



This Week at Sherwood Oaks - August 12, 2018 to August 18, 2018
The Audio Bulletin Board 8489



Sunday, August 12 Buffet Lunch/Dinner

Bus to Local Churches - please see bulletin board and Channel 900 for times
 2:00 pm Chapel Service - Auditorium -
 Rev. Graham Standish

Monday, August 13 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, August 14 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
 1:30 pm Personal Care Open House - Personal
 Care Day Room
 1:40 pm VA Clinic Cranberry/Passavant
 Cranberry/Pittsburgh/Oakland
 3:00 pm Hand and Foot Canasta - Lobby
 7:15 pm Outdoor Games - Summer House

Wednesday, August 15 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, August 8 (continued)

1:00 pm Wednesday Bridge - Card Room
 3:00 pm Pinochle - Center Lobby
 7:15 pm Campfire Night - Special Hymn Sing -
 Summer House

Thursday, August 16 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 **NO** Duplicate Bridge
 3:00 pm Hand and Foot Canasta - Lobby
 7:15 pm Focus on the World - "Chasing Ice" - Aud.

Friday, August 17 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.
 11:00 am Educational Series on Parkinson's Disease -
 Auditorium
 1:00 pm Costco/Barnes & Noble/Walmart
 Cranberry Mall/Passavant Cranberry/
 Passavant Main
 1:30 pm Tai Chi - Cranberry Lake Fitness Center
 2:00 pm Sew and SO - Personal Care Day Room

Saturday, August 18 Buffet Lunch/Dinner

10:00 am Bus to Beaver Valley Mall
 3:40 pm Bus to St. Ferdinand's Church
 7:00 pm Saturday Night Movie - **On Golden Pond** -
 Rated PG - 1hr 49min

***The place to improve the world is first in
 one's own heart and head and hands.***



Robert M. Persig

COMING EVENTS

This Week at Sherwood Oaks - August 19, 2018 to August 25, 2018



August	19 Sunday	Chapel Service - 2:00pm - Auditorium - Rev. Ben Robbins
August	20 Monday	Let's Talk - 1:00pm - Auditorium
August	21 Tuesday	Sister Circle - 11:00am - Skilled Nursing
August	23 Thursday	Bruce Smith - Calvin Presbyterian Church - 7:15pm - Auditorium
August	24 Friday	Resident Get Together - 1:30pm - Auditorium
August	25 Saturday	Saturday Night Movie - The Theory Of Everything - Rated PG 13 - 2hr 3min

This Week's Menu

Sunday, August 12, 2018 - Saturday, August 18, 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	12
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Triple Onion Soup		
Salmon Teriyaki		
Quiche Lorraine		
Roast Beef Tenderloin		
Chef's Feature - Creamed Chicken		

Thursday	Buffet Lunch/Dinner	16
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Chicken Vegetable Soup		
Seasoned Catfish		
Braised Beef Short Ribs		
Ham Loaf with Rum Raisin Sauce		
Chef's Feature - Mandarin Chicken Salad		

	Buffet Lunch	
Monday	Full Service Dinner	13
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Cream of Asparagus Soup		
Coconut Shrimp		
Tri-Salad Egg, Ham, Tuna		
Seared Chicken Bella		
Chef's Feature - Beef Sirloin Sauté		

	Buffet Lunch	
Friday	Full Service Dinner	17
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Pasta Faggioli Soup		
Fried Grouper		
Chicken Bruschetta		
Angus Beef Burger w/Honey Sriracha Mayo		
Chef's Feature - Fresh Pork with Slaw		

	Buffet Lunch	
Tuesday	Full Service Dinner	14
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Chicken Tortilla Soup		
Baked Haddock		
Pork Paprikash		
Steak Medallions w/Mushrooms		
Chef's Demo - Chicken & Sausage/Grits MTO		

Saturday	Buffet Lunch/Dinner	18
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Broccoli Cheese Soup		
Baked Orange Tilapia		
Turkey Avocado Salad		
Veal with Sautéed Peppers		
Chef's Feature - Smoked BBQ Loin		

Wednesday	Buffet Lunch/Dinner	15
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Chilled Peach Soup		
Pesto Cod		
Chicken Quesadilla		
Old Fashioned Meat Lasagna		
Chef's Feature - Vegetable Frittata		

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.

