



**This Week at Sherwood Oaks - September 15, 2019 to September 21, 2019**  
**The Audio Bulletin Board 8489**



**Sunday, Sept 15 Buffet Lunch/Dinner**

**Bus to Local Churches - please see board and Channel 900 for times**

2:00 pm Chapel Service - Auditorium - Reverend Timothy Spring

**Monday, Sept 16 Buffet Lunch/Dinner**

8:15 am Bus to Passavant Cranberry  
 9:30 am Bus to Costco/Barnes & Noble Walmart/Cranberry Mall Passavant Cranberry & Main Campus  
 10:00 am Aquacize - Swimming Pool  
 10:45 am Women's Bible Study - Chapel  
 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  
 1:30 pm Campus Planning with Annette McPeck All Residents Welcome - Auditorium  
 7:00 pm Monday Night Bridge - Card Room

**Tuesday, Sept 17 Buffet Lunch/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 - Cranberry Lake Fitness Ctr.  
 11:00 am Sister Circle - Skilled Nursing Unit  
 1:00 pm Take a Walk with a Friend - Meet in Main Lobby  
 1:30 pm Drama Club - Join Us If You Can! - Oak Lodge Great Room  
 1:40 pm Bus to VA Clinic Cranberry/Passavant  
 3:00 pm Hand & Foot Canasta - Lobby

**Wednesday, Sept 18 Buffet Lunch/Dinner**

**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  
 9:30 am Male Call - Personal Care Day Room  
 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 - open until 2:30pm  
 1:00 pm Wednesday Bridge - Card Room  
 1:00 pm PC, Laptop, Tablet, or Smartphone Help in Computer Room until 3pm  
 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary  
 1:00 pm How to Write Your Life Story - Must be Pre-Registered - Conference Room  
 1:30 pm Bell Choir Practice - Auditorium  
 3:00 pm Chorus Practice - Auditorium

**Thursday, Sept 19 Buffet Lunch/Dinner**

**The Fitness Center and Exercise Room in the Community Center are CLOSED today while new carpet is being installed.**

7:00 am Bus to Passavant Cranberry & Main  
 9:30 am Bus to Cranberry Mall/Passavant Cranberry & Passavant Main  
 10:00 am Aquacize - Swimming Pool  
 11:00 am Yoga Class - Cranberry Lake Fitness Ctr.  
 1:00 pm Bus to Streets of Cranberry/Passavant Cranberry and Passavant Main  
 1:00 pm Bus to Pittsburgh Public Theater - O'Reilly Theater  
 1:15 pm Scrabble & Games - Lobby  
 1:30 pm NO Duplicate Bridge Today  
 3:00 pm Hand & Foot Canasta - Lobby

**Friday, Sept 20 Buffet Lunch/Dinner**

**The Fitness Center and Exercise Room in the Community Center are CLOSED today while new**

**Bus to UPMC Passavant Cranberry 7 am - 9:30 am - 1 pm**

9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main  
 10:00 am Friday Gathering for Prayer - Chapel  
 11:00 am Exercise Class - Cranberry Lake Fitness  
 1:00 pm Bus to Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main  
 1:30 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, Sept 21 Buffet Lunch/Dinner**

9:30 am Bus to Beaver Valley Mall  
 1:30 pm Fashion Show - Auditorium  
 3:40 pm Bus to St. Ferdinand's Church  
 7:00 pm Saturday Night Movie - **The Phantom of the Opera** - (Not Rated) 2hr 17min

**International Day of Peace**



## Coming Events



Sept 22	Sunday	Quaker Meeting for Worship - 10:30am - Chapel
Sept 22	Sunday	Bus to Pittsburgh Symphony - 1:30pm - Heinz Hall
Sept 22	Sunday	Chapel Service - 2:00pm - Auditorium - Reverend Sarah Heppenstall
Sept 23	Monday	Let's Talk! - 1:15pm - Auditorium
Sept 24	Tuesday	Computer Center Closes at 1:00pm for Monthly Maintenance
Sept 25	Wednesday	Bus to City Theatre - 11:45am - Southside
Sept 25	Wednesday	How to Write Your Life Story - Pre-Registration Required - 1:00pm - Conference Room
Sept 25	Wednesday	Campfire Night - 7:15pm - Summer House - Bus leaves Community Center at 7:00pm
Sept 26	Thursday	SORA Program Committee Presents - Pianist, <b>Tom Roberts</b> - 7:15pm - Auditorium
Sept 28	Saturday	Saturday Night Movie - 7:00pm - Auditorium - <b>Rocketman</b> - Rated R - 2hr 1min

### This Week's Menu

**Sunday, September 15, 2019 through Saturday, September 21, 2019**

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

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### Side of the Week: Broccoli Casserole

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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.

