

This Week at Sherwood Oaks – May 31, 2014 to June 6, 2015
The Audio Bulletin Board 8489



Sunday, May 31 Buffet Lunch/Dinner

- 1:30 p.m. Pittsburgh Symphony - Heinz Hall
- 2:00 p.m. Chapel Service – Auditorium
Rev. Larry Ruby

Thursday, June 4 Buffet Lunch

Blackburn Scooter Clinic
9 a.m. - 2:30 p.m. - Scooter Gallery

- 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

Monday, June 1 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. Duplicate Bridge - Card Room
- 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. The “10 Keys” to Healthy Aging
Combatting Depression
until 3:30 p.m.
- 6:30 p.m. Sing Along - Oak Grove Center
- 7:00 p.m. Monday Night Bridge – Card Room

Friday, June 5 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
- 2:00 p.m. Sew and So
Personal Care Day Room

Tuesday, June 2 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. Take a Walk with a Friend
Meet in lobby
- 1:30 p.m. SORA Board Meeting - Auditorium
- 6:30 p.m. Sing Along - Personal Care Day Room

Saturday, June 6 Buffet Lunch

- 10:00 a.m. Bus to Beaver Valley Mall
- 1:30 p.m. Scrabble & Games - Lobby
- 7:15 p.m. Hill United Presbyterian Church
Youth Chorale - Auditorium

Wednesday, June 3 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.
- 1:15 p.m. Wednesday Bridge - Card Room
- 1:30 p.m. The “10 Keys” to Healthy Aging
Immunizations 101
until 3:30 p.m.
- 7:15 p.m. Outdoor Games - Summer House



COMING EVENTS

June 7	Sunday	Pittsburgh Symphony - 1:30 p.m. - Heinz Hall
June 7	Sunday	Chapel Service - 2 p.m. - Auditorium - Rev. Graham Standish
June 8	Monday	Communion Service - 11 a.m. - Chapel
June 8	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
June 9	Tuesday	Take a Walk with a Friend - 11 a.m. - Meet in Center lobby
June 9	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
June 9	Tuesday	SORA Quarterly Meeting - 7:15 p.m. - Auditorium
June 11	Thursday	Focus on the World - <i>Leading the Learning: Our Schools Can Be Better</i> Speaker Dr. Irving Jones - National Secondary Principal of the Year - 7:15 p.m. - Auditorium
June 11	Thursday	Campfires, Songs, and S'Mores - 7:15 p.m. - Summer House
June 13	Saturday	Bus to Ross Park Mall - 10 a.m.
June 13	Saturday	Saturday Night Movie - 7:15 p.m. - Auditorium

This Week's Menu
Sunday, May 31, 2015 – Saturday, June 6 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 **31**

Potato & Leek
Baked Tilapia w/Lemon
Chicken Saltimbocca
Prime Rib with Au Jus
Chef's Feature – Fresh Made Waffles

Monday **1**

Chicken Gumbo
Mandarin Chicken Salad
Grilled Ham & Pineapple
Oven Baked Flounder
Chef's Feature – Beef Tacos

Tuesday **2**

Chilled Peach Soup
Veal & Peppers
Open Faced Hot Roast Pork Sandwich
Braised Chicken Thigh
Chef's Feature – Blackened Mahi-Mahi

Wednesday **3**

French Onion
Chicken Picatta
Beef Windsor
Panko Crusted Crab Cake
Chef's Feature - Veggie Pasta with
Peppers and Broccoli

Vegetable of the Week: Fresh Glazed Turnips

Thursday **4**

New England Seafood Chowder
Turkey Schnitzel
Leg of Lamb
Baked Haddock
Chef's Feature – Ham Loaf

Friday **5**

Beef Orzo
Trio Salad
Kielbasa and Kraut
Golden Fried Shrimp
Chef's Feature – Ricotta, Mushroom,
and Spinach Pizza

Saturday **6**

Cold Cucumber Soup
Beef Tips
Rotisserie Chicken
Basa with Florida Salsa
Chef's Feature - Pork Egg Fried Rice

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.

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