

# *“For Your Information”*

(A periodic publication by Sherwood Oaks Executive Director, Annette McPeck)

**August 15, 2019**

## **Take a Walk with a Friend – New Start Time**

Starting Tuesday, August 20, the start time for “Take a Walk with a Friend” will change from 11AM to 1PM. The new time will be in effect for the rest of this walking season (November 5<sup>th</sup>).

## **Resident Get Together**

A resident get together will be held on Friday, August 16 at 1:30 PM in the Auditorium. Our guest speaker this month will be Betty Wright. Betty is the Director of Community Nursing and will speak to you about her department and what services they provide. I will also give a brief update and will answer any questions you may have.

## **Farmer’s Market**

This month’s farmer’s market will be held on Thursday, August 22 from 11 AM-1:30 PM in the lobby. In addition to assorted local produce, the following homemade items will also be available for purchase: chocolate/strawberry cheesecake bread, tropical fruit bread, Chambersburg peach kuchen (German streusel cake), apple and apple/walnut strudels, scratch made spicy-dill refrigerator pickles, old fashioned apple butter, strawberry jam, and Chambersburg peach jam. Come sample our chef’s demo of sautéed spaghetti squash with local roasted tomatoes, toasted pine nuts, fresh basil, arugula pesto and shaved parmesan.

Residents may use cash or charge items to their monthly statement. Guests and employees must use cash for purchases.

## **Casino Birthday Celebration**

Luck be a lady tonight! Join us on Wednesday, August 28 as we turn the Main Dining Room into a casino! The menu includes: “Casino” soup – with clams and “Rolling in Green” soup – cream of spinach, “Roulette Wheel” – round cheese ravioli with fresh mini mozzarella balls, “Black Chip Pork” – blackened pork tenderloin slices, “Golden Nugget” – batter-fried chicken nuggets, “Jack Pot” – mini crab cakes, “All the Marbles” – roasted marbled potatoes, “Slots” – candied parsnip coins, and “Envious Steamed Loser” – steamed broccoli. Desserts include: “Winners Circle” – egg custard w/ fresh berries, “High Stakes Split” – banana split and birthday cake.

Due to the popularity of our themed events, we highly recommend making a reservation if you plan to eat dinner in the Main Dining Room this evening. Reservations can be made by calling ext. 8234.

