



**This Week at Sherwood Oaks – February 11, 2018 to February 17, 2018**  
**The Audio Bulletin Board 8489**



**Sunday, February 11      Buffet Lunch/Dinner**

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

- 1:30 p.m. Bus to Pittsburgh Symphony Heinz Hall
- 2:00 p.m. Chapel Service - Auditorium Rev. Tom Parkinson

**Wednesday (con't)**

- 1:15 p.m. Wednesday Bridge - Lobby Area
- 1:30 p.m. Handbell Practice - Auditorium
- 3:00 p.m. Chorus Practice - Auditorium
- 3:00 p.m. Pinochle - Center Lobby
- 4:00 p.m. Ash Wednesday Service - Auditorium

**Monday, February 12      Buffet Lunch/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
- 11:00 a.m. Communion Service - 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
- 7:00 p.m. Monday Night Bridge Card Room

**Thursday, February 15      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. PC, Laptop, Tablet, or Smartphone help in Computer Room until 3 p.m. (note - new day going forward)
- 1:00 p.m. Streets of Cranberry/Passavant Cranberry and Passavant Main
- 1:15 p.m. Scrabble & Games - Lobby
- 1:30 p.m. Duplicate Bridge - Card Room
- 3:00 p.m. Hand and Foot Canasta - Lobby

**Tuesday, February 13      Buffet Lunch/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
- 1:40 p.m. VA Clinic Cranberry/Passavant Cranberry/Pittsburgh/Oakland
- 2:00 p.m. Marketing Presents Johnny Angel Auditorium - Prior RSVP's necessary
- 3:00 p.m. Hand and Foot Canasta - Lobby
- 4:00 p.m. Grab and Go Book Club - Chapel

**Friday, February 16      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. Rosary & 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. Tai Chi - Cranberry Lake Fitness Center
- 2:00 p.m. Sew and So - Personal Care Day Room
- 3:00 p.m. Pinochle - Center Lobby

**Wednesday, February 14      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
- 11:30 a.m. Distribution of Ashes until 12:30 p.m. Chapel
- 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 w/ Dr. Francis - Appt. Necessary

**Saturday, February 17      Buffet Lunch/Dinner**

- 10:00 a.m. Bus to Beaver Valley Mall
- 3:40 p.m. Bus to St. Ferdinand's Church
- 7:00 p.m. Saturday Night Movie - Auditorium **Wonder** - PG - 1 hr. 53 mins.

## COMING EVENTS



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|-----------------------|--|
| February 18 Sunday    | Bus to Pittsburgh Pops - 1:30 p.m. - Heinz Hall  |
| February 18 Sunday    | Chapel Service - 2 p.m. - Auditorium - Rev. Donald Ewing   |
| February 19 Monday    | Women's Bible Study - 10:45 a.m. - Chapel  |
| February 20 Tuesday   | Sister Circle - 11 a.m. - Skilled Nursing Day Room - contact Betty Tolbert for more information x8409          |
| February 20 Tuesday   | Drama Club - 1:30 p.m. - Card Room   |
| February 20 Tuesday   | Bus to Pittsburgh Opera - 5:30 p.m. - Benedum Center   |
| February 21 Wednesday | Complimentary Hearing Aid Services with Dr. Francis<br>Appointment Necessary                                   |
| February 22 Thursday  | Bus to Pittsburgh Public Theater - 1 p.m. - O'Reilly Theater   |
| February 22 Thursday  | Program Committee Presents - Ariel & Ben Chamis, Young Prodigies<br>7:15 p.m. - Auditorium                     |
| February 24 Saturday  | Bus to Ross Park Mall - 10 a.m.  |
| February 24 Saturday  | Saturday Night Movie - 7 p.m. - Auditorium<br><b><i>Murder on the Orient Express</i></b> - PG - 2 hrs. 8 mins. |

**This Week's Menu**  
**Sunday, February 11 2018 – Saturday, February 17, 2018**  
**Dining Room Reservation # for Patio Homes: 8234**  
**Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724 776-8234**  
**Take out and Home Delivered Meals – Patio Home Residents: 8236**  
**Take out and Home Delivered Meals – Apartment Residents and 600 Patio Homes: 724 776-8236**

**Sunday** **11**  
 Baked Potato Soup  
 Rack of Lamb  
 Tuscan Pork Tenderloin  
 Chicken Cosmopolitan  
 Chef's Feature - Baltimore Fish Cakes

**Thursday** **15**  
 Corn Chowder  
 Roast Turkey Apple Bread Stuffing  
 Barbeque Pork  
 Lemon Chive Tilapia  
 Chef's Feature – Hearty Lamb Stew & Dumplings

**Monday** **12**  
 Tuscan White Bean and Tomato  
 Roasted Pork Loin with Pears & Shallots  
 Beef Tips Stroganoff  
 Herb Baked Cod  
 Chef's Feature – Blackened Chicken Breast

**Friday** **16**  
 Five Bean  
 Veal Marsala  
 Sweet & Sour Chicken  
 Baked Stuff Flounder  
 Chef's Feature – Grilled Chinese Hoisin Pork

**Tuesday** **13**  
 American Bounty  
 Bourbon Chicken  
 Glazed Ham Loaf  
 Fried Catfish  
 Chef's Demo - Pasta Bar

**Saturday** **17**  
 French Onion Soup  
 Steak Salad  
 Pork Tenderloin Plum Puree  
 Fried Shrimp  
 Chef's Feature - Chicken Paprika

**Wednesday** **14**  
 Lemon Orzo Chicken Soup  
 Root Vegetable Quiche  
 Corned Beef  
 Mediterranean Salmon  
 Chef's Feature – Heart Shaped Ravioli



**Vegetable of the week beginning Monday:**  
 Roasted Kabocha Squash

**Regular Non Holiday 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 8461, or email [frankspm@sherwood-oaks.com](mailto:frankspm@sherwood-oaks.com)