



This Week at Sherwood Oaks – February 1, 2014 to February 7, 2015
The Audio Bulletin Board 8489



Sunday, February 1 **Buffet Lunch/Dinner**

- 1:30 p.m. Pittsburgh Symphony - Heinz Hall
2:00 p.m. Chapel Service – Auditorium
 Rev. Connie Frierson
6:00 p.m. Super Bowl for Residents
 Auditorium and Card Room

Monday, February 2 **Buffet Lunch**

- 9:30 a.m. Bus to Wal-Mart/Cranberry Mall
 Passavant Hospital - Main Campus

9:30 a.m. Aquacize – Swimming Pool
10:30 a.m. Aquacize – Swimming Pool
10:45 a.m. Women's Bible Study - Chapel
11:00 a.m. Exercise Class - Cranberry Lake Grill
1:00 p.m. Painting Class – Novice or Pro
 Lower Level Studio
1:15 p.m. Bus to Passavant Hospital
 Main Campus - Legacy Theater
1:30 p.m. Handbell Practice
 Cranberry Lake Grill
2:00 p.m. Marketing presents - Bill Campbell
 Country Western Singer - Auditorium
6:30 p.m. Sing Along - Oak Grove Center
7:00 p.m. Monday Night Bridge – Card Room

Tuesday, February 3 **Buffet Lunch**

- 9:30 a.m. Bus to Pittsburgh/Oakland
10:00 a.m. Tai Chi – Auditorium
10:00 a.m. Hand and Foot Canasta - Lobby
11:00 a.m. Communion Service - Chapel
11:30 a.m. Sudoku Class - Card Room
1:30 p.m. SORA Board Meeting - Auditorium
6:30 p.m. Sing Along - Personal Care Day Room

Wednesday, February 4 **Buffet Lunch**

Bus to UPMC Passavant Cranberry
8 am - 10 am - 11:45 am - 2 pm

- 10:00 a.m. Men's Bible Study - Chapel
10:00 a.m. Bus to Rt. 228 Mall
11:00 a.m. Exercise Class - Card Room
12:30 p.m. Complimentary Hearing Aid
 Services with Dr. Francis
 Appointment necessary
1:00 p.m. Life Story Writing - Upper Level
 Conference Room

Wednesday (con't)

- 1:15 p.m. Wednesday Bridge - Card Room
1:45 p.m. City Theater - Southside
3:00 p.m. Chorus Practice - Auditorium
7:15 p.m. Line Dancing - Auditorium

Thursday, February 5 **Buffet Lunch**

Blackburn Scooter Service
9 - 2:30 p.m. - Scooter Garage

- 7:00 a.m. Bus to Passavant Hospital Main
9:30 a.m. Bus to Walmart/Barnes & Noble
 Cranberry Mall/UPMC Passavant Main

9:30 a.m. Aquacize – Swimming Pool
10:30 a.m. Aquacize – Swimming Pool
11:00 a.m. Yoga Class - Auditorium
11:00 a.m. Bus to Streets of Cranberry &
 UPMC Passavant Main
1:00 p.m. Outdoor Games Indoors
 Cranberry Lake Grill Annex
1:30 p.m. Duplicate Bridge - Card Room
3:00 p.m. Hand and Foot Canasta - Lobby

Friday, February 6 **Buffet Lunch**

Bus to Passavant Hospital
UPMC Passavant Cranberry
7 am – 12:30 pm – 2 pm

- 10:00 a.m. Bus to Shop n Save/Passavant
 Hospital/UPMC Passavant Cranberry
11:00 a.m. Exercise Class - Auditorium
2:00 p.m. Sew and So
 Personal Care Day Room

Saturday, February 7 **Buffet Lunch**

- 10:00 a.m. Bus to Beaver Valley Mall
1:30 p.m. Scrabble & Games - Lobby
7:15 p.m. Saturday Night at the Movies
 The Good Life - Auditorium

COMING EVENTS

February 8	Sunday	Pittsburgh Symphony - 1:30 p.m. - Heinz Hall
February 8	Sunday	Pops Concert - 1:30 p.m. - Heinz Hall
February 8	Sunday	Chapel Service - 2 p.m. - Auditorium - Rev. Jimmy Caraway
February 9	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
February 9	Monday	Pittsburgh Philharmonic Open Rehearsal - 6:45 p.m. to 10 p.m. - Auditorium
February 10	Tuesday	Murder, Mystery, & Suspense Dinner Theater - 5 p.m. - Auditorium Prior Reservations Required
February 10	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
February 11	Wednesday	Life Story Writing Class - 1:00 p.m. - Upper Conference Room
February 13	Friday	Tuesday Musical Club - 2 p.m. - Auditorium
February 14	Saturday	Bus to Ross Park Mall - 10 a.m.
February 14	Saturday	North Star Kids - 3 p.m. - Auditorium
February 14	Saturday	Saturday Night at the Movies - 7:15 p.m. - Auditorium

This Week's Menu
Sunday, February 1, 2015 – Saturday, February 7, 2015
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 1

Lentil Soup
Creole Barramundi
Spiced Fruited Pork
Roast Beef Tenderloin
Chef's Feature – Blintz with Cherries

Monday 2

Chicken Noodle Soup
Chicken Marsala
Corn Beef and Cabbage
Trout with Pears and Bacon
Chef's Feature – Gyro

Tuesday 3

Italian Minestrone
Italian Veal Parmesan
Winter Pork Colonial
Shrimp Scampi
Chef's Feature – Taco Bar

Wednesday 4

Apple-Cheddar Curry
Dill Beurre Blanc Salmon
Beef Hunter Style
Sweet and Sour Chicken
Chef's Feature – Whole Wheat Pasta Gardenia

Vegetable of the week: Fresh Stir Fry
Vegetables

Thursday 5

Corn Chowder
Stuffed Peppers
Pork Loin with Grilled Onions
Apple Tarragon Chicken
Chef's Feature – “Mardi Gras” Seafood Platter

Friday 6

Navy Bean Soup
Grilled Turkey Cutlet
Braised Beef Brisket
Lemon Pepper Cod
Chef's Feature – Whole Wheat Quesadilla with
Spicy Hummus

Saturday 7

Vegetable Beef
Spaghetti and Meatballs
Grilled Tuna with Salsa
Stuffed Pork Chop
Chef's Feature - Quinoa-Chicken Pilaf

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.

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