



A part of UPMC Senior Communities

This Week at Sherwood Oaks - April 18, 2021 to April 24, 2021 The Audio Bulletin Board 8489

Sunday, April 18

No Off Campus Transportation Today

Monday, April 19

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Auditorium
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Stretch & Stability - Auditorium
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm Painting Class - Novice or Pro - Painting Studio - Lower Level - Maintain Distance
- 1:30 pm Women's Bible Study - Auditorium

Tuesday, April 20

- 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 - Auditorium - Class Size Limited - call Bill Burtner at ext. 8543 to register
- 11:00 am Move & Groove Fitness Class - Auditorium
- 1:30 pm Crocheting Plastic Bags - Craft Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

Wednesday, April 21

**Bus to UPMC Passavant Cranberry
8:15am - 9:30am - 11:45am - 2:00pm**

- 9:30 am Bus to Rite Aid, Passavant Cranberry & 228 Mall
- 10:00 am Group Fitness - Auditorium - Class Size Limited - Call Bill Burtner - Ext. 8543
- 11:00 am Take a Walk with a Friend - Meet outside Scooter Room/Gallery Entrance
- 12:00 pm Granny's Attic Annex #156 - Appointment Only - Call Frank or Joanne - Ext. 8154
- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary

WEEKEND PHYSICIANS ON CALL

Call the Community Nurse for assistance at ext. 8496. Call 412-931-3066 for doctor on call information.

Thursday, April 22 - Earth Day

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am Aquacize - Swimming Pool
- 10:00 am Move & Groove Fitness Class - Auditorium
- 10:00 am Crocheting Plastic Bags - Craft Room
- 11:00 am Yoga - Auditorium - Class Size Limited - Call Bill Burtner at ext. 8543
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry

Climate Change Documentaries - April 22

"Chasing Ice" - 10:00 am

"Chasing Coral" - 4:00 pm

"Racing Extinction" - 7:30 pm

TV Channel 901

Friday, April 23

**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 Tai Chi - Auditorium - Class Size Limited - Call Bill Burtner at 8543 to register
- 11:00 am On the Move Fitness Class - Auditorium
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Craft Group - Craft Room
- 2:00 pm Sew & So's - Fireplace Lounge

Saturday, April 24

No Off Campus Transportation Today

- 7:00 pm Saturday Night Movie - Captain Phillips
Rated (PG-13) - TV Channel 901



Please leave items for the Weekly Bulletin at the front desk for Tabby Alford **by NOON on Thursday** for inclusion in next week's bulletin. Be sure to notify Tabby when an activity or meeting is cancelled or when the date, time, or location has changed. She can be reached at extension 8460 or by email at alfordtl@sherwood-oaks.com.