



**This Week at Sherwood Oaks – July 5, 2015 to July 11, 2015
The Audio Bulletin Board 8489**



Sunday, July 5 Buffet Lunch/Dinner

2:00 p.m. Chapel Service – Auditorium

Thursday, July 9 Buffet Lunch

**CURIO CABINETS
Bring in Banks
10 - noon and 4:30 - 5:30 p.m.**

- 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, July 6 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 - 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
- 6:30 p.m. Sing Along - Oak Grove Center
- 7:00 p.m. Monday Night Bridge – Card Room

Tuesday, July 7 Buffet Lunch

**CURIO CABINETS
Pick up Book Ends
10 - noon and 4:30 - 5:30 p.m.**

- 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

Friday, July 10 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
- 1:00 p.m. *Easy Bridge: An Introduction* Card Room until 3 p.m.
- 2:00 p.m. Sew and So Personal Care Day Room
- 7:15 p.m. Campfire, Songs, and S'Mores Summer House

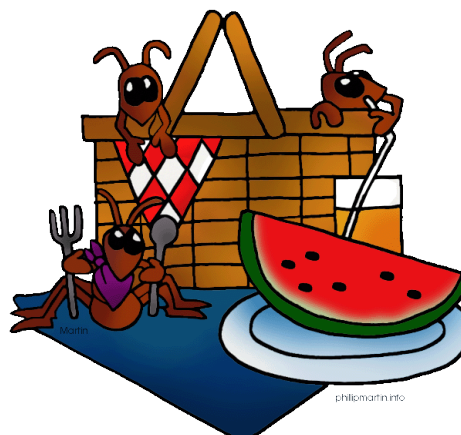
Wednesday, July 8 Buffet Lunch

**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
- 12:00 p.m. Granny's Attic Annex Patio Home #156 open until 2:30 p.m.
- 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. Summer Concert with Dennis Smalley Baritone Vocalist - Auditorium
- 7:15 p.m. Outdoor Games - Summer House

Saturday, July 11 Buffet Lunch

- 10:00 a.m. Bus to Ross Park Mall
- 1:30 p.m. Scrabble & Games - Lobby
- 7:15 p.m. Saturday Night Movie - Auditorium ***Woman in Gold*** - Rated PG-13 2 hours



COMING EVENTS

July 12	Sunday	Chapel Service - 2 p.m. - Auditorium
July 13	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
July 13	Monday	Communion Service - 11 a.m. - Chapel
July 14	Tuesday	Take a Walk with a Friend - 11 a.m. - Meet in Center lobby
July 14	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
July 18	Saturday	Bus to Beaver Valley Mall - 10 a.m.
July 18	Saturday	Saturday Night Movie - <i>The Second Best Exotic Marigold Hotel</i> Rated PG - 2 hours - 7:15 p.m. - Auditorium



This Week's Menu
Sunday, July 5, 2015 – Saturday, July 11, 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 5

- Potato & Leek
- Baked Tilapia w/Lemon
- Chicken Saltimbocca
- Prime Rib with Au Jus
- Chef's Feature – Eggs Benedict

Monday 6

- Chicken Gumbo
- Mandarin Chicken Salad
- Grilled Ham & Pineapple
- Oven Baked Flounder
- Chef's Feature – Sauteed Liver & Onions

Tuesday 7

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

Wednesday 8

- French Onion
- Chicken Picatta
- Beef Windsor
- Panko Crusted Crab Cake
- Chef's Feature - Focaccia Bread Pizza

Vegetable of the Week: Fresh Glazed Turnips

Thursday 9

- New England Seafood Chowder
- Turkey Schnitzel
- Leg of Lamb
- Baked Haddock
- Chef's Feature – Stir-Fried Beef w/Kale & Black Bean Sauce

Friday 10

- Beef Orzo
- Trio Salad
- Kielbasa and Kraut
- Golden Fried Shrimp
- Chef's Feature – Chicken with Roasted Red Pepper Sauce

Saturday 11

- Cold Cucumber Soup
- Beef Tips
- Rotisserie Chicken
- Basa with Florida Salsa
- Chef's Feature - Ham BBQ

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