



**This Week at Sherwood Oaks – August 13, 2017 to August 19, 2017
The Audio Bulletin Board 8489**



Sunday, August 13 Buffet Lunch/Dinner

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

2:00 p.m. Chapel Service - Auditorium
Rev. Graham Standish

Monday, August 14 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
11:00 a.m. Communion - Chapel
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

Tuesday, August 15 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
11:00 a.m. Sister Circle - Skilled Nursing
call Betty Tolbert for info 8409
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

Wednesday, August 16 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

Wednesday (con't)

1:00 p.m. Handbell Practice - Auditorium
1:15 p.m. Wednesday Bridge - Lobby Area
3:00 p.m. Pinochle - Center Lobby
7:15 p.m. **NO** Campfire - re-scheduled to Aug. 23rd

Thursday, August 17 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

Friday, August 18 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. Tai Chi - Cranberry Lake Fitness Center
1:30 p.m. Resident Get Together - Auditorium
Community Nursing with Betty Wright
2:00 p.m. Sew and So - Personal Care Day Room
3:00 p.m. Pinochle - Center Lobby

Saturday, August 19 Buffet Lunch/Dinner

10:00 a.m. Bus to Beaver Valley 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
A Man for All Seasons - 2 hours



The photographer will be here on Thursday, August 24th from 8:30 a.m. to early afternoon to photograph new residents and those residents who were unavailable for earlier sessions. There is no expense unless you choose to buy prints. Call Bobbie at 8461 if you would like to schedule an appointment.

COMING EVENTS



- August 20 Sunday Chapel Service - 2 p.m. - Auditorium - Rev. Liddy Barlow
- August 21 Monday Painting Class - 1 p.m. - Novice or Pro – Lower Level Studio
- August 21 Monday Sing Along - 6:30 p.m. - Skilled Nursing West Hall
- August 22 Tuesday Sister Circle - 11 a.m. - Skilled Nursing - Call Betty Tolbert for info 8409
- August 22 Tuesday Sing Along - 6:30 p.m. - Personal Care Day Room
- August 23 Wednesday Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary
- August 23 Wednesday Campfire, Singing (Christmas Carols), Storytelling, and S'Mores - Summer House - 7:15 p.m.
Bus pick up from the Center at 7 p.m.
- August 24 Thursday New Resident Photos - Please contact Bobbie at x8461 to schedule an appointment
- August 24 Thursday Program Committee Presents - Bruce Smith - Calvin Presbyterian Music Director
7:15 p.m. - Auditorium
- August 26 Saturday Bus to Ross Park Mall - 10 a.m.
- August 26 Saturday Saturday Night Movie - 7 p.m. - Auditorium - **A Star is Born** - Rated PG - 2 hrs. 20 mins.

This Week's Menu
Sunday, August 13, 2017 – Saturday, August 19, 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 13

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

Thursday 17

- New England Seafood Chowder
- Braised Beef Tips
- Leg of Lamb
- Cajun Catfish
- Chef's Feature – Char-grilled Chicken

Monday 14

- Chicken Primavera
- Mandarin Chicken Salad
- Grilled Ham & Pineapple
- Oven Toasted Flounder
- Chef's Feature – Parmesan Burger

Friday 18

- Meatball Soup
- Sauteed Veal Scaloppini
- Grilled Kielbasa
- Golden Fried Shrimp
- Chef's Feature – Stuffed Chicken

Tuesday 15

- Chilled Peach Soup
- Rotisserie Chicken
- Open Faced Hot Roast Beef Sandwich
- Mustard Glazed Pork Tenderloin
- Chef's Feature – Smoked Perch
- Dessert Demo—Banana Split MTO

Saturday 19

- Cold Cucumber Soup
- Steak Salad
- Char-Grilled Turkey w/Chutney
- Basa Fish
- Chef's Feature - Breaded Pork Chop w/Port Sauce

Wednesday 16

- French Onion Soup
- Chicken Picatta
- Broccoli, Tomato & Cheese Quiche
- Panko Crusted Crab Cake
- Chef's Feature - Pork with Wine & Bleu

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 beginning Monday:
Oven Roasted Cauliflower Parmesan

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