Turkey Noodle Soup		
Stuffed Flounder		
Cincinnati Chili w/Sour Cream & Cheddar Cheese		
Chicken Cacciatore		
Chef's Feature - Pork Dijon		

Regular Non-Holiday Dining Room Hours
<hr/>
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

Side of the week: Harvard Beets

<p>WEEKEND PHYSICIANS ON CALL Call the Community Nurse for assistance at 8496. Call 412-931-3066 for doctor on call information.</p>

<p>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.</p>
--

