



This Week at Sherwood Oaks – July 19, 2015 to July 25, 2015
The Audio Bulletin Board 8489



Sunday, July 19 Buffet Lunch/Dinner

2:00 p.m. Chapel Service – Auditorium
 Rev. Jeff Sterling

Thursday, July 23 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. Vigil Training for Volunteers
 Auditorium - call Laura x8471
 for more information
 1:30 p.m. Duplicate Bridge - Card Room
 3:00 p.m. Hand and Foot Canasta - Lobby
 7:15 p.m. Campfire, Songs, Storytelling, and
 S'Mores - Summer House

Monday, July 20 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
 2:00 p.m. Marketing Presents - Elvis Tribute
 Auditorium (prior RSVP's appreciated
 for seating purposes)
 6:30 p.m. Sing Along - Oak Grove Center
 7:00 p.m. Monday Night Bridge – Card Room

Friday, July 24 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.
 1:30 p.m. Resident Get Together - Auditorium
Arlene Schmidt - Staff Development
 2:00 p.m. Sew and So
 Personal Care Day Room

Tuesday, July 21 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
 6:30 p.m. Sing Along - Personal Care Day Room

Saturday, July 25 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
Hachi - A Dog's Tale - Rated G
 93 mins.

Wednesday, July 22 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
 7:15 p.m. Line Dancing - Auditorium
 7:15 p.m. Outdoor Games - Summer House



COMING EVENTS

July 26	Sunday	Quaker Meeting for Worship - 10:30 a.m. - Chapel
July 26	Sunday	Chapel Service - 2 p.m. - Auditorium
July 27	Monday	Tag Day - for more details call Dick Bach x8275
July 27	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
July 28	Tuesday	Men's Crazy Shirt Day - for more details call Dick Bach x8275
July 28	Tuesday	Take a Walk with a Friend - 11 a.m. - Meet in Center lobby
July 28	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
July 29	Wednesday	Aloha Day - for more details call Dick Bach x8275
July 30	Thursday	Woman's Skirt-arama Day - for more details call Dick Bach x8275
July 31	Friday	Everyone Short's Day - for more details call Dick Bach x8275
August 1	Saturday	Bus to Beaver Valley Mall - 10 a.m.
August 1	Saturday	Granny's Attic Annex Patio Home #156 Open from 12 - 2:30 p.m.
August 1	Saturday	80th Birthday Celebration Reception for Nancy Baker - 2 p.m. - 4:30 p.m. - Card Room
August 1	Saturday	Saturday Night Movie - 7:15 p.m. - Auditorium

This Week's Menu

Sunday, July 19, 2015 – Saturday, July 25, 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 **19**

Crab Bisque
 Roast Turkey with Bread Stuffing
 Roast Pork with Sauerkraut
 Trout Amandine
 Chef's Feature – Cream Chipped Beef
 Over a Biscuit

Monday **20**

Pasta Fagioli
 Sweet Country Pork
 Nantucket Cod
 Ground Beef Fajitas
 Chef's Feature – Grilled Chicken Ka-bob

Tuesday **21**

Bloody Mary with Crème Horseradish
 Mediterranean Stuffed Mushroom
 Seafood Salad in an Avocado Half
 Mustard Glazed Pork Tenderloin
 Chef's Demo - Noodle Bowl MTO

Wednesday **22**

Ham & Lima Bean
 Bourbon Chicken Quarters
 Marinated London Broil
 Angel Hair Pasta with Marinara Sauce
 Chef's Feature – Blackened Fish Du-jour

Vegetable of the Week: Minted Peas and
 Pearl Onions

Thursday **23**

Watermelon Gazpacho
 Monterey Chicken
 Black and Bleu Steak Medallions
 Seafood Creole
 Chef's Feature – Boston BLT Salad

Friday **24**

Cream of Broccoli
 Pork Florentine
 Lemon Dill Tilapia
 Taco Salad
 Chef's Feature – Sautéed Chicken Livers

Saturday **25**

Cream of Carrot
 Grilled Chicken Caesar Salad
 Braised Short Ribs
 Seared Scallops
 Chef's Feature – Breaded Pork Chop

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 franksrpm@sherwood-oaks.com