



This Week at Sherwood Oaks - August 5, 2018 to August 11, 2018
The Audio Bulletin Board 8489



Sunday, August 5 Buffet Lunch/Dinner

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

2:00 pm Chapel Service - Auditorium -
 Rev. Karen Slusser

Buffet Lunch

Monday, August 6 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 Let's Talk - Auditorium
 1:00 pm Bus to Shop 'n Save/CVS
 Passavant Cranberry & Main Campus -
 Legacy Theater - Movie Today
 3:00 pm Pinochle - Center Lobby
 3:00 pm SORA Program - Living with Loss -
 Auditorium
 7:00 pm Monday Night Bridge - Card Room

Buffet Lunch

Tuesday, August 7 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
 10:30 am Oak Grove Center Open House -
 Cranberry Lake Grill
 11:00 am Take a Walk with a Friend - Meet in
 Lobby
 1:30 pm SORA Monthly Meeting - Auditorium
 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 8 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

Wednesday, August 8 (continued)

12:00 pm Granny's Attic Annex Patio Home 156
 1:00 pm Complimentary Hearing Aid Service
 Dr. Francis - Appointment Necessary
 1:00 pm Wednesday Bridge - Card Room
 3:00 pm Pinochle - Center Lobby

Thursday, August 9 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 Duplicate Bridge - Card Room
 3:00 pm Hand and Foot Canasta - Lobby

Buffet Lunch

Friday, August 10 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.
 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 11 Buffet Lunch/Dinner

10:00 am Bus to Ross Park Mall
 3:40 pm Bus to St. Ferdinand's Church
 7:00 pm Saturday Night Movie - **The Russians Are
 Coming** - Rated G - 2hr 6min



*Happiness is like a butterfly.
 The more you chase it, the more it eludes you.
 But if you turn your attention to other things,
 it comes and sits softly on your shoulder*

-Henry David Thoreau



COMING EVENTS

This Week at Sherwood Oaks - August 12, 2018 to August 18, 2018



August	12 Sunday	Chapel Service - 2:00pm - Auditorium - Rev. Graham Standish
August	14 Tuesday	Personal Care Open House - 1:30pm - Personal Care Day Room
August	15 Wednesday	Campfire Night - Special Hymn Sing - 7:15pm - Summer House
August	16 Thursday	Focus on the World - 7:15pm - Auditorium
August	17 Friday	Educational Series on Parkinson's Disease - 11:00am - Auditorium
August	18 Saturday	Saturday Night Movie - On Golden Pond - Rated PG - 1hr 49min



This Week's Menu

Sunday, August 5, 2018 - Saturday, August 11, 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	5
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Cream of Artichoke Soup		
Seafood Newburg		
Rotisserie Chicken		
Baked Ham		
Chef's Feature - Raisin Bread French Toast		

Thursday	Buffet Lunch/Dinner	9
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Beef Vegetable Soup		
Trout Piccata		
Roast Turkey with Natural Jus		
Stuffed Peppers		
Chef's Feature - Pan Seared Pork		

Monday	Buffet Lunch Full Service Dinner	6
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Turkey Barley Soup		
Seared Ahi with Salsa		
Baked Pork Chop		
Balsamic Glazed Beef		
Chef's Feature - Italian Braised Chicken		

Friday	Buffet Lunch Full Service Dinner	10
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Lemon Orzo Chicken Soup		
Baked Flounder		
Vegetarian Chili with Toasted Pita Chips		
Baked Lamb Chop with Mint Jelly		
Chef's Feature - Chicken Scarpariello		

Tuesday	Buffet Lunch Full Service Dinner	7
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Chilled Cucumber Soup		
Orange Roughy		
Angel Hair Pasta with Marinara Sauce		
Almond Crusted Chicken Salad		
Chef's Demo - Thai Noodle Bowl MTO		

Saturday	Buffet Lunch/Dinner	11
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Gazpacho		
Pan Seared Snapper		
Barbecue Pulled Pork on an Onion Roll		
Southern Fried Chicken		
Chef's Feature - Veal Romano		

Wednesday	Buffet Lunch/Dinner	8
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Chicken Noodle Soup		
Crab Stuffed Portobello		
Calves Liver & Onions		
Cherry Glazed Ham		
Chef's Feature - Potted Chicken		

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.

