



This Week at Sherwood Oaks – July 31, 2016 to August 6, 2016
The Audio Bulletin Board 8489



Sunday, July 31 Buffet Lunch/Dinner

10:30 a.m. Quaker Meeting for Worship - Chapel
2:00 p.m. Chapel Service - Auditorium
Rev. Brenda Barnes

Monday, August 1 Buffet Lunch/Table Service 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
9:30 a.m. Aquacize – Swimming Pool
10:30 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 - Oak Grove Center
7:00 p.m. Monday Night Bridge – Card Room

Tuesday, August 2 Buffet Lunch/Table Service 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
1:30 p.m. SORA Board Meeting - Auditorium
1:40 p.m. VA Clinic Cranberry/Passavant
Cranberry/Pittsburgh/Oakland
6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, August 3 Buffet Lunch/Dinner

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

10:00 a.m. Men's Bible Study - Chapel
9:30 a.m. Bus to Rite Aid, Passavant
Cranberry & Rt. 228 Mall
11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
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

Wednesday (con't)

1:00 p.m. Sherwood Oaks Alzheimer's Support Group
Cranberry Lake Grill
1:15 p.m. Wednesday Bridge - Card Room
3:00 p.m. Pinochle - Center Lobby

Thursday, August 4 Buffet Lunch/Dinner

Blackburn Scooter Service
9 - 2:30 p.m. - Scooter Gallery

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
9:30 a.m. Aquacize – Swimming Pool
10:30 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.
1:00 p.m. Sherwood Oaks Alzheimer's Support
Group - Cranberry Lake Grill
1:30 p.m. Duplicate Bridge - Card Room
3:00 p.m. Hand and Foot Canasta - Lobby

Friday, August 5 Buffet Lunch/Table Service 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
11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
1:00 p.m. Costco/Barnes & Noble/Walmart
Cranberry Mall/Passavant Cranberry/
Passavant Main
2:00 p.m. Sew and So
Personal Care Day Room
3:00 p.m. Pinochle - Center Lobby

Saturday, August 6 Buffet Lunch/Table Service Dinner

10:00 a.m. Bus to Beaver Valley Mall
12:00 p.m. Granny's Attic Annex Open until 2:30 p.m.
1:30 p.m. Scrabble & Games - Lobby
3:40 p.m. St. Ferdinand's Church
7:15 p.m. Saturday Night Movie - Auditorium
Showboat - 1 h. 47 m.

COMING EVENTS

- August 7 Sunday Chapel Service - 2 p.m. - Auditorium - William Jamieson
August 8 Monday Communion Service - 11 a.m. - Chapel
August 8 Monday Painting Class - 1 p.m. - Novice or Pro – Lower Level Studio
August 8 Monday Patching & Piecing Quilters - 2 p.m. - if interested in attending call Linda Blum x8135
August 8 Monday Sing Along - 6:30 p.m. - Oak Grove Center
August 9 Tuesday Sing Along - 6:30 p.m. - Personal Care Day Room
August 13 Saturday Bus to Ross Park Mall - 10 a.m.
August 13 Saturday Saturday Night Movie - 7:15 p.m. - Auditorium - *Eye in the Sky* - Rated R - 1 h. 42 m.



This Week's Menu
Sunday, July 31, 2016 – Saturday, August 6, 2016
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 **31**
Chicken with Julienne of Vegetables
Duck Breast with Apricot Sauce
Poached Salmon
Strip Loin
Chef's Feature – Multi Grain Pancakes with Berries

Thursday **4**
Tomato Basil
Sole Meuniere
Mediterranean Chicken
Pork Tenderloin with Peach Salsa
Chef's Feature – Veal Parmigiana

Monday **Full table service at dinner** **1**
Italian Wedding
Sausage Stuffed Zucchini
General Tso's Chicken
Mahi-Mahi – Florida Style Relish
Chef's Feature – Blackened Steak with Cajun Butter

Friday **Full table service at dinner** **5**
Elephant Garlic Soup
Tuna Nicoise Salad
Braised Steak
Tuscan Ravioli with Vodka Sauce
Chef's Feature – Chipotle-Lime Chicken

Tuesday **Full table service at dinner** **2**
Chilled Berry Soup
Southern Style Chicken
Lemon Pesto Cod
Barbecue Pulled Pork
Chef's Feature – Open Faced Pastrami

Saturday **Full table service at dinner** **6**
Vegetarian Vegetable
Pork Loin Milanese
Chicken Madeira
Dill Tilapia
Chef's Feature - Liver with Apples and Onions

Wednesday **3**
Navy Bean
Sweet 'n Sour Short Ribs
Grilled Shrimp Salad
Turkey Burger
Chef's Feature – Hot Sausage and Tortellini

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: Oven Roasted
Cauliflower

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