

This Week at Sherwood Oaks - January 13, 2019 to January 19, 2019
The Audio Bulletin Board 8489



Sunday, January 13 Buffet Lunch/Dinner

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

Cranberry Food Bank Collection
 January 13- January 19
 Please place non-perishable, non-expired foods in designated boxes in the gallery/scooter room.

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

Monday, January 14 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
- 1:30 pm Swimming Pool/Locker Rooms Meeting - Auditorium - All Residents Welcome
- 7:00 pm Monday Night Bridge - Card Room

Tuesday, January 15 Buffet Lunch/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
- 11:00 am Sister Circle - Skilled Nursing
- 1:15 pm Living with Loss- Hospice & Palliative Care: Which is Which? - Auditorium
- 1:30 pm Drama Club - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Hand & Foot Canasta - Lobby

Wednesday, January 16 Buffet Lunch/Dinner

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

Telephone System Upgrades begin at 8:00am. The campus will experience intermittent phone outages throughout the day today. Thank you for your patience!

- 9:30 am Bus to Rite Aid, Passavant Cranberry & Rt. 228 Mall

Wednesday (continued)

- 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
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help
- 1:00 pm Come Try Our Hand Bells - Looking for New Members - Auditorium
- 1:30 pm Hand Bells Practice -Auditorium
- 3:00 pm Chorus Practice - Auditorium

Thursday, January 17 Buffet Lunch/Dinner

- 7:00 am Bus to Passavant Cranberry & Main Cranberry Mall/Passavant Cranberry & Passavant Main
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Yoga Class - Cranberry Lake Fitness Ctr.
- 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
- 3:00 pm Hand & Foot Canasta - Lobby
- 7:15 pm Focus on the World - Chronicle: Project Hunger - Host, Sally Wiggin - Auditorium - Please bring a food item to donate!

Friday, January 18 Buffet Lunch Full Service Dinner

**Bus to 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
- 1:00 pm Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main
- 1:30 pm Tai Chi - Cranberry Lake Fitness Center
- 1:30 pm Great Decisions - Auditorium - Must Be Pre-registered to Participate
- 2:00 pm Sew & So - Personal Care Day Room

Saturday, January 19 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 - **What They Had** - PG 13 - 1hr 41min - Auditorium



Coming Events



- January 20 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Karen Slusser
- January 21 Monday Women's Bible Study - 10:45am - Chapel
- January 21 Monday Let's Talk has been CANCELLED until Monday, March 18, 2019
- January 24 Thursday Program Committee Presents- The Pitt Pendulums - 7:15pm - Aud/Card Room
- January 26 Saturday Saturday Night Movie - 7:00pm - Auditorium - **A Quiet Place** - PG 13 - 1hr 30min

This Week's Menu

Sunday, January 13, 2019 through Saturday, January 19, 2019

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: Soaker Beans

Sunday Buffet Lunch/Dinner 13

- 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 17

- Ham & Cabbage Soup
- Balsamic Glazed Beef
- Eggplant Parmesan with Marinara on the Side
- Chicken Carbonara
- Chef's Feature - Mahi-Mahi with Shallot-sage Sauce

Monday Buffet Lunch Full Service Dinner 14

- Seafood Bisque
- Yankee Pot Roast
- Grilled Pork Tenderloin
- Lamb Stew
- Chef's Feature - Pan Seared Haddock

Friday Buffet Lunch Full Service Dinner 18

- Chicken Noodle Soup
- Spicy Beef Stir-fry
- Cobb Salad
- Shrimp Scampi
- Chef's Feature - Lasagna

Tuesday Buffet Lunch Full Service Dinner 15

- Triple Onion Soup
- Steak Medallions
- Curried Chicken
- Trout Amandine
- Chef's Demo - "Seasonal Plate" Vegetable Laksa Bowl

Saturday Buffet Lunch/Dinner 19

- Beef Rice Soup
- Black Bean Burger
- Baked Chicken Thighs
- Baked Ziti
- Chef's Feature - New England Fish Stew

Wednesday Buffet Lunch/Dinner 16

- Vegetarian Vegetable Soup
- Barbecued Baby Back Pork Ribs
- Grilled Chicken Breast with Dipping Sauces
- Lobster Mac 'n Cheese
- Chef's Feature - Beef/Broccoli Lo Mein

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.

