

**This Week at Sherwood Oaks - September 8, 2019 to September 14, 2019  
The Audio Bulletin Board 8489**



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

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

2:00 pm Chapel Service - Auditorium - Reverend Liddy Barlow

**Monday, Sept 9 Buffet Lunch/Dinner**

8:15 am Bus to Passavant Cranberry  
9:00 am Women's Bible Study - Coffee & Donuts - Card Room  
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 - Oak Lodge Great Room  
1:00 pm Painting Class - Novice or Pro  
1:00 pm Bus to Shop 'n Save/CVS Passavant Cranberry & Main Campus  
1:15 pm Let's Talk - Auditorium  
7:00 pm Monday Night Bridge - Card Room

**Tuesday, Sept 10 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 Ctr.  
10:30 am Introduction to Don Giovanni - Presented by Dr. Jno Hunt - Auditorium  
1:00 pm 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  
4:00 pm Grab and Go Book Club - Oak Lodge Great Room - New Members Welcome  
7:15 pm SORA Board Quarterly Meeting - All Residents Welcome - Auditorium

**Wednesday, Sept 11 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  
9:30 am Male Call - Personal Care Day Room  
10:00 am Men's Bible Study - Cranberry Lake Grill  
11:00 am Exercise Class - Cranberry Lake Fitness Center  
12:00 pm Granny's Attic Annex -Patio Home #156 - open until 2:30pm

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

1:00 pm Wednesday Bridge - Lobby  
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  
1:00 pm How to Write Your Life Story - Must be Pre-Registered - Conference Room  
1:30 pm Bell Choir Practice - Cranberry Lake Grill  
3:00 pm Chorus Practice - Cranberry Lake Grill

**Thursday, Sept 12 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  
1:15 pm Living With Loss Grief Group - Large Conference Room  
1:30 pm Duplicate Bridge - Oak Lodge  
3:00 pm Hand & Foot Canasta - Lobby

**Friday, Sept 13 Buffet Lunch/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 - Card Room  
11:00 am Exercise Class - Cranberry Lake Fitness  
1:00 pm Bus to Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main  
1:15 pm Living With Loss Grief Group - Large Conference Room  
1:30 pm Tai Chi - Cranberry Lake Fitness Center  
2:00 pm Sew and So - Personal Care Day Room  
2:00 pm String Trio Concert - Auditorium

**Saturday, Sept 14 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 - **Catch Me If You Can** - Rated PG 13 - 2hr 21min



## Coming Events



Sept 15	Sunday	Chapel Service - 2:00pm - Auditorium - Reverend Timothy Spring
Sept 16	Monday	Women's Bible Study - 10:45am - Card Room
Sept 17	Tuesday	Sister Circle - 11:00am - Skilled Nursing Unit
Sept 17	Tuesday	Drama Club - Join us if you can! - 1:30pm - Oak Lodge Great Room
Sept 18	Wednesday	Men's Bible Study - 10:00am - Cranberry Lake Grill
Sept 18	Wednesday	How to Write Your Life Story - Pre-Registration Required - 1:00pm - Conference Room
Sept 19	Thursday	Bus to Pittsburgh Public Theater - 1:00pm - O'Reilly Theater
Sept 19	Thursday	Focus on the World - 7:15pm - Auditorium
Sept 20	Friday	Friday Gathering for Prayer - 10:00am - Card Room
Sept 20	Friday	Resident Get Together - 1:30pm - Auditorium
Sept 21	Saturday	Saturday Night Movie - 7:00pm - Auditorium - <b>The Phantom of the Opera</b> - 2hr 21min

### This Week's Menu

**Sunday, September 8, 2019 through Saturday, September 14, 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: Roasted Local Squash

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### 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.

