

This Week at Sherwood Oaks – August 30, 2015 to September 5, 2015
The Audio Bulletin Board 8489



Sunday, August 30 **Buffet Lunch/Dinner**

2:00 p.m. Chapel Service – Auditorium
Rev. Larry Ruby

Monday, August 31 **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 - Card Room

1:00 p.m. Painting Class – Novice or Pro
Lower Level Studio

1:15 p.m. Bus to Passavant Hospital
Main Campus - Legacy Theater

6:30 p.m. Sing Along - Oak Grove Center

7:00 p.m. Monday Night Bridge – Card Room

Tuesday, September 1 **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

Wednesday, September 2 **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. Lifestory Writing Class
Conference Room until 3 p.m.

1:15 p.m. Wednesday Bridge - Card Room

7:15 p.m. Line Dancing - Auditorium

Thursday, September 3 **Buffet Lunch**

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

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

1:00 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

7:15 p.m. Keyboard Concert - Disney Tunes with
Richard Pospistle - Auditorium

Friday, September 4 **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.

2:00 p.m. Sew and So
Personal Care Day Room

Saturday, September 5 **Buffet Lunch**

10:00 a.m. Bus to Beaver Valley Mall

12:00 p.m. Granny's Attic Annex #156 open
until 2:30 pm.

1:30 p.m. Scrabble & Games - Lobby

7:15 p.m. Saturday Night Movie - Auditorium
Two Days, One Night- Rated PG 13
1 hour 35 mins.



COMING EVENTS

September 6	Sunday	Chapel Service - 2 p.m. - Auditorium - Rev. Paul Cooper
September 7	Monday	NO off campus transportation - Labor Day
September 7	Monday	NO Painting Class - Labor Day
September 7	Monday	Last day to RSVP to Rita Pinyot for Ladies Bible Study Coffee and Donut Social 724 591-5160. Come check us out on Sept. 14th - 10 a.m. - Great Room
September 7	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
September 8	Tuesday	Take a Walk with a Friend - 11 a.m. - Meet in Center lobby
September 8	Tuesday	SORA Board Meeting - 1:30 p.m. - Auditorium
September 8	Tuesday	CarFit Program - 1-4 p.m. - Cranberry Municipal Building - Rear Parking Lot 724 776-5180 x5 Reservations required, space is limited.
September 8	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
September 9	Wednesday	Life Story Writing Class - 1 to 3 p.m. - Conference Room
September 9	Wednesday	Chorus Rehearsal Resumes - 3 p.m. - Auditorium (New voices welcome!)
September 10	Thursday	Campfire, Songs, Storytelling, and S'Mores - 7:15 p.m. - Summer House
September 11	Friday	River City Brass Band - 6:30 p.m. - Carson Middle School
September 12	Saturday	Bus to Ross Park Mall
September 12	Saturday	Saturday Night Movie - Move Over Darling Rated PG - 1 hr. 45 mins.

This Week's Menu

Sunday, August 30, 2015 – Saturday, September 5, 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 **30**

Chicken Tortellini
Cherry Glazed Baked Ham
Beef Burgundy
Baked Stuffed Flounder
Chef's Feature - Blueberry Pancakes

Monday **31**

Turkey Barley
Mango Glazed Chicken
Onion Baked Boneless Pork Chop
Grilled Salmon
Chef's Feature - Not provided by the time of
publication

Tuesday **1**

Chili
Fried Breaded Cod
Chicken Stuffed Tomato
Grilled Flank Steak
Chef's Feature - Not provided by the time of
publication

Wednesday **2**

Chilled Strawberry Soup
Beef Pot Roast with Gravy
Corn Flake Crusted Chicken
Barbeque Ribs
Chef's Feature – Not provided by the time of
publication

Thursday **3**

Wonton
Roast Turkey Au Jus
Fresh Herb Grilled Pork Tenderloin
Salisbury Steak with Gravy
Chef's Feature – Not provided by the time of
publication

Friday **4**

Cream of Tomato
Baked Flounder
Escalloped Veal
Grilled Chicken Citrus
Chef's Feature – Not provided by the time of
publication

Saturday **5**

Gazpacho
Seasoned Snapper
Steak with Shallot Butter
Chicken Tenderloin Salad
Chef's Feature - Not provided by the time of
publication

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.

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