



This Week at Sherwood Oaks – June 18, 2017 to June 24, 2017
The Audio Bulletin Board 8489



Sunday, June 18 **Buffet Lunch/Dinner**

Bus to local churches - please see bulletin board and Channel 900 for times
HAPPY FATHER'S DAY!!!!

- 1:30 p.m. Pops Concert - Heinz Hall
- 2:00 p.m. Chapel Service - Auditorium
Rev. Marnie Silbert

Wednesday (con't)

- 1:00 p.m. Handbell Practice - Auditorium
- 1:15 p.m. Wednesday Bridge - Lobby Area
- 3:00 p.m. Pinochle - Center Lobby
- 7:00 p.m. Campfire, Singing and S'Mores
Summer House - Bus from Center at 7 p.m.

Monday, June 19 **Buffet Lunch/Dinner**

- 8:15 a.m. Bus to Passavant Cranberry
- 9:30 a.m. Bus to Costco/Barnes & Nobel
Wal-Mart/Cranberry Mall
Passavant Cranberry & Main
- 10:00 a.m. Aquacize – Swimming Pool
- 11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
- 1:00 p.m. Painting Class – Novice or Pro
Lower Level Studio
- 1:00 p.m. Bus to Shop 'n Save/CVS,
Passavant Cranberry & Main Campus
Legacy Theater
- 3:00 p.m. Pinochle - Center Lobby
- 6:30 p.m. Sing Along - Skilled Nursing West Hall
- 7:00 p.m. Monday Night Bridge - Card Room

Thursday, June 22 **Buffet Lunch/Dinner**

- 7:00 a.m. Bus to Passavant Cranberry & Main
- 9:30 a.m. Bus to Costco/Barnes & Noble/Walmart
Cranberry Mall/Passavant Cranberry &
Passavant Main
- 10:00 a.m. Aquacize – Swimming Pool
- 11:00 a.m. Yoga Class - Cranberry Lake
Fitness Center
- 1:00 p.m. Streets of Cranberry/Passavant Cranberry
and Passavant Main
- 1:00 p.m. PC, Laptop, Tablet, or Smartphone
help in Computer Room until 3 p.m.
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 7:15 p.m. Program Committee Presents - Kung Fu and
Tai Chi Presentation - Auditorium

Tuesday, June 20 **Buffet Lunch/Dinner**

- 8:15 a.m. Bus to Passavant Cranberry
- 9:30 a.m. Bus to VA Clinic in Cranberry
Passavant Cranberry &
Pittsburgh/Oakland
- 10:00 a.m. Tai Chi - Cranberry Lake
Fitness Center
- 10:00 a.m. Hand and Foot Canasta - Lobby
- 11:00 a.m. Take a Walk with a Friend
Meet in Center Lobby
- 1:40 p.m. VA Clinic Cranberry/Passavant
Cranberry/Pittsburgh/Oakland
- 2:00 p.m. Sister Circle - Skilled Nursing
call Betty Tolbert for info x8409
- 2:00 p.m. Marketing Presents Bo Wagner
Auditorium - prior RSVP's Necessary
Limited Seating
- 6:30 p.m. Sing Along - Personal Care Day Room

Friday, June 23 **Buffet Lunch/Dinner**

**Bus to Passavant Hospital and
UPMC Passavant Cranberry
7 am – 9:30 am - 1 pm**

- 9:30 a.m. Bus to Shop 'n Save
Passavant Cranberry & Passavant Main
- 9:30 a.m. Friday Prayer Gathering - Chapel
- 11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
- 1:00 p.m. Costco/Barnes & Noble/Walmart
Cranberry Mall/Passavant Cranberry/
Passavant Main
- 1:30 p.m. Platinum Research Study Informational Meeting
Auditorium
- 2:00 p.m. Sew and So - Personal Care Day Room
- 3:00 p.m. Pinochle - Center Lobby

Wednesday, June 21 **Buffet Lunch/Dinner**

**Bus to UPMC Passavant Cranberry
8:15 am - 9:30 am - 11:45 am - 2 pm**

- 9:30 a.m. Bus to Rite Aid, Passavant
Cranberry & Rt. 228 Mall
- 10:00 a.m. Men's Bible Study - Chapel
- 11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
- 12:00 p.m. Granny's Attic Annex Patio Home 156
opened until 2:30 p.m.
- 1:00 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment Necessary

Saturday, June 24 **Buffet Lunch/Dinner**

- 10:00 a.m. Bus to Ross Park Mall
- 1:30 p.m. Scrabble & Games - Lobby
- 3:40 p.m. Bus to St. Ferdinand's Church
- 7:00 p.m. Saturday Night Movie - Auditorium
Oklahoma - 2 hrs. 27 mins.

COMING EVENTS



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| June 25 Sunday | Quaker Meeting for Worship - 10:30 a.m. - Chapel |
| June 25 Sunday | Pittsburgh Symphony- 1:30 p.m. - Heinz Hall |
| June 25 Sunday | Chapel Service - 2 p.m. - Auditorium - Rev. William Jamison |
| June 26 Monday | Painting Class - 1 p.m. - Novice or Pro – Lower Level Studio |
| June 26 Monday | Sing Along - 6:30 p.m. - Skilled Nursing West Hall |
| June 27 Tuesday | Sing Along - 6:30 p.m. - Personal Care Day Room |
| June 28 Wednesday | Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary |
| June 29 Thursday | Pittsburgh Public Theater - 1 p.m. - O'Reilly Theater |
| June 29 Thursday | Keyboard Concert with Richard Pospistle - 7:15 p.m. - Auditorium |
| June 30 Friday | Resident Get together - Health & Fitness and Rehabilitation Therapy with Bill Burtner and Megan Szymanski - 1:30 p.m. - Auditorium |
| July 1 Saturday | Bus to Beaver Valley Mall - 10 a.m. |
| July 1 Saturday | Granny's Attic Annex #156 open noon - 2:30 p.m. All items half price |
| July 1 Saturday | Saturday Night Movie - 7 p.m. - Auditorium - Shawshank Redemption
Rated R - 2 hrs. 22 mins. |

This Week's Menu
Sunday, June 18, 2017 – Saturday, June 24, 2017
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 **18**
 Seafood Bisque
 Roast Turkey with Bread Stuffing
 Beef Tenderloin
 English Seafood Platter
 Chef's Feature – Stuffed French Toast

Thursday **22**
 Watermelon Gazpacho
 Chicken Bella
 Breaded Pork Chop
 Homestyle Meatloaf
 Chef's Feature – Smoked Rainbow Trout

Monday **19**
 Butternut Squash Soup
 Curried Shrimp
 Beef Stroganoff
 Sweet Country Sausage with Sauteed Peppers
 Chef's Feature – General Tso's Chicken

Friday **23**
 Ham, Potato and Cabbage Soup
 Baked Stuffed Flounder
 Steak Medallions
 Southwest Chicken Salad
 Chef's Feature – Vegetable Quesadilla

Tuesday **20**
 Vichyssoise
 Salmon Berry Salad
 Chicken Bruschetta
 Mediterranean Lamp Chop
 Chef's Demo - MTO Taco

Saturday **24**
 Shore Style Crab Soup
 Monterey Chicken
 Pork Florentine
 Seafood Creole
 Chef's Feature – Country Fried Steak

Wednesday **21**
 Mushroom & Leek Soup
 Bourbon Chicken
 Tortilla Crusted Catfish
 Angel Hair Pasta with Marinara Sauce
 Chef's Feature – BBQ Bacon/Cheeseburger

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 beginning Monday:
 Seasoned Sauteed Fresh Spinach

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