



This Week at Sherwood Oaks – August 17, 2014 to August 23, 2014
The Audio Bulletin Board 8489



Sunday, August 17 **Buffet Lunch/Dinner**

2:00 p.m. Chapel Service – Auditorium
Rev. Ron Hoellein

Monday, August 18 **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
10:30 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, August 19 **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
11:00 a.m. Don Gowan's Bible Study Series
Lesson #3 - Oak Lodge Great Room

6:30 p.m. Country Western Tunes Sing Along
Personal Care Day Room

Wednesday, August 20 **Buffet Lunch**

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

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
11:45 a.m. Health Seminar - Cranberry Municipal
Building - ***How is Your Hearing?***
Seminar at 12:30 p.m.
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
7:15 p.m. Line Dancing - Auditorium

Thursday, August 21 **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

7:15 p.m. Focus on the World presents
“Global Warming: the Signs and the
Science”. A film to follow up on the
May program on climate change.
Auditorium

Friday, August 22 **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. Hand and Foot Canasta - Card Room
For more info. call 724 591-8926
Resident - Catherine Wagner
11:00 a.m. **NO** Exercise Class - Card Room
1:30 p.m. Resident Get Together - Auditorium
Residential Services with
Bobbie Cleland
2:00 p.m. Sew and So
Personal Care Day Room

Saturday, August 23 **Buffet Lunch**

10:00 a.m. Bus to Ross Park Mall
10:30 a.m. Pet Parade - Gallery
1:30 p.m. Scrabble & Games - Lobby
7:15 p.m. Saturday Night at the Movies
Delivery Man - Auditorium

The River City Brass Band Ensemble concert
presented by Marketing and scheduled for
August 19th has been re-scheduled for
Monday, September 29th at 2 p.m. in the
auditorium.

Granny's Attic “Framed Art Sale” begins
August 24 in the Gallery. This sale will run
for one week to 10 days and purchases may
be made during store hours. Empty frames
will also be for sale on a table outside
Sherwood Gifts.

COMING EVENTS

August 24	Sunday	Quaker Meeting for Worship - 10:30 a.m. - Chapel
August 24	Sunday	Chapel Service - 2 p.m. - Rev. Jared Ott - Auditorium
August 26	Tuesday	Don Gowan Bible Study - <i>The Books of Revelation, Daniel, and Their Relatives</i> Every Tuesday During August - 11 a.m. - Oak Lodge Great Room
August 26	Tuesday	Broadway Tunes Sing Along - 6:30 p.m. - Personal Care Day Room
August 27	Wednesday	Piano Duets - 11:45 - 12:30 p.m. & 5 - 5:30 p.m. - Fireplace Area
August 30	Saturday	Bus to Grove City Outlets - 10 a.m. - \$10 per person - Sign up on bulletin board
August 30	Saturday	Saturday Night at the Movies - 7:15 p.m. - Auditorium

This Week's Menu
Sunday, August 17, 2014 – Saturday, August 23, 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 **17**

Summer Potato Soup
Baked Flounder in Lemon Butter
Prime Ribs of Beef
Chicken Cordon Bleu
Chef's Feature – Blintz with Cherries

Monday **18**

Chicken Gumbo Soup
Roast Pork Loin
Strawberry Arugula Chicken Salad
Acapulco Tilapia
Chef's Feature - Hibachi Beef

Tuesday **19**

Vichyssoise
Open Faced Hot Roast Beef Sandwich
Lamb Steak with English Mint Sauce
Breadcrumb and Lemon Topped Scrod
Chef's Feature – Smoked Gouda
Mac and Cheese
Dessert Demo - Fuzzy Navel Peach Demo

Wednesday **20**

Beef Orzo Soup
Turkey a la King
Beef and Broccoli Stir Fry
Panko Crusted Crab Cake
Chef's Feature – Sausage Quinoa Salad
with Asparagus, Goat Cheese &
Black Olives

Thursday **21**

Chilled Peach Soup
Chicken with White Bean Chili
Grilled Ham Steak
Baked Haddock
Chef's Feature – Cabbage Roll

Friday **22**

French Onion Soup
Veal Piccata
Sweet Country Pork Sausage
Fried Shrimp
Chef's Feature – Smothered Chicken

Saturday **23**

Chicken Noodle Soup
Hungarian Goulash
Rotisserie Baked Chicken
Basa with Tomato Salsa
Chef's Feature—Tropical Pork

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