



This Week at Sherwood Oaks - October 13, 2019 to October 19, 2019
The Audio Bulletin Board 8489



Sunday, Oct 13 Buffet Lunch/Dinner

CRANBERRY FOOD BANK COLLECTION
OCT 13 THRU OCT 19
DONATIONS CAN BE PLACED IN DESIGNATED BOXES IN
THE GALLERY/SCOOTER ROOM. MONETARY DONATIONS
ARE ALSO WELCOME!

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

- 1:30 pm Bus to Pittsburgh Symphony - Heinz Hall
- 2:00 pm Chapel Service - Auditorium - Reverend Jeff Sterling

Monday, Oct 14 Buffet Lunch/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 Communion Service - 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
- 1:30 pm Continued Learning - Stephen Mihaly - Marketing the Presidency - Auditorium
- 7:00 pm Monday Night Bridge - Card Room

Tuesday, Oct 15 Buffet Lunch/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 - Cranberry Lake Fitness Ctr.
- 11:00 am Sister Circle - Skilled Nursing
- 1:00 pm Take a Walk with a Friend - Meet in Main Lobby
- 1:30 pm Drama Club - Oak Lodge Great Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Hand & Foot Canasta - Lobby
- 5:30 pm Bus to Pittsburgh Opera - Benedum Ctr.

Wednesday, Oct 16 Buffet Lunch/Dinner

OCTOBER 16 IS WORLD FOOD DAY!

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 Open until 2:30pm
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help in Computer Room until 3pm

Wednesday (continued) Buffet Lunch/Dinner

- 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary
- 1:00 pm How to Write Your Life Story - Must be Pre-Registered - Conference Room
- 1:30 pm Bell Choir Practice - Auditorium
- 3:00 pm Chorus Practice - Auditorium

Thursday, Oct 17 Buffet Lunch/Dinner

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Cranberry Mall/Passavant Cranberry & Passavant Main
- 10:00 am Aquacize - Swimming Pool
- 10:30 am Continued Learning - Marcus Rediker - Anti-Slave Actions - Auditorium
- 11:00 am Yoga Class - Cranberry Lake Fitness Ctr.
- 1:00 pm Bus to Streets of Cranberry/Passavant Cranberry and Passavant Main
- 1:15 pm Scrabble & Games - Lobby
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Hand & Foot Canasta - Lobby
- 7:15 pm Candidates Night - Auditorium

Friday, Oct 18 Buffet Lunch/Dinner

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

- 9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main
- 10:00 am Friday Gathering for Prayer - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness
- 1:00 pm Bus to Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main
- 1:30 pm Resident Get Together - Auditorium - 2019 Bake Sale Planning Meeting After Get Together - Please Join Us!
- 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

Saturday, Oct 19 Buffet Lunch/Dinner

- 9:30 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - **Wild Rose** - Rated R - 1hr 41min

SAVE THE DATE!
NOVEMBER 11, 2019 - AUDITORIUM

PREPARATIONS ARE UNDER WAY FOR OUR ANNUAL VETERANS' DAY PROGRAM.

- * MUSIC
- * DISPLAY TABLES OF VETERANS' MEMORABILIA
- * REFRESHMENTS FOLLOWING THE PROGRAM

PLEASE PLAN ON JOINING US!



Coming Events



Oct	20	Sunday	Bus to Pittsburgh Symphony - 1:30pm - Heinz Hall
Oct	20	Sunday	Chapel Service - 2:00pm - Auditorium - Reverend Don Ewing
Oct	21	Monday	Women's Bible Study - 10:45am - Chapel
Oct	21	Monday	Continued Learning - 1:30pm - Reverend Connie Frierson - A Walk in Spain - Auditorium
Oct	22	Tuesday	Continued Learning - 10:30am - Bill Markus - World News - Auditorium
Oct	23	Wednesday	How to Write Your Life Story - Pre-Registration Required - 1:00pm - Conference Room
Oct	24	Thursday	Continued Learning - 10:30am Dr. Susan Greenspan - Osteoporosis Study - Auditorium
Oct	24	Thursday	SORA Program Committee Presents - Pittsburgh Banjo Club - 7:15pm - Auditorium
Oct	25	Friday	Continued Learning - 10:30am - Mark Houser - Pittsburgh's Antique Skyscrapers - Aud.
Oct	25	Friday	Bus to Pittsburgh Philharmonic - 6:00pm - Quaker Valley High School
Oct	26	Saturday	Wedding & Reception - <i>Judy Andrews & Ernie Pinyot</i> - 2:00pm - Auditorium/Card Room
Oct	26	Saturday	Saturday Night Movie - 7:00pm - Auditorium - E.T. - PG - 1hr 55min

Sunday, October 13, 2019 through Saturday, October 19, 2019

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

Vegetable of the Week: Roasted Local Squash

<p>Sunday Buffet Lunch/Dinner 13</p> <hr/> <p>Seafood Bisque English-style Cod Turkey with Stuffing Bourbon Beef Tips Chef's Feature - Eggs Benedict</p>	<p>Thursday Buffet Lunch/Dinner 17</p> <hr/> <p>Watermelon Gazpacho Steamed Mussels Napoli Baby Back Ribs California Turkey Burger Chef's Feature - Beef Lentil Stew</p>
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<p>Monday Buffet Lunch/Dinner 14</p> <hr/> <p>Stuffed Pepper Soup Cheese Manicotti Cuban Pork Roast Cilantro Grilled Chicken Chef's Feature - Baltimore Fish Cake</p>	<p>Friday Buffet Lunch/Dinner 18</p> <hr/> <p>Wonton Soup Taco Salad Bang Bang Chicken Sun-dried Tomato Pasta Asiago Chef's Feature - Sautéed Bay Scallops</p>
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<p>Tuesday Buffet Lunch/Dinner 15</p> <hr/> <p>Vegetarian Vegetable Soup House Smoked Fish Apricot Chicken Leg of Lamb Chef's Demo - Chicken, Ravioli Bar MTO</p>	<p>Saturday Buffet Lunch/Dinner 19</p> <hr/> <p>Chicken Florentine Soup Basa with Fruit Salsa Lemon Pesto Chicken Homemade Meatballs in Marinara Sauce Chef's Feature - Choucroute Garni</p>
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<p>Wednesday Buffet Lunch/Dinner 16</p> <hr/> <p>Barbecue Chicken Soup Perch Meuniere Montreal Seasoned Flank Steak Kielbasa Chef's Feature - Sautéed Turkey Medallions</p>

<p>Regular Non-Holiday Dining Room Hours</p> <hr/> <p>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</p>

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.

