

This Week at Sherwood Oaks – April 26, 2014 to May 2, 2015
The Audio Bulletin Board 8489

Sunday, April 26 Buffet Lunch/Dinner

10:30 a.m. Quaker Meeting for Worship
Chapel

1:30 p.m. Pops Concert - Heinz Hall

2:00 p.m. Chapel Service – Auditorium
Rev. Heather Lubold

Wednesday (con't)

1:15 p.m. Wednesday Bridge - Card Room

3:00 p.m. Chorus Practice - Auditorium

7:15 p.m. **NO** Line Dancing - Auditorium

Monday, April 27 Buffet Lunch

9:30 a.m. Bus to Wal-Mart/Cranberry Mall
Passavant Hospital - Main Campus

9:30 a.m. Aquacize – Swimming Pool

10:30 a.m. Aquacize – Swimming Pool

11:00 a.m. Exercise Class - Cranberry Lake Grill

1:00 p.m. Painting Class – Novice or Pro
Lower Level Studio

1:15 p.m. Bus to Passavant Hospital
Main Campus - Legacy Theater

1:30 p.m. Handbell Practice
Cranberry Lake Grill

2:00 p.m. Pittsburgh Quirks and All - Auditorium

6:30 p.m. Sing Along - Oak Grove Center

7:00 p.m. Monday Night Bridge – Card Room

Thursday, April 30 Buffet Lunch

7:00 a.m. Bus to Passavant Hospital Main

9:30 a.m. Bus to Walmart/Barnes & Noble
Cranberry Mall/UPMC Passavant Main

9:30 a.m. Aquacize – Swimming Pool

10:30 a.m. Aquacize – Swimming Pool

11:00 a.m. Yoga Class - Auditorium

11:00 a.m. Bus to Streets of Cranberry &
UPMC Passavant Main

1:30 p.m. Duplicate Bridge - Card Room

3:00 p.m. Hand and Foot Canasta - Lobby

Friday, May 1 Buffet Lunch

**Bus to Passavant Hospital
UPMC Passavant Cranberry
7 am – 12:30 pm – 2 pm**

10:00 a.m. Bus to Shop n Save/Passavant
Hospital/UPMC Passavant Cranberry

11:00 a.m. Exercise Class - Auditorium

1:30 p.m. The “10 Keys” to Healthy Aging
Prevent Bone Loss & Muscle Weakness
Auditorium

2:00 p.m. Sew and So
Personal Care Day Room

Tuesday, April 28 Buffet Lunch

9:30 a.m. Bus to Pittsburgh/Oakland

10:00 a.m. Tai Chi – Auditorium

10:00 a.m. Hand and Foot Canasta - Lobby

11:00 a.m. ***Between the Testaments***
w/Don Gowan - Oak Lodge

1:30 p.m. Resident Get Together - Auditorium
Becky McGinnis & Laura Childress

6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, April 29 Buffet Lunch

**Bus to UPMC Passavant Cranberry
8 am - 10 am - 11:45 am - 2 pm**

10:00 a.m. Bus to Rt. 228 Mall

10:00 a.m. Men’s Bible Study - Chapel

11:00 a.m. Exercise Class - Card Room

12:30 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment necessary

1:00 p.m. PC, Laptop, Tablet, or Smartphone
help in Computer Room until 3 p.m.

1:00 p.m. Outdoor Games until 3 p.m.
Summer House - Weather Permitting

Saturday, May 2 Buffet Lunch

9:00 a.m. Free scooter wash until noon -
Grassy area alongside patio home
#275. Call Dick Bach for an
appointment at #8275.

10:00 a.m. Bus to Beaver Valley Mall

1:30 p.m. Scrabble & Games - Lobby

7:15 p.m. Saturday Night at the Movies
Secretariat - Auditorium

COMING EVENTS

May 3	Sunday	Chapel Service - 2 p.m. - Auditorium - Rev. Tim Spring
May 3	Sunday	Pittsburgh Concert Chorale - 3 p.m. - Ingomar United Methodist Church
May 4	Monday	Women's Bible Study - 10:45 a.m. - Chapel
May 4	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
May 5	Tuesday	Take a Walk with a Friend - 11 a.m. - Meet in Center lobby
May 5	Tuesday	<i>Between the Testaments</i> with Don Gowan - 11 a.m. - Oak Lodge Great Room
May 5	Tuesday	SORA Board Meeting - 1:30 p.m. - Auditorium
May 5	Tuesday	Pittsburgh Opera - 5:30 p.m. - Benedum Center
May 5	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
May 5	Tuesday	Candidates Night - 7:15 p.m. - Auditorium
May 6	Wednesday	Part 1 - AARP Driver Safety Class - 1 - 5 p.m. - Auditorium - Prior reservations required
May 7	Thursday	Part 2 - AARP Driver Safety Class - 1 - 5 p.m. - Auditorium - Prior reservations required
May 7	Thursday	Blackburn Scooter Clinic - 9 - 2:30 p.m. - Sign up on bulletin board
May 8	Friday	The "10 Keys" to Healthy Aging - <i>Lower your LDL cholesterol</i> - 1:30 - 3:30 p.m. - Auditorium
May 8	Friday	River City Brass Band - 6:30 p.m. - Carson Middle School
May 9	Saturday	Bus to Ross Park Mall - 10 a.m.
May 9	Saturday	Saturday Night at the Movies - 7:15 p.m. - Auditorium

This Week's Menu
Sunday, April 26, 2015 – Saturday, May 2, 2015
Dining Room Reservation # for Patio Homes: 8659
Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724 776-8234
Take out and Home Delivered Meals – Patio Home Residents: 8612
Take out and Home Delivered Meals – Apartment Residents and 600 Patio Homes: 724 776-8236

Sunday	26
Potato & Leek	
Baked Tilapia w/Lemon	
Chicken Saltimbocca	
Prime Rib with Au Jus	
Chef's Feature –Black Forest French Toast	

Thursday	30
New England Seafood Chowder	
Turkey Schnitzel	
Leg of Lamb	
Baked Haddock	
Chef's Feature – Vegetable Curry	

Monday	27
Chicken Gumbo	
Mandarin Chicken Salad	
Grilled Ham & Pineapple	
Oven Baked Flounder	
Chef's Feature – Combination Burger	

Friday	1
Beef Orzo	
Trio Salad	
Kielbasa and Kraut	
Golden Fried Shrimp	
Chef's Feature – Chicken w/Caper & Sun Dried Tomato Sauce	

Tuesday	28
Chilled Peach Soup	
Veal & Peppers	
Open Faced Hot Roast Pork Sandwich	
Braised Chicken Thigh	
Chef's Feature – Smoked Salmon Salad	

Saturday	2
Cold Cucumber Soup	
Beef Tips	
Rotisserie Chicken	
Basa with Florida Salsa	
Chef's Feature - Ham BBQ w/Zucchini Sticks	

Wednesday	29
Happy April Birthdays!	
Cream of Celery Soup	
Cabbage Rolls	
Crab Stuffed Mushroom	
Fried Ravioli	
Breast of Chicken a la Rose	

Dining Room Hours:
Lunch Buffet: Noon – 1 pm Mon. – Sat.
Sunday Brunch Buffet: Noon – 2 p.m.
Dinner: 5:10 – 7:10 p.m.
Café Sherwood:
Breakfast: Daily 8 a.m. – 10:30 a.m.
Lunch: Daily 11 a.m. - 5 p.m.
Dinner: Daily 5:10 - 7:10 p.m.

Vegetable of the Week: Assorted Soaker
Baked Beans

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 Phyllis Franks, or call 8462, or email frankspm@sherwood-oaks.com