



This Week at Sherwood Oaks – January 22, 2017 to January 28, 2017
The Audio Bulletin Board 8489



Sunday, January 22 Buffet Lunch/Dinner
Bus to local churches - please see bulletin board
and Channel 900 for times

- 10:30 a.m. Quaker Meeting for Worship - Chapel
- 2:00 p.m. Chapel Service - Auditorium
Rev. Dan Corll

Monday, Jan. 23 Buffet Lunch/Table Service Dinner

- 8:15 a.m. Bus to Passavant Cranberry
- 9:30 a.m. Bus to Costco/Barnes & Nobel
Wal-Mart/Cranberry Mall
Passavant Cranberry & Main
- 10:00 a.m. Aquacize – Swimming Pool
- 1:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
- 1:00 p.m. Painting Class – Novice or Pro
Lower Level Studio
- 1:00 p.m. Bus to Shop ‘n Save/CVS,
Passavant Cranberry & Main Campus
Legacy Theater
- 3:00 p.m. Pinochle - Center Lobby
- 6:30 p.m. Sing Along - Skilled Nursing West Hall
- 7:00 p.m. Monday Night Bridge - Card Room

Tuesday, Jan. 24 Buffet Lunch/Table Service Dinner

- 8:15 a.m. Bus to Passavant Cranberry
- 9:30 a.m. Bus to VA Clinic in Cranberry
Passavant Cranberry &
Pittsburgh/Oakland
- 10:00 a.m. Tai Chi - Cranberry Lake
Fitness Center
- 10:00 a.m. Hand and Foot Canasta - Lobby
- 1:40 p.m. VA Clinic Cranberry/Passavant
Cranberry/Pittsburgh/Oakland
- 2:00 p.m. Marketing Presents - **HJ Heinz: A Recipe
for Success** - Auditorium - Prior RSVP’s
necessary
- 5:30 p.m. Pittsburgh Opera - Benedum Center
- 6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, January 25 Buffet Lunch/Dinner
Bus to UPMC Passavant Cranberry
8:15 am - 9:30 am - 11:45 am - 2 pm

- 9:30 a.m. Bus to Rite Aid, Passavant
Cranberry & Rt. 228 Mall
- 10:00 a.m. Men’s Bible Study - Chapel
- 11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
- 12:00 p.m. Granny’s Attic Annex Patio Home 156
opened until 2:30 p.m.
- 1:00 p.m. Complimentary Hearing Aid
Services with Dr. Francis
Appointment Necessary

Wednesday (con’t)

- 1:15 p.m. Wednesday Bridge - Lobby Area
- 1:30 p.m. Handbell Practice - Auditorium
- 3:00 p.m. Pinochle - Center Lobby
- 3:00 p.m. Chorus Practice - Auditorium

Thursday, January 26 Buffet Lunch/Dinner

- 7:00 a.m. Bus to Passavant Cranberry & Main
- 9:30 a.m. Bus to Costco/Barnes & Noble/Walmart
Cranberry Mall/Passavant Cranberry &
Passavant Main
- 10:00 a.m. Aquacize – Swimming Pool
- 11:00 a.m. Yoga Class - Cranberry Lake
Fitness Center
- 1:00 p.m. Streets of Cranberry/Passavant Cranberry
and Passavant Main
- 1:00 p.m. PC, Laptop, Tablet, or Smartphone
help in Computer Room until 3 p.m.
- 1:15 p.m. Yellow Jacket Meeting - Auditorium
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 7:15 p.m. SORA Program Committee Presents
John Wehner Pirates Color Analyst
“A Pirates Life” - Auditorium

Friday, January 27 Buffet Lunch/Dinner

Bus to Passavant Hospital and
UPMC Passavant Cranberry
7 am – 9:30 am - 1 pm

- 9:30 a.m. Bus to Shop ‘n Save
Passavant Cranberry & Passavant Main
- 9:30 a.m. **NO** Friday Prayer Gathering - Chapel
- 11:00 a.m. Exercise Class - Cranberry Lake
Fitness Center
- 1:00 p.m. Costco/Barnes & Noble/Walmart
Cranberry Mall/Passavant Cranberry/
Passavant Main
- 2:00 p.m. Sew and So
Personal Care Day Room
- 2:15 p.m. Classe de Francais - Auditorium
- 3:00 p.m. Pinochle - Center Lobby

Saturday, Jan. 28 Buffet Lunch/Table Service Dinner

- 10:00 a.m. Bus to Ross Park Mall
- 1:30 p.m. Scrabble & Games - Lobby
- 3:40 p.m. Bus to St. Ferdinand’s Church
- 7:00 p.m. Saturday Night Movie - Auditorium
Magnificent Seven PG-13 2 hrs. 12 mins.



COMING EVENTS

- Jan. 29 Sunday Chapel Service - 2 p.m. - Auditorium - Rev. John Rodgers
- Jan. 30 Monday Painting Class - 1 p.m. - Novice or Pro – Lower Level Studio
- Jan. 30 Monday Sing Along - 6:30 p.m. - Skilled Nursing West Hall
- Jan. 31 Tuesday Winterfest - 1-3 p.m. - Auditorium
- Jan. 31 Tuesday Sing Along - 6:30 p.m. - Personal Care Day Room
- Feb. 1 Wednesday City Theater - 11:45 a.m. - Southside
- Feb. 1 Wednesday Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary
- Feb. 1 Wednesday Caregiver Support Group - 1 p.m. - Chapel
- Feb. 2 Thursday Blackburn Scooter Service - 9 - 2:30 p.m. - Sign up on bulletin board
- Feb. 4 Saturday Bus to Beaver Valley Mall - 10 a.m.
- Feb. 4 Saturday Saturday Night Movie - 7 p.m. - Auditorium - *The Unsinkable Molly Brown* - 2hr. 8 mins.



This Week's Menu
Sunday, January 22, 2017 – Saturday, January 28, 2017
Dining Room Reservation # for Patio Homes: 8659
Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724 776-8234
Take out and Home Delivered Meals – Patio Home Residents: 8612
Take out and Home Delivered Meals – Apartment Residents and 600 Patio Homes: 724 776-8236

Sunday **22**
Turkey and White Chili
Carved Strip Loin
Duck a l’Orange
Baked Herb Perch
Chef’s Feature – Homemade Hash &
Poached Eggs

Thursday **26**
Tomato Basil Soup
Chicken Divan
Italian Roast Beef
Buttermilk Baked Pork Chop
Chef’s Feature – Fresh Smoked White Fish

Monday **23**
Italian Wedding Soup
Honey Mustard Chicken
Stuffed Cabbage Rolls
Blackened Catfish
Chef’s Feature – Ham BBQ

Friday **27**
Pumpkin Soup
French Dip Sandwich
Homemade Vegetable Lasagna
Ham Loaf
Chef’s Feature – Sauteed Snapper Meniere

Tuesday **24**
Roasted Corn Chowder
Macaroni and Cheese
Steak with Shallot Butter
Sole Florentine
Chef’s Feature – Tribute to Robert Burns

Saturday **28**
Vegetable Soup
Swedish Meatballs
Roasted Leg of Lamb
Chicken Romano
Chef’s Feature - Hand-Formed Tuna Cake

Wednesday **25**
Happy January Birthdays!
Navy Bean Soup
Pittsburgher Sandwich
Chicken Wings
Hand Breaded Fish
Pierogies with Onions

Dining Room Hours:
Lunch Buffet: Noon – 1 pm Mon. – Sat.
Sunday Brunch Buffet: Noon – 2 p.m.
Dinner: 5:10 – 7:10 p.m.
Café Sherwood:
Breakfast: Daily 8 a.m. – 10:30 a.m.
Lunch: Daily 11 a.m. - 5 p.m.
Dinner: Daily 5:10 - 7:10 p.m.

Vegetable of the Week: Braised Asian Cabbage

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 Phyllis Franks, or call 8462, or email frankspm@sherwood-oaks.com