



This Week at Sherwood Oaks – July 20, 2014 to July 26, 2014
The Audio Bulletin Board 8489



Sunday, July 20 Buffet Lunch/Dinner

2:00 p.m. Chapel Service – Auditorium
 Rev. Brenda Barnes

Monday, July 21 Buffet Lunch

9:15 a.m. Summer Bells - Auditorium
 9:30 a.m. Bus to Wal-Mart/Cranberry Mall
 Passavant Hospital - Main Campus
 9:30 a.m. Aquacize – Swimming Pool
 10:00 a.m. Tour of future new fitness center
 Meet in Cranberry Lake Grill
 (Lower level of Oak Grove Center)
 10:30 a.m. Aquacize – Swimming Pool
 11:00 a.m. Exercise Class - Card Room
 1:15 p.m. Bus to Passavant Hospital
 Main Campus - Legacy Theater
 1:00 p.m. Painting Class – Novice or Pro
 Lower Level Studio
 6:30 p.m. Sing Along – Oak Grove Center
 7:00 p.m. Monday Night Bridge – Card Room

Tuesday, July 22 Buffet Lunch

9:30 a.m. Bus to Pittsburgh/Oakland
 10:00 a.m. Tai Chi – Auditorium
 11:00 a.m. Take a Walk With a Friend
 Meet in Center Lobby
 6:30 p.m. Broadway Tunes Sing Along
 Personal Care Day Room

Wednesday, July 23 Buffet Lunch

**Bus to UPMC Passavant Cranberry
 8 am - 10 am - 11:45 am - 2 pm**

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| <p>Granny's Attic Jewelry Sale 11 a.m. - 1:30 p.m.</p> |
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10:00 a.m. Men's Bible Study - Chapel
 10:00 a.m. Bus to Rt. 228 Mall
 11:00 a.m. Exercise Class - Card Room
 12:30 p.m. Complimentary Hearing Aid
 Services with Dr. Francis
 Appt. necessary
 1:15 p.m. Wednesday Bridge - Card Room
 7:00 p.m. Outdoor Games - Summer House
 7:00 p.m. Bus to Pittsburgh CLO
 7:15 p.m. Line Dancing - Auditorium

Thursday, July 24 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. Duplicate Bridge - Card Room

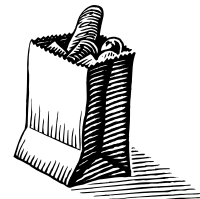
Friday, July 25 Buffet Lunch

**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
 10:00 a.m. Basic Beginner Bridge - Card Room
 11:00 a.m. Exercise Class - Auditorium
 2:00 p.m. Sew and So
 Personal Care Day Room

Saturday, July 26 Buffet Lunch

10:00 a.m. Bus to Ross Park Mall
 1:30 p.m. Scrabble & Games - Lobby
 7:15 p.m. Saturday Night at the Movies
Saving Mr. Banks - PG-13 Auditorium



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| <p>Quarterly food collection every day during the coming week. Place items in boxes in Gallery. No expired dates please. Items needed: Peanut butter, cereal, pasta, canned chicken/tuna, toothbrushes, toothpaste laundry detergent.</p> |
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COMING EVENTS

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| July 27 | Sunday | Quaker Meeting for Worship - 10:30 a.m. - Summer House - Weather Permitting |
| July 27 | Sunday | Chapel Service - 2 p.m. – James Caldwell - Auditorium |
| July 29 | Tuesday | Broadway Tunes Sing Along - 6:30 p.m. - Personal Care Day Room |
| August 1 | Saturday | Bus to Beaver Valley Mall - 10 a.m. |
| August 1 | Saturday | Saturday Night at the Movies - 7:15 p.m. - Auditorium |



This Week's Menu
Sunday, July 20, 2014 – Saturday, July 26, 2014
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 20

Manhattan Clam Chowder
 Beef London Broil
 Duck Breast with Dried Cherry Sauce
 Sole Meniere
 Chef's Feature – Fresh Strawberry Pancakes

Thursday 24

Tomato Basil Soup
 Hot Turkey Sandwich
 Beef Burgundy
 Pork Tenderloin with Plum Puree
 Catch of the Day – Mussels and Pasta

Monday 21

Italian Wedding Soup
 Herb Grilled Chicken
 Stuffed Shells Marinara
 Blackened Catfish
 Chef's Feature – Paradise Burger

Friday 25

Chilled Spiced Melon Soup
 Beef Stew
 Stuffed Portobello Mushroom
 Grilled Salmon
 Chef's Feature – Hot Sausage

Tuesday 22

Chilled Cucumber Soup
 Macaroni and Cheese
 Chinese Pepper Steak
 Baked Scallops
 Chef's Demo - Caesar Salad Toss

Saturday 26

Beef Vegetable Soup
 Veal with Sautéed Peppers
 Mandarin Chicken Salad
 Three Cheese Lasagna
 Catch of the Day - Fried Seafood Platter

Wednesday 23

Navy Bean Soup
 Barbeque Baby Back Ribs
 Lemon Pesto Chicken
 Lamb Patty with Tzatziki Sauce
 Catch of the Day – Seafood Stuffed Tomato

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: Corn on the Cob

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