



A part of UPMC Senior Communities

This Week at Sherwood Oaks - May 9, 2021 to May 15, 2021 The Audio Bulletin Board 8489

Sunday, May 9 *Mother's Day*

No Off Campus Transportation Today

Monday, May 10

- 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
- 1:30 pm Women's Bible Study - Auditorium

"The Human Element" - May 10
10:00 am, 4:00 pm, 7:30 pm
TV Channel 901

Tuesday, May 11

- 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

"Maine Nature: Virtual Walk" - May 11
10:00 am, 4:00 pm, 7:30 pm
TV Channel 901

Wednesday, May 12

**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

Thursday, May 13

- 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

Friday, May 14

**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 Patching & Piecing - Lower Level Craft Room
- 2:00 pm Sew & So's - Fireplace Lounge

Saturday, May 15

No Off Campus Transportation Today

- 7:00 pm Saturday Night Movie - The Bucket List Rated (PG 13) - TV Channel 901

Happy 6th Birthday Sherman & Oakley



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.