



This Week at Sherwood Oaks - July 22, 2018 to July 28, 2018
The Audio Bulletin Board 8489



Sunday, July 22 Buffet Lunch/Dinner
Bus to Local Churches - please see bulletin board and Channel 900 for times
 10:30 am Quaker Meeting for Worship - Chapel
 2:00 pm Chapel Service - Auditorium -
 Rev. Derek Marotta

Monday, July 23 Buffet Lunch Full Service Dinner
 8:15 am Bus to Passavant Cranberry
 9:30 am Bus to Costco/Barnes & Noble Walmart/Cranberry Mall Passavant Cranberry & Main
 10:00 am Aquacize - Swimming Pool
 11:00 am Exercise Class - Cranberry Lake Fitness Center
 1:00 pm Painting Class - Novice or Pro
 1:00 pm Bus to Shop 'n Save/CVS Passavant Cranberry & Main Campus - Legacy Theater - Movie Today
 3:00 pm Pinochle - Center Lobby
 7:00 pm Monday Night Bridge - Card Room

Tuesday, July 24 Buffet Lunch Full Service Dinner
 8:15 am Bus to Passavant Cranberry
 9:30 am Bus to VA Clinic in Cranberry Passavant Cranberry & Pittsburgh/Oakland
 10:00 am Tai Chi Today - Cranberry Lake Fitness Center
 11:00 am Take a Walk with a Friend - Meet in Lobby
 1:40 pm VA Clinic Cranberry/Passavant Cranberry/Pittsburgh/Oakland
 2:00 pm Chris Denem - Neil Diamond - Aud.
 3:00 pm Hand and Foot Canasta - Lobby
 7:15 pm Outdoor Games - Summer House

Wednesday, July 25 Buffet Lunch
Bus to UPMC Passavant Cranberry 8:15am - 9:30am -11:45am - 2:00pm
 9:30 am Bus to Rite Aid, Passavant Cranberry & Rt. 228 Mall
 10:00 am Men's Bible Study - Chapel
 11:00 am Exercise Class - Cranberry Lake Fitness Center
 12:00 pm Granny's Attic Annex Patio Home 156
 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary

Wednesday, July 25 (continued)
 1:15 pm Wednesday Bridge - Card Room
 3:00 pm Pinochle - Center Lobby

Birthday Night Menu!

Thursday, July 26 Buffet Lunch/Dinner
 7:00 am Bus to Passavant Cranberry & Main
 9:30 am Bus to Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry & Passavant Main
 10:00 am Aquacize - Swimming Pool
 11:00 am Yoga Class - Cranberry Lake Fitness Center
 1:00 pm PC, Laptop, Tablet, or Smartphone Help
 1:00 pm Streets of Cranberry/Passavant Cranberry and Passavant Main
 1:15 pm Scrabble & Games - Lobby
 1:30 pm Duplicate Bridge - Card Room
 3:00 pm Hand and Foot Canasta - Lobby
 7:15 pm Pitt Alumni Dance Band - Auditorium

Friday, July 27 Buffet Lunch Full Service Dinner
UPMC Passavant Cranberry 7 am - 9:30 am - 1 pm
 9:30 am Bus to Shop 'n Save Passavant Cranberry & Passavant Main
 9:30 am Friday Gatherings/Prayer - Chapel
 11:00 am Exercise Class - Cranberry Lake Fitness Ctr.
 1:00 pm Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main
 1:00 pm Resident Get Together - Auditorium
 1:30 pm Tai Chi - Cranberry Lake Fitness Center
 2:00 pm Sew and SO - Personal Care Day Room

Saturday, July 28 Buffet Lunch/Dinner
 10:00 am Bus to Ross Park Mall
 2:00 pm Memorial Service - Jean "Rusty" Sweitzer - Auditorium
 3:40 pm Bus to St. Ferdinand's Church
 7:00 pm Saturday Night Movie - **My Dog Skip** - Rated PG - 1hr 35min

An expert is one who knows more and more about less and less until he knows absolutely everything about nothing.
Nicholas Murray Butler



COMING EVENTS

This Week at Sherwood Oaks - July 29, 2018 to August 4, 2018

July	29 Sunday	Chapel Service - 2:00pm - Auditorium - Rev. Dan Corll
July	30 Monday	Outdoor Games - 7:15pm - Summer House
August	1 Wednesday	Caregiver Support Group - 1:00pm - Chapel
August	2 Thursday	Blackburn Scooter Service - 9:00am to 2:30pm - Gallery
August	4 Saturday	Saturday Night Movie - The Best Exotic Marigold Hotel - PG 13- 2hr 4min
August	4 Saturday	Memorial Service - Jean "Rusty" Sweitzer - 2:00pm - Auditorium
August	4 Saturday	Granny's Attic Annex - Patio Home 156 - 12:00pm to 2:30pm

This Week's Menu

Sunday, July 22, 2018 - Saturday, July 28, 2018

Dining Room Reservation # for Patio Homes: 8234

Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724-776-8234

Take Out and Home Delivered Meals - Patio Home Residents: 8236

Take Out and Home Delivered Meals - Apartment Residents and 600 Patio Homes: 724-776-8236

Sunday	Buffet Lunch/Dinner	22
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Seafood Bisque		
English-style Cod		
Turkey with Stuffing		
Bourbon Beef Tips		
Chef's Feature - Hash and Eggs		

Thursday	Buffet Lunch/Dinner	26
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Watermelon Gazpacho		
Steamed Mussels		
Baby Back Ribs		
California Turkey Burger		
Chef's Feature - Beef in Pastry		

	Buffet Lunch	
Monday	Full Service Dinner	23
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Stuffed Pepper Soup		
Cheese Manicotti		
Cuban Pork Roast		
Cilantro Grilled Chicken		
Chef's Feature - Hand Breaded Shrimp		

	Buffet Lunch	
Friday	Full Service Dinner	27
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Wonton Soup		
Taco Salad		
General Tso's Chicken		
Sun-dried Tomato Pasta Asiago		
Chef's Feature - Broiled Seafood Crock		

	Buffet Lunch	
Tuesday	Full Service Dinner	24
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Vegetarian Vegetable Soup		
House Smoked Fish		
Apricot Chicken		
Leg of Lamb		
Chef's Demo - Stir-fry with Beef or Pork MTO		

Saturday	Buffet Lunch/Dinner	28
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Chicken Florentine Soup		
Basa with Fruit Salsa		
Ham Potato Casserole		
Homemade Meatballs in Marinara Sauce		
Chef's Feature - Chicken Paprika		

Wednesday	Buffet Lunch/Dinner	25
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Chilled Tropical Fruit		
Macadamia Nut Crusted Mahi		
Jerk Chicken		
Tropical Grilled Pork Chops		
Chef's Feature - Island BBQ Beef Ribs		

**Birth
Day
Night!**

Regular Non-Holiday Dining Room Hours

Lunch Buffet: Noon - 1 PM Mon. - Sat.
Sunday Brunch Buffet: 11:30 AM - 2 PM
Dinner: 5:00 PM - 7:00 PM
Café Sherwood:
 Breakfast: Daily 8 AM - 10:30 AM
 Lunch: Daily 11 AM - 5 PM
 Dinner: 5:00 PM - 7:00 PM

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 Donna Fasone or call 8462, or email fasone@sherwood-oaks.com.

