



This Week at Sherwood Oaks - December 9, 2018 to December 15, 2018
The Audio Bulletin Board 8489



Sunday, December 9 Buffet Lunch/Dinner

Bus to Local Churches - please see bulletin board and Channel 900 for times

- 1:30 pm Bus to Pittsburgh Symphony - Heinz Hall
- 2:00 pm Chapel Service - Auditorium - Reverend Ron Hoellein

Monday, December 10 Buffet Lunch Full Service Dinner

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to Costco/Barnes & Noble Walmart/Cranberry Mall Passavant Cranberry & Main Campus
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Communion Service - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness Center
- 1:00 pm Painting Class - Novice or Pro
- 1:00 pm Bus to Shop 'n Save/CVS Passavant Cranberry & Main Campus
- 1:15 pm Let's Talk - Oak Lodge Great Room
- 2:00 pm Marketing Event - River City Brass Trio Auditorium/Card Room
- 7:00 pm Monday Night Bridge - Card Room

Tuesday, December 11 Buffet Lunch Full Service Dinner

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry Passavant Cranberry & Pittsburgh/Oakland
- 10:00 am Tai Chi Today - Cranberry Lake Fitness Center
- 1:40 pm VA Clinic Cranberry/Passavant Cranberry/Pittsburgh/Oakland
- 4:00 pm Grab n Go Book Club - Chapel
- 7:15 pm SORA Quarterly Residents Meeting - Auditorium

Wednesday, December 12 Buffet Lunch

Bus to UPMC Passavant Cranberry 8:15am - 9:30am -11:45am - 2:00pm

- 9:30 am Bus to Rite Aid, Passavant Cranberry & Rt. 228 Mall
- 10:00 am Men's Bible Study - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness Center
- 12:00 pm Granny's Attic Annex Patio Home 156
- 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary

Wednesday, December 12 (continued)

- 1:00 pm Wednesday Bridge - Fireplace Lobby
- 1:30 pm Handbells Practice - Auditorium
- 3:00 pm Chorus Practice - Auditorium
- 7:15 pm Bell Choir & Chorus Christmas Concert - Auditorium - Theme "All is Well"

Thursday, December 13 Buffet Lunch/Dinner

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry & Passavant Main
- 10:00 am **NO** Aquacize Today - Swimming Pool
- 11:00 am Yoga Class - Cranberry Lake Fitness Ctr.
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help
- 1:00 pm Bus to Streets of Cranberry/Passavant Cranberry and Passavant Main
- 1:15 pm Scrabble & Games - Lobby
- 1:30 pm Duplicate Bridge - Card Room

Friday, December 14 Buffet Lunch Full Service Dinner

UPMC Passavant Cranberry 7 am - 9:30 am - 1 pm

- 9:30 am Bus to Shop 'n Save Passavant Cranberry & Passavant Main
- 9:30 am Friday Gatherings/Prayer - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness Ctr.
- 1:00 pm Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main
- 1:30 pm Tai Chi - Cranberry Lake Fitness Center
- 2:00 pm Patching & Piecing Quilters - Craft Room
- 2:00 pm Sew & So - Personal Care Day Room

Saturday, December 15 Buffet Lunch/Dinner

- 10:00 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - **Hearts Beat Loud** - (PG-13) 1hr 37min



*We make a living by what we get.
 We make a life by what we give.
 - Winston Churchill -*



Coming Events



December 16 Sunday	Bus to Pops Concert - 1:30pm - Heinz Hall
December 16 Sunday	Chapel Service - 2:00pm - Auditorium - Reverend William Dambach
December 17 Monday	Women's Bible Study - 10:45am - Chapel
December 17 Monday	Painting Class - Novice or Pro - 1:00pm - Art Room/Lower Level
December 17 Monday	Monday Musical Matinee - 2:00pm - Auditorium - Christmas in Connecticut
December 18 Tuesday	Sister Circle - 11:00am - Skilled Nursing
December 18 Tuesday	Rowan Elementary School - Holiday Carolers - 1:15pm - Auditorium
December 18 Tuesday	Drama Club - 1:30pm - Card Room
December 19 Wednesday	Wednesday Bridge - 1:00pm - Fireplace Lobby
December 20 Thursday	Resident Christmas Party - 4:30 to 6:00pm - Auditorium/Card Room/Lobby
December 20 Thursday	Sherwood Gifts CLOSED in the evening for Resident Christmas Party
December 20 Thursday	Duplicate Bridge - CANCELLED
December 22 Saturday	Living with Loss "Service of Hope" - 1:30pm - Auditorium
December 22 Saturday	Saturday Night Movie - 7:00pm - Auditorium - A Christmas Carol - (Not Rated)



This Week's Menu



Sunday, December 9, 2018 - Saturday, December 15, 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

Side of the Week: Fried Mushrooms

Sunday	Buffet Lunch/Dinner	9
Cream of Artichoke Soup		
Brown Sugar Glazed Baked Ham		
Duck Breast with Dark Cherry Sauce		
Baked Herb Perch		
Chef's Feature - Hash & Eggs		

Thursday	Buffet Lunch/Dinner	13
Ham and Cabbage Soup		
Balsamic Glazed Beef		
Eggplant Parmesan with Marinara on the Side		
Chicken Carbonara		
Chef's Feature - Baked Rock Fish		

Monday	Buffet Lunch Full Service Dinner	10
Seafood Bisque		
Yankee Pot Roast		
Grilled Pork Tenderloin		
Lamb Stew		
Chef's Feature - Pan Seared Haddock		

Friday	Buffet Lunch Full Service Dinner	14
Chicken Noodle Soup		
Spicy Beef Stir-fry		
Cobb Salad		
Shrimp Scampi		
Chef's Feature - Baked Andouille Sausage		

Tuesday	Buffet Lunch Full Service Dinner	11
Triple Onion Soup		
Steak Medallions		
Curried Chicken		
Trout Amandine		
Chef's Demo - "Seasonal Plate" Soba Noodle Bowl		

Saturday	Buffet Lunch/Dinner	15
Beef Rice Soup		
Black Bean Burger		
Baked Chicken Thighs		
Baked Ziti		
Chef's Feature - Pan Seared Scallops		

Wednesday	Buffet Lunch/Dinner	12
Vegetarian Vegetable Soup		
Barbecued Baby Back Pork Ribs		
Grilled Chicken Breast with Dipping Sauce		
Lobster Mac 'n Cheese		
Chef's Feature - Homemade Salisbury Steak		

Regular Non-Holiday Dining Room Hours
Lunch Buffet: Noon - 1 PM Mon. - Sat.
Sunday Brunch Buffet: 11:30 AM - 2 PM
Dinner: 5:00 PM - 7:00 PM
Café Sherwood:
Breakfast: Daily 8 AM - 10:30 AM
Lunch: Daily 11 AM - 5 PM
Dinner: 5:00 PM - 7:00 PM

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 Donna Fasone or call 8462, or email fasone@sherwood-oaks.com.