

This Week at Sherwood Oaks - June 9, 2019 to June 15, 2019
The Audio Bulletin Board 8489

Sunday, June 9 **Buffet Lunch/Dinner**

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

- 12:45 pm Bus to Pittsburgh Symphony - Heinz Hall
- 2:00 pm Chapel Service - Auditorium - Reverend Ben Robbins

Buffet Lunch

Monday, June 10 **Full Service 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
- 11:00 am Exercise Class - Cranberry Lake Fitness Center
- 11:00 am Communion Service - Chapel
- 1:00 pm Painting Class Today - Novice or Pro
- 1:00 pm Bus to Shop 'n Save/CVS Passavant Cranberry & Main Campus
- 7:00 pm Monday Night Bridge - Card Room

Tuesday, June 11 **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 Center
- 10:30 am Continued Learning - Speaker, William Markus - Auditorium
- 11:00 am Take a Walk with a Friend - Meet in Main Lobby
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Hand & Foot Canasta - Lobby
- 7:15 pm SORA Annual Meeting - Auditorium - All Residents Welcome!

Wednesday, June 12 **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
- 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 Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help in Computer Room until 3pm

Wednesday, June 12 **(continued)**

- 7:15 pm Campfire Night - Special Hymn Sing - Summer House

Thursday, June 13 **Buffet Lunch/Dinner**

- 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
- 1:15 pm Scrabble & Games - Lobby
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Hand & Foot Canasta - Lobby

Buffet Lunch

Friday, June 14 **Full Service Dinner**



Flag Day!

Bus to 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 Gathering for Prayer - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness
- 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, June 15 **Buffet Lunch/Dinner**

- 9:30 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's
- 7:00 pm Saturday Night Movie - **Stan & Ollie** - Rated PG - 1hr 38min - Auditorium



"When we honor our **flag**, we honor what we stand for as a Nation - freedom, equality, justice, and hope."

Coming Events



- June 16 Sunday Bus to Pittsburgh Symphony - 1:30pm - Heinz Hall
- June 16 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Dean Ziegler
- June 17 Monday Let's Talk - 1:15pm - Auditorium
- June 18 Tuesday Take a Walk with a Friend - All Residents Welcome - 11:00am - Meet in Lobby
- June 18 Tuesday Drama Club - 1:30pm - Oak Lodge Great Room
- June 20 Thursday Focus on the World - 7:15pm - Auditorium
- June 21 Friday Resident Get Together - 1:30pm - Auditorium
- June 22 Saturday Saturday Night Movie - 7:00pm - Auditorium - **The Upside** - Rated PG 13 - 2hr 6min

This Week's Menu

Sunday, June 9, 2019 through Saturday, June 15, 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

Take Out and Home Delivered Meals - Apartment Residents and 600 Patio Homes: 724-776-8236

Side of the Week: Fried Zucchini with Marinara Sauce

Sunday Buffet Lunch/Dinner 9
 Beer Cheese Soup
 Seafood Newburg
 Champagne Chicken
 Baked Ham
 Chef's Feature - Creamed Chipped Beef

Thursday Buffet Lunch/Dinner 13
 Beef Vegetable Soup
 Trout Piccata
 Roast Turkey with Natural Jus
 Stuffed Peppers
 Chef's Feature - Vegetable Devonshire

Monday Buffet Lunch Full Service Dinner 10
 Turkey Barley Soup
 Seared Ahi with Salsa
 Baked Pork Chop
 Balsamic Glazed Beef
 Chef's Feature - Bone-in BBQ Chicken Breast

Friday Buffet Lunch Full Service Dinner 14
 Lemon Orzo Chicken
 Baked Flounder
 Vegetarian Chili with Toasted Pita Chips
 Baked Lamb Chop with Mint Jelly
 Chef's Feature - Chicken with Fruited Ginger Sauce

Tuesday Buffet Lunch Full Service Dinner 11
 Chilled Cucumber Soup
 Orange Roughy
 Angel Hair Pasta with Marinara Sauce
 Almond Crusted Chicken Salad
 Chef's Demo - Beef, Pork or Tofu Sauté MTO

Saturday Buffet Lunch/Dinner 15
 Gazpacho
 Pan Seared Snapper
 Barbecue Pulled Pork on an Onion Roll
 Southern Fried Chicken
 Chef's Feature - French Beef Stew

Wednesday Buffet Lunch/Dinner 12
 Chicken Noodle Soup
 Crab Stuffed Portobello
 Calves Liver & Onions
 Cherry Glazed Ham
 Chef's Feature - Eggplant Parmesan

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.