



**This Week at Sherwood Oaks – July 16, 2017 to July 22, 2017**  
**The Audio Bulletin Board 8489**



**Sunday, July 16** **Buffet Lunch/Dinner**

**Bus to local churches - please see bulletin board and Channel 900 for times**

- 2:00 p.m. Chapel Service - Auditorium  
Rev. Sarah Heppenstall
- 4:30 p.m. Montgomery Fellowship Quartet  
Center Lobby

**Wednesday (con't)**

- 1:15 p.m. Wednesday Bridge - Lobby Area
- 3:00 p.m. Pinochle - Center Lobby
- 7:15 p.m. Campfire, Singing and S'Mores  
Summer House - Bus Pick up 7 p.m. - Center

**Monday, July 17** **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, July 20** **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. Focus on the World - Documentary Film  
***Before the Flood*** - Auditorium

**Tuesday, July 18** **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
- 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
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 6:30 p.m. Sing Along - Personal Care Day Room

**Friday, July 21** **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. Resident Get Together - Auditorium  
**Bobbie Cleland - Residential Services**  
**Nancy O'Leary - Housekeeping**
- 2:00 p.m. Sew and So - Personal Care Day Room
- 3:00 p.m. Pinochle - Center Lobby

**Wednesday, July 19** **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
- 1:00 p.m. Handbell Practice - Auditorium

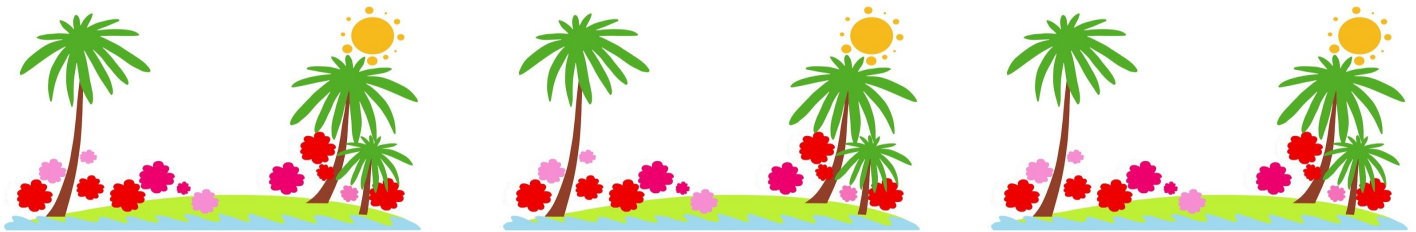
**Saturday, July 22** **Buffet Lunch/Dinner**

- 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  
***Fiddler on the Roof*** - 3 hours

# COMING EVENTS



- July 23 Sunday Chapel Service - 2 p.m. - Auditorium - Rev. Jean Henderson
- July 24 Monday Painting Class - 1 p.m. - Novice or Pro – Lower Level Studio
- July 24 Monday Sing Along - 6:30 p.m. - Skilled Nursing West Hall
- July 25 Tuesday Sing Along - 6:30 p.m. - Personal Care Day Room
- July 26 Wednesday Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary
- July 27 Thursday Program Committee Presents - Pine Creek Band - 7:15 p.m. - Auditorium
- July 29 Saturday **NO** Bus to Mall today
- July 29 Saturday Saturday Night Movie - 7 p.m. - Auditorium - **Anatomy of a Murder** – 2 hrs. 40 mins.



**This Week's Menu**  
**Sunday, July 16, 2017 – Saturday, July 23, 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 16**

- Chicken with Julienne of Vegetables
- Duck Breast with Apricot Sauce
- Poached Salmon
- Strip Loin
- Chef's Feature – Hash & Poached eggs

**Monday 17**

- Italian Wedding
- Ricotta Stuffed Zucchini
- Pork Chop Suey
- Mahi-Mahi – Florida Style Relish
- Chef's Feature – Chicken Stir Fry

**Tuesday 18**

- Chilled Berry Soup
- Southern Style Chicken
- Lemon Pesto Cod
- Mac and Cheese
- Chef's Demo - Sauté of Beef or Pork

**Wednesday 19**

- Lentil Spinach Soup
- Sweet 'n Sour Short Ribs
- Grilled Shrimp Salad
- Turkey Burger
- Chef's Feature – Meat Lover's Pizza

**Vegetable of the Week beginning Monday:**  
 Yellow Squash with Shallots & Pimentos

**Thursday 20**

- Tomato Basil
- Cioppino
- Mediterranean Chicken
- BBQ Pulled Pork
- Chef's Feature – Swedish Meatballs

**Friday 21**

- Elephant Garlic Soup
- Ahi Tuna Salad
- Braised Steak
- Six cheese Gocce with Truffle Broth
- Chef's Feature – Chicken Romano

**Saturday 22**

- Beef Vegetable
- Pork Loin with Cherry Sage Sauce
- Chicken Madeira
- Dill Tilapia
- Chef's Feature - Beef and Cheddar on Pumpnickel

**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](mailto:frankspm@sherwood-oaks.com)