



**This Week at Sherwood Oaks - August 18, 2019 to August 24, 2019**  
**The Audio Bulletin Board 8489**



**Sunday, August 18 Buffet Lunch/Dinner**

**Bus to Local Churches - please see board and Channel 900 for times**  
 2:00 pm Chapel Service - Auditorium - Reverend Tom Parkinson

**Monday, August 19 Buffet Lunch 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 NO Aquacize - Swimming Pool  
 10:45 am Women's Bible Study - Chapel  
 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  
 7:00 pm Monday Night Bridge - Card Room

**Tuesday, August 20 Buffet Lunch/Dinner**

**Curio Cabinets**  
**Please pick up Celebrate America items!**  
**10:00am to noon and 4:30pm to 5:30pm**

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 Ctr.  
 11:00 am Sister Circle - Skilled Nursing  
**1:00 pm New Time -Take a Walk with a Friend Meet in Main Lobby**  
 1:30 pm Healthy Aging Presentation - Platinum Senior Living Research - Auditorium  
 1:40 pm Bus to VA Clinic Cranberry/Passavant  
 3:00 pm Hand & Foot Canasta - Lobby

**Wednesday, Aug 21 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 - Sherwood Meeting Room (Lower Level)  
 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 - Lobby

**Wednesday (continued) Buffet Lunch/Dinner**

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

**Thursday, August 22 Buffet Lunch/Dinner**

**Curio Cabinets**  
**Wallace Christy's collection of BEARS and Mary Lou Fox's collection of FOXES!**

7:00 am Bus to Passavant Cranberry & Main  
 9:30 am Bus to Cranberry Mall/Passavant Cranberry & Passavant Main  
 10:00 am NO 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  
 7:15 pm SORA Program Committee - The Greater Harmony Chorus - Auditorium

**Friday, August 23 Buffet Lunch Full Service Dinner**

**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 Friday Gathering for Prayer - Sherwood Meeting Room (Lower Level)  
 11:00 am Exercise Class - Cranberry Lake Fitness  
 1:00 pm Bus to 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 24 Buffet Lunch/Dinner**

9:30 am Bus to Ross Park Mall  
 3:40 pm Bus to St. Ferdinand's Church  
 7:00 pm Saturday Night Movie - **American Graffiti** - PG 13 - 1hr 50min

*Life is too important to be taken seriously.*

## Coming Events



- Aug 25 Sunday Quaker Meeting for Worship - 10:30am - Chapel
- Aug 25 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Moni McIntyre
- Aug 26 Monday Let's Talk - 1:15pm - Auditorium
- Aug 27 Tuesday Take a Walk with a Friend - All Residents Welcome - 11:00am - Meet in Lobby
- Aug 28 Wednesday Campfire Night - 7:15pm - Summer House
- Aug 31 Saturday No Bus to Beaver Valley or Ross Park Mall Today
- Aug 31 Saturday Saturday Night Movie - 7:00pm - Auditorium - **Network** - Rated R - 2hr 1min

### This Week's Menu

**Sunday, August 18, 2019 through Saturday, August 24, 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: Sautéed Spinach

<b>Sunday</b>	<b>Buffet Lunch/Dinner</b>	<b>18</b>	<b>Thursday</b>	<b>Buffet Lunch/Dinner</b>	<b>22</b>
Beer Cheese Soup			Beef Vegetable Soup		
Seafood Newburg			Trout Piccata		
Champagne chicken			Roast Turkey with Natural Jus		
Baked Ham			Stuffed Peppers		
Chef's Feature - Creamed Chipped Beef			Chef's Feature - Margherita Pizza		

<b>Monday</b>	<b>Buffet Lunch Full Service Dinner</b>	<b>19</b>	<b>Friday</b>	<b>Buffet Lunch Full Service Dinner</b>	<b>23</b>
Turkey Barley Soup			Lemon Orzo Chicken Soup		
Seared Ahi with Salsa			Baked Flounder		
Baked Pork Chop			Vegetarian Chili with Toasted Pita Chips		
Balsamic Glazed Beef			Baked Lamb Chop with Mint Jelly		
Chef's Feature - Bone-in Barbecued Chicken			Chef's Feature - Stuffed Chicken Breast		

<b>Tuesday</b>	<b>Full Service Dinner</b>	<b>20</b>	<b>Saturday</b>	<b>Buffet Lunch/Dinner</b>	<b>24</b>
Chilled Cucumber Soup			Gazpacho		
Orange Roughy			Pan Seared Snapper		
Angel Hair Pasta with Marinara Sauce			Barbecue Pulled Pork on an Onion Roll		
Almond Crusted Chicken Salad			Southern Fried Chicken		
Chef's Demo - Beef, Pork, or Tofu Sauté MTO			Chef's Feature - Blackened Steak Salad		

<b>Wednesday</b>	<b>Buffet Lunch/Dinner</b>	<b>21</b>
Chicken Noodle Soup		
Crab Stuffed Portobello		
Claves Liver & Onions		
Cherry Glazed Ham		
Chef's Feature - Vegetable Lo Mein		

**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.

