



**This Week at Sherwood Oaks – April 16, 2017 to April 22, 2017
The Audio Bulletin Board 8489**



Sunday, April 16 Buffet Lunch/Dinner

Bus to local churches - please see bulletin board and Channel 900 for times

2:00 p.m. Easter Chapel Service - Auditorium
Rev. Dr. John Guest

Monday, April 17 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
- 10:45 a.m. Women’s Bible Study - Chapel
- 11:00 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. Pittsburgh Philharmonic Open Rehearsal Auditorium
- 6:30 p.m. Sing Along - Skilled Nursing West Hall
- 7:00 p.m. Monday Night Bridge - Card Room

Tuesday, April 18 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
- 1:15 p.m. That Guy With Birds - Auditorium
- 1:40 p.m. VA Clinic Cranberry/Passavant Cranberry/Pittsburgh/Oakland
- 4:00 p.m. **Extra** Book Club Meeting - Chapel
- 6:30 p.m. Sing Along - Personal Care Day Room
- 7:15 p.m. Drama Club presents **“Too Many Doctors”** Auditorium

Wednesday, April 19 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
- 9:30 a.m. Men’s Bible Study - Chapel
- 10:30 a.m. Continued Learning - Auditorium
- 11:00 a.m. Exercise Class - Cranberry Lake Fitness Center
- 11:45 a.m. City Theater - Southside
- 12:00 p.m. Granny’s Attic Annex Patio Home 156 opened until 2:30 p.m.

Wednesday (con’t)

- 1:00 p.m. Complimentary Hearing Aid Services with Dr. Francis Appointment Necessary
- 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, April 20 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.
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 7:15 p.m. Focus on the World - Luke L. Hingson, Pres. Of Brothers Brother, Relief Organization Auditorium

Friday, April 21 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. 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
- 1:30 p.m. Resident Get Together - Auditorium Skilled/Social Services/Recreation Therapy
- 2:00 p.m. Sew and So - Personal Care Day Room
- 2:30 p.m. Bake Sale Planning Meeting - Auditorium Immediately after the Resident Get Together
- 3:00 p.m. Pinochle - Center Lobby

Saturday, April 22 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
Lion - PG-13 2 hours

COMING EVENTS

April 23 Sunday Quaker Meeting for Worship - 10:30 a.m. - Chapel
 April 23 Sunday Pittsburgh Symphony - 1:30 p.m. - Heinz Hall
 April 23 Sunday Chapel Service - 2 p.m. - Auditorium - Rev. Jimmy Caraway
 April 24 Monday Painting Class - 1 p.m. - Novice or Pro – Lower Level Studio
 April 24 Monday Opera Preview - 2 p.m. - Auditorium
 April 24 Monday Sing Along - 6:30 p.m. - Skilled Nursing West Hall
 April 25 Monday Marketing Presents - **Dr. Knowledge (KDKA Radio Personality)** -2 p.m. - Auditorium
 RSVP to Phyllis by Thursday, April 20th - x8462
 April 25 Tuesday Sing Along - 6:30 p.m. - Personal Care Day Room
 April 26 Wednesday Complimentary Hearing Aid Services with Dr. Francis - Appointment Necessary
 April 26 Wednesday Continued Learning - 10:30 a.m. - Auditorium
 April 27 Thursday Program Committee presents - **Tuesday Musical Club** - 7:15 p.m. - Auditorium
 April 29 Saturday **NO** Bus to Mall today
 April 29 Saturday Saturday Night Movie - 7 p.m. - Auditorium - **Arrival** - PG-13 - 2 hr.



This Week's Menu
Sunday, April 16, 2017 – Saturday, April 22 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 16

Chicken Tortilla Soup
 Swiss Steak
 Cherry Glazed Baked Ham
 Crispy English Shrimp
 Chef's Feature – Quiche in Pastry

Thursday 20

Wonton
 Roast Turkey Natural Broth
 Lamb Santorini
 Stuffed Peppers
 Chef's Feature – Shrimp Alfredo

Monday Full table service at dinner 17

Turkey Barley
 Grilled Chicken w/Pineapple Ginger Sauce
 Pork Stir Fry
 Smoked Salmon
 Chef's Feature - Spiced-Rubbed Braised Beef

Friday 21

Chicken Curry Soup
 Baked Flounder
 Veal Parmigiana
 Baked Herb Chicken Breast
 Chef's Feature – Pork Tenderloin Diane

Tuesday Full table service at dinner 18

Chili
 Fried Breaded Walleye
 Whole Wheat Vegetable Pizza
 Grilled Flank Steak
 Chef's Demo - Taco Bar

Saturday Full table service at dinner 22

Gazpacho
 Pan Seared Snapper
 Steak with Shallot Butter
 Chicken Tenderloin Salad
 Chef's Feature - Grilled Ham Steak

Wednesday 19

Chilled Strawberry Soup
 Beef Pot Roast with Gravy
 Trio Salad with Date & Nut Bread
 Barbeque Ribs
 Chef's Feature – Baked Almond Ginger Catfish

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: Citrus Grilled Asparagus

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