



This Week at Sherwood Oaks - November 4, 2018 to November 10, 2018
The Audio Bulletin Board 8489



Sunday, November 4 Buffet Lunch/Dinner

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

- 1:30 pm *Bus to Pittsburgh Symphony - Heinz Hall
- 2:00 pm *Chapel Service - Auditorium - Rev. Bill Sadler

Monday, November 5 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
- 10:45 am *Women's Bible Study - Guest Speaker, Father Ken Myers - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness Center
- 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

Tuesday, November 6 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
- 10:00 am *Curio Cabinets - Pick up Halloween items 10am to noon & 4:30 to 5:30pm
- 11:00 am Take a Walk with a Friend - Meet in Lobby
- 1:00 pm *Cranberry Veterinary - 1:00pm to 2:30pm
- 1:30 pm *SORA Board Monthly Meeting - Aud.
- 1:40 pm VA Clinic Cranberry/Passavant Cranberry/Pittsburgh/Oakland
- 3:00 pm Hand and Foot Canasta - Lobby
- 5:30 pm *Bus to Pittsburgh Opera - Benedum Center

Wednesday, November 7 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
- 1:00 pm Wednesday Bridge - Card Room

Wednesday, November 7 (continued)

- 1:00 pm *How To Write Your Life Story - Must be pre-registered - Sherwood Mtg. Room
- 1:30 pm Handbells Practice - Auditorium
- 3:00 pm Chorus Practice - Auditorium
- 3:00 pm Pinochle - Center Lobby

Thursday, November 8 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 *Curio Cabinets - Bring in Thanksgiving, Christmas, Hanukkah items - 10am to noon and 4:30pm to 5:30pm
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Yoga Class - Cranberry Lake Fitness Center
- 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

Friday, November 9 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
- 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 *Patching & Piecing Quilters - Craft Room

Saturday, November 10 Buffet Lunch/Dinner

Today is the Final Day to Order Poinsettia Plants. See Mary Lee Jordan (124) or Judy Andrews (139) for order forms.

- 10:00 am *Bus to Ross Park Mall
- 2:00 pm *Memorial Service - Mary Long - Aud.
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm *Saturday Night Movie - **Leave No Trace** Rated PG - 1hr 49min

Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love.
 -anonymous-

COMING EVENTS

November	11	Sunday	Chapel Service - 2:00pm - Auditorium - Rev. Sarah Heppenstall
November	11	Sunday	Bus to Pops Concert - 1:30pm - Heinz Hall
November	11	Sunday	Veterans' Day - Sherwood Gifts Closed
November	12	Monday	Let's Talk - 1:15pm - Auditorium
November	13	Tuesday	Grab 'n Go Book Club - 4:00pm - Conference Room
November	14	Wednesday	How to Write Your Life Story - 1:00pm - Sherwood Meeting Room
November	15	Thursday	Focus on the World - 7:15pm - Auditorium
November	17	Saturday	Saturday Night Movie - 7:00pm - Auditorium - Home for the Holidays - PG-13



This Week's Menu

Sunday, November 4, 2018 - Saturday, November 10, 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

Side of the Week: Fried Mushrooms



Sunday	Buffet Lunch/Dinner	4	Thursday	Buffet Lunch/Dinner	8
Cream of Artichoke Soup Brown Sugar Glazed Baked Ham Duck Breast with Dark Cherry Sauce Baked Herb Perch Chef's Feature - Hash & Eggs			Ham and Cabbage Soup Balsamic Glazed Beef Eggplant Parmesan - Marinara on the Side Chicken Carbonara Chef's Feature - Pan Seared Scallops		
Monday	Buffet Lunch	5	Friday	Buffet Lunch	9
Full Service Dinner Seafood Bisque Yankee Pot Roast Grilled Pork Tenderloin Lamb Stew Chef's Feature - Pan Seared Mahi-Mahi			Full Service Dinner Chicken Noodle Soup Spicy Beef Stir-fry Cobb Salad Shrimp Scampi Chef's Feature - Cheeseburger Pizza		
Tuesday	Buffet Lunch	6	Saturday	Buffet Lunch/Dinner	10
Full Service Dinner Triple Onion Soup Steak Medallions Curried Chicken Trout Amandine Chef's Demo - "Seasonal Plate" Soba Noodle Bowl			Buffet Lunch/Dinner Beef Rice Soup Black Bean Burger Baked Chicken Thighs Baked Ziti Chef's Feature - Hand-breaded Fried Walleye		
Wednesday	Buffet Lunch/Dinner	7	Regular Non-Holiday Dining Room Hours		
Buffet Lunch/Dinner Vegetarian Vegetable Soup Barbecued Baby Back Pork Ribs Grilled Chicken Breast with Dipping Sauce Lobster Mac 'n Cheese Chef's Feature - Homemade Salisbury Steak			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.

