



**This Week at Sherwood Oaks – January 22, 2012 to January 28, 2012  
The Audio Bulletin Board – 8489**

**Sunday, January 22      Buffet Lunch/Dinner**

2:00 p.m.      Chapel Service – Auditorium  
Rev. Deane Lavender

**Monday, January 23      Buffet Lunch**

9:30 a.m.      Aquacize – Swimming Pool  
10:30 a.m.      Aquacize – Swimming Pool  
11:00 a.m.      Exercise Class – Lower Level  
12:25 p.m.      Bus to Wal-Mart/Cranberry Mall  
Passavant Hospital/UPMC  
Passavant Cranberry  
12:30 p.m.      Complimentary Hearing Aid services  
with Dr. Francis – Appt. necessary  
1:00 p.m.      Painting Class – Novice or Pro  
Lower Level Studio  
1:30 p.m.      Handbell Practice - Auditorium  
6:30 p.m.      Sing Along – Oak Grove Center  
7:00 p.m.      Monday Night Bridge  
Card Room

**Tuesday, January 24      Buffet Lunch**

9:30 a.m.      Bus to Pittsburgh/Oakland  
10:00 a.m.      Tai-Chi – Auditorium  
10:30 a.m.      Course on the Book of Job  
Hess Great Room – Oak Lodge  
6:30 p.m.      CampfireTunes Sing Along  
Personal Care Day Room

**Wednesday, January 25      Buffet Lunch**

Bus to UPMC Passavant Cranberry  
8 a.m. – 10 a.m. – 11:45 a.m. – 2 p.m.  
10:00 a.m.      Bus to Rt. 228 Mall  
10:00 a.m.      Men's Bible Study - Chapel  
11:00 a.m.      Exercise Class Lower Level  
11:45 a.m.      City Theater - Southside  
1:15 p.m.      Wednesday Bridge – Card Room  
3:00 p.m.      Chorus Practice – Auditorium  
7:15 p.m.      Line Dancing - Auditorium

**Thursday, January 26      Buffet Lunch**

7:00 a.m.      Bus to Passavant Hospital  
9:30 a.m.      Bus to Cranberry Mall/UPMC  
9:30 a.m.      Aquacize – Swimming Pool  
10:00 a.m.      Ceramics Class – Craft Room  
10:30 a.m.      Aquacize – Swimming Pool  
11:00 a.m.      Yoga – Auditorium  
11:00 a.m.      Bus to Streets of Cranberry &  
UPMC Passavant  
1:30 p.m.      Duplicate Bridge – Card Room

**Friday, January 27      Buffet Lunch**

Bus to Passavant Hospital  
UPMC Passavant Cranberry  
7 a.m. – 12:30 p.m. – 2 p.m.  
10:00 a.m.      Bus to Shop n Save/Passavant  
Hospital/UPMC Passavant Cranberry  
10:00 a.m.      Basic Bridge – Card Room  
11:00 a.m.      Exercise Class – Lower Level  
2:00 p.m.      Sew and Sew  
Personal Care Day Room

**Saturday, January 28      Buffet Lunch**

10:00 a.m.      Bus to Ross Park Mall  
1:30 p.m.      Scrabble & Games – Card Room  
7:15 p.m.      Saturday Night at the Movies  
***The Night of the Iguana***  
Auditorium

## COMING EVENTS

January 29 Sunday	Pops Concert – 1:30 p.m. – Heinz Hall
January 29 Sunday	Chapel Service – 2 p.m. – Auditorium – Rev. John Rodgers
January 31 Tuesday	Course on the Book of Job – 10:30 a.m. – Hess Great Room – Oak Lodge
January 31 Tuesday	Communion Service – 11 a.m. - Chapel
January 31 Tuesday	Tuesday Afternoon Movie – 1:30 p.m. - <b>A Better Life</b> – Rated PG-13 - Auditorium
January 31 Tuesday	Opera – 6 p.m. – Benedum Center
January 31 Tuesday	BroadwayTunes Sing Along – 6:30 p.m. – Personal Care Day Room
February 4 Saturday	Bus to Beaver Valley Mall – 10 a.m.
February 4 Saturday	Saturday Night Movie – 7:15 p.m. – Auditorium

### This Week's Menu

**Sunday, January 22, 2012 – Saturday, January 28, 2012**

**Dining Room Reservation # for Patio Homes: 8659**

**Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724 776-8234**

**Home delivered Meals - Patio Home Residents: 8662**

**Home Delivered Meals – Apartment Residents and 600 Patio Homes: 724 776-8241**

#### Sunday Brunch/Dinner 22

Cream of Broccoli Soup  
 Beef Lentil Soup  
 Pecan Crusted Tilapia  
 Carved Roasted Turkey with Stuffing  
 Seasoned Beef Brisket  
 Brunch & Dinner – Cherry Blintzes

#### Monday Lunch/Dinner 23

Turkey Vegetable  
 Seaboard Chowder  
 Roasted Pork Tenderloin  
 Baked Cod  
 Honey Mustard Chicken  
 Chef's Feature – Bleu Cheese Burger

#### Tuesday Lunch/Dinner 24

Chili  
 French Onion  
 Flank Steak with Roasted Corn Salsa  
 Chicken Marsala  
 Baltimore Fish Cakes  
 Chef's Demo – Eggs Benedict

#### Wednesday Lunch/Dinner 25

KC Soup  
 Chicken Noodle  
 Baked Haddock with Bread Crumb Topping  
 Open Face Hot Turkey Sandwich  
 Bratwurst with Grilled Onions  
 Happy January Birthdays!

**Vegetable of the week:** Braised Greens with Bacon and Onions

#### Thursday Lunch Dinner 26

Cream of Potato Soup  
 Vegetable Bowl  
 Poached Salmon  
 Meat Lasagna  
 Carved Ham  
 Chef's Feature – Baked Herb Chicken

#### Friday Lunch/Dinner 27

Chicken Pastini  
 Cream of Tomato  
 Grilled Vegetable Stuffed Mushroom  
 Asian Shrimp  
 Carved Lamb  
 Chef's Feature – Braised Beef Tips

#### Saturday Lunch/Dinner 28

Navy Bean Soup  
 Stuffed Pepper Soup  
 Turkey Medallions with Cranberry Sauce  
 Kielbasa & Sauerkraut  
 Swiss Steak  
 Catch of the Day – Cornmeal Catfish

#### Dining Room:

**Lunch:** Noon – 1 p.m. Mon. – Sat.

**Mon. – Sat. Buffet**

**Sunday Brunch Buffet:** Noon – 2 p.m.

**Dinner:** 5:10 – 7:10 p.m.

#### Café Sherwood:

**Breakfast:** Daily 8 – 10:30 a.m.

**Lunch:** Daily 11 a.m. – 5 p.m.

**Dinner:** Daily 5:10 - 7:10 p.m.



Please leave items for the Weekly Bulletin at the front desk for Phyllis Franks, or call 8462, or email: [frankspm@sherwood-oaks.com](mailto:frankspm@sherwood-oaks.com)  
 Any information to be published must include resident or staff name.

#### WEEKEND PHYSICIANS ON CALL

Call the Community Nurse for assistance at 8496. Sunday, January 22, Dr. Heyl  
 Saturday, January 28, Dr. Shoenthal  
 412 931-3066

