



**This Week at Sherwood Oaks - July 8, 2018 to July 14, 2018**  
**The Audio Bulletin Board 8489**

**Sunday, July 8 Buffet Lunch/Dinner**

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

2:00 pm Chapel Service - Auditorium -  
Rev. Kevin Gourley

**Buffet Lunch**

**Monday, July 9 Full Service Dinner**

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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

**Buffet Lunch**

**Tuesday, July 10 Full Service Dinner**

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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  
1:00 pm Cranberry Veterinary Hospital  
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, July 11 Buffet Lunch**

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**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  
1:15 pm Wednesday Bridge -Card Room  
3:00 pm Pinochle - Center Lobby

**Thursday, July 12 Buffet Lunch/Dinner**

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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

**Buffet Lunch**

**Friday, July 13 Full Service Dinner**

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**Bus to Passavant Hospital and  
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  
1:15 pm Let's Talk - Auditorium  
1:30 pm Tai Chi - Cranberry Lake Fitness Center  
2:00 pm Sew and SO - Personal Care Day Room

**Saturday, July 14 Buffet Lunch/Dinner**

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10:00 am Bus to Ross Park Mall  
3:40 pm Bus to St. Ferdinand's Church  
7:00 pm Saturday Night Movie -**The Man Who  
Wasn't There** - Rated R - 1hr 56min



**COMING EVENTS**

July	15 Sunday	Chapel Service - 2:00pm - Auditorium - Rev. James Gascoine
July	17 Tuesday	Sister Circle - 11:00am - Skilled Nursing
July	17 Tuesday	Outdoor Games - 7:15pm - Summer House
July	18 Wednesday	Campfire Night - 7:15pm - Summer House
July	21 Saturday	Saturday Night Movie - <b>Never Cry Wolf</b> Rated PG 1hr 45min



**This Week's Menu**

**Sunday, July 8, 2018 - Saturday, July 14, 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 8**

- Triple Onion Soup
- Salmon Teriyaki
- Quiche Lorraine
- Roasted Beef Tenderloin
- Chef's Feature - Sausage Gravy & Biscuit

**Thursday Buffet Lunch/Dinner 12**

- Chicken Vegetable Soup
- Seasoned Catfish
- Braised Beef Short Ribs
- Ham Loaf with Rum Raisin Sauce
- Chef's Feature - Chicken Gumbo

**Monday Buffet Lunch Full Service Dinner 9**

- Cream of Asparagus Soup
- Coconut Shrimp
- Tri-Salad - Egg, Ham, Tuna
- Seared Chicken Bella
- Beef Stir-fry

**Friday Buffet Lunch Full Service Dinner 13**

- Pasta Faggioli Soup
- Fried Grouper
- Chicken Bruschetta
- Angus Beef Burger with Honey Sriracha Mayo
- Chef's Feature - Curried Pork

**Tuesday Buffet Lunch Full Service Dinner 10**

- Chicken Tortilla Soup
- Baked Haddock
- Pork Paprikash
- Steak Medallions with Mushrooms
- Chef's Demo - Build Your Own "Mac"

**Saturday Buffet Lunch/Dinner 14**

- Broccoli Cheese Soup
- Baked Orange Tilapia
- Turkey Avocado Salad
- Veal with Sautéed Peppers
- Chef's Feature - Jager Schnitzel

**Wednesday Buffet Lunch/Dinner 11**

- Chilled Peach Soup
- Pesto Cod
- Chicken Quesadilla
- Old Fashioned Meat Lasagna
- Chef's Feature - Pan-seared Pork

**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.

