



**This Week at Sherwood Oaks – February 21, 2016 to February 27, 2016**  
**The Audio Bulletin Board 8489**



**Sunday, February 21      Buffet Lunch/Dinner**

- 1:30 p.m. Pittsburgh Symphony - Heinz Hall
- 2:00 p.m. Chapel Service - Auditorium  
Rev. Heather Lubold
- 4:30 p.m. Montgomery Fellowship Quartet  
until 5 pm - Center Lobby

**Monday, February 22      Buffet Lunch/Dinner**

- 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
- 11:00 a.m. Exercise Class - Cranberry Lake  
Fitness Center
- 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 - Auditorium
- 3:00 p.m. Pinochle - Center Lobby
- 6:30 p.m. Sing Along - Oak Grove Center
- 7:00 p.m. Monday Night Bridge – Card Room

**Tuesday, February 23      Buffet Lunch/Dinner**

- 9:30 a.m. Bus to Pittsburgh/Oakland
- 10:00 a.m. Tai Chi - Cranberry Lake  
Fitness Center
- 10:00 a.m. Hand and Foot Canasta - Lobby
- 2:00 p.m. Marketing Presents -*The Many Love  
Songs of Frank Sinatra* - Auditorium  
Prior RSVP's necessary
- 6:30 p.m. Sing Along - Personal Care Day Room

**Wednesday, February 24      Buffet Lunch/Dinner**

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

- 10:00 a.m. Bus to 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  
Open until 2:30 p.m.
- 12:30 p.m. Complimentary Hearing Aid  
Services with Dr. Francis  
Appointment necessary

**Wednesday (con't)**

- 1:15 p.m. Wednesday Bridge - Card Room
- 1:30 p.m. Outdoor Games Indoors  
Cranberry Lake Fitness Center
- 3:00 p.m. Chorus Rehearsal - Auditorium
- 3:00 p.m. Pinochle - Center Lobby
- 7:15 p.m. Line Dancing - Auditorium

**Thursday, February 25      Buffet Lunch/Dinner**

- 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 - Cranberry Lake  
Fitness Center
- 11:00 a.m. Bus to Streets of Cranberry &  
UPMC Passavant Main
- 1:00 p.m. Pittsburgh Public Theater - O'Reilly
- 1:00 p.m. PC, Laptop, Tablet, or Smartphone  
help in Computer Room until 3 p.m.
- 1:30 p.m. Drama Club - Oak Lodge Great Room
- 1:30 p.m. **NO** Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 7:15 p.m. The Aeolian Winds of Pittsburgh  
Auditorium

**Friday, February 26      Buffet Lunch/Dinner**

**Bus to Passavant Hospital and  
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 - Cranberry Lake  
Fitness Center
- 2:00 p.m. Sew and So  
Personal Care Day Room
- 3:00 p.m. Pinochle - Center Lobby

**Saturday, February 27      Buffet Lunch/Dinner**

- 10:00 a.m. Bus to Ross Park Mall
- 1:30 p.m. Scrabble & Games - Lobby
- 7:15 p.m. Saturday Night Movie - Auditorium  
**Music Man** - Rated G - 2 hours

## COMING EVENTS

February 28	Sunday	Chapel Service - 2 p.m. - Auditorium - Rev. Kevin Gorley
February 29	Monday	Sing Along - 6:30 p.m. - Oak Grove Center
March 1	Tuesday	Continued Learning - 10:30 a.m. - Auditorium
March 1	Tuesday	Drama Club - 1:30 p.m. - Auditorium
March 1	Tuesday	Sing Along - 6:30 p.m. - Personal Care Day Room
March 2	Wednesday	Continued Learning - 10:30 a.m. - Auditorium
March 3	Thursday	Blackburn Scooter Service - Sign up on bulletin board
March 3	Thursday	Continued Learning - 10:30 a.m. - Auditorium
March 3	Thursday	Resident Get Together - 1:30 p.m. - Auditorium - <b>Maintenance with Greg Holt</b>
March 4	Friday	Classe de Francais - 1:30 p.m. - Chapel
March 4	Friday	World Day of Prayer - 1:30 p.m. - Auditorium
March 4	Friday	River City Brass Band - 6:30 p.m. - Carson Middle School
March 5	Saturday	Bus to Ross Park Mall - 10 a.m.
March 5	Saturday	Granny's Attic Annex Patio Home 156 open 12 - 2:30 p.m.
March 5	Saturday	Saturday Night Movie - 7:15 p.m. - Auditorium

### This Week's Menu

**Sunday, February 21, 2015 – Saturday, February 27, 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 21

Chicken Tortilla Soup  
Swiss Steak  
Cherry Glazed Baked Ham  
Crispy English Shrimp  
Chef's Feature - Sweet Pecan Pancakes

#### Monday 22

Beef Barley Soup  
Apricot Glazed Chicken  
Boneless Pork Chop with Gravy  
Grilled Salmon  
Chef's Feature – Hot Reuben

#### Tuesday 23

Chili  
Blackened Cod  
Chicken Cordon Bleu  
Liver and Onions  
Chef's Demo - Taco Bar

#### Wednesday 24

February Birthday Menu  
Five Bean Soup  
Chicken Scampi  
Beef Pot Roast with Gravy  
Mustard Glazed Pork Tenderloin

**Vegetable of the Week:** Warm Chunky Applesauce

#### Thursday 25

Wonton Soup  
Barbecue Pork  
Roast Turkey with Cranberry Stuffing  
Steak & Portabella Mushroom Ravioli with Alfredo  
Chef's Feature – Marinated Roasted Swordfish

#### Friday 26

Cream of Tomato  
Veal Scaloppini  
Baked Stuffed Flounder  
Jerk Chicken  
Chef's Feature – Pork Chop Suey

#### Saturday 27

Vegetable Soup  
Seasoned Snapper  
Salisbury Steak with Gravy  
Chicken Pot Pie  
Chef's Feature - Sautéed Chorizo with Chick Peas & Spinach

#### **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