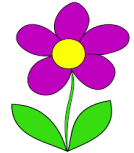




**This Week at Sherwood Oaks -March 24, 2019 to March 30, 2019**  
**The Audio Bulletin Board 8489**



**Sunday, March 24 Buffet Lunch/Dinner**

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

- 10:30 am Quaker Meeting for Worship - Chapel
- 1:30 pm Bus to Pittsburgh Symphony - Heinz Hall
- 2:00 pm Chapel Service - Auditorium - Reverend Sarah Heppenstall
- 3:30 pm Dorothy Dean Memorial Service - Aud.

**Buffet Lunch**

**Monday, March 25 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
- 10:30 am Continued Learning - Phipps Conservatory - Auditorium
- 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
- 7:00 pm Monday Night Bridge - Card Room

**Tuesday, March 26 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 - Cranberry Lake Fitness Center
- 10:30 am Opera Intro to La Boheme - Auditorium
- 1:00 pm Computer Room Closes for Maintenance
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Hand & Foot Canasta - Lobby

**Wednesday, March 27 Buffet Lunch/Dinner**

**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 - open until 2:30pm
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help in Computer Room until 3pm

**Wednesday, March 27 (continued)**

- 1:30 pm Hand Bells Practice -Auditorium
- 3:00 pm Chorus Practice - Auditorium

**Thursday, March 28 Buffet Lunch/Dinner**

- 7:00 am Bus to Passavant Cranberry & Main Cranberry Mall/Passavant Cranberry & Passavant Main
- 9:30 am Dogs for Fun - Cranberry Lake Fitness Ctr.
- 10:00 am Aquacize - Swimming Pool
- 10:30 am Continued Learning - Meeting House Worship - Auditorium
- 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 North Allegheny Fiddlers- Auditorium

**Buffet Lunch**

**Friday, March 29 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 for Prayer - Chapel
- 10:30 am Continued Learning - Celebrate Pittsburgh - Auditorium
- 11:00 am Exercise Class - Cranberry Lake Fitness
- 1:00 pm Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main
- 1:30 pm Resident Get Together - Auditorium
- 1:30 pm Tai Chi - Cranberry Lake Fitness Center
- 2:00 pm Sew and So - Personal Care Day Room

**Saturday, March 30 Buffet Lunch/Dinner**

- 10:00 am No Mall Trip Today
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - **Mary Poppins** (1964) Rated G - 2hr 20min - Auditorium

*Life becomes easier when you learn to accept an apology you never got.*



**Coming Events**



March	31	Sunday	Chapel Service - 2:00pm - Auditorium - Reverend Barry Mariana
March	31	Sunday	Bus to Pops Concert - 1:30pm - Heinz Hall
March	31	Sunday	Quaker Meeting for Worship - 10:30am - Chapel
April	1	Monday	Women's Bible Study - 10:45am - Chapel
April	2	Tuesday	SORA Board Monthly Meeting - All Residents Welcome - 1:30pm - Auditorium
April	2	Tuesday	Cranberry Veterinary Visit - Sign-up Sheet in Mailroom
April	2	Tuesday	Bus to Pittsburgh Opera- 5:30pm - Benedum Center
April	4	Thursday	Blackburn Scooter Service - Sign-up Sheet in Mailroom
April	4	Thursday	Bus to Pittsburgh Public Theater - 1:00pm - O'Reilly Theater
April	5	Friday	North Catholic Robotics Program - 1:30pm - Auditorium
April	5	Friday	Bus to River City Brass Band - 6:30pm - Carson Middle School
April	6	Saturday	Granny's Attic Annex - Patio Home 156 - 12:00pm to 2:30pm
April	6	Saturday	Saturday Night Movie - 7:00pm - Auditorium - <b>Mary Poppins Returns</b> - 2hr 10min

**This Week's Menu**

**Sunday, March 24, 2019 through Saturday, March 30, 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

**Vegetable of the Week: Sweet-n-Spicy Cauliflower**

<b>Sunday</b>	<b>Buffet Lunch/Dinner</b>	<b>24</b>	<b>Thursday</b>	<b>Buffet Lunch/Dinner</b>	<b>28</b>
Cream of Artichoke Soup Brown Sugar Glazed Baked Ham Duck Breast with Dark Cherry Sauce Baked Herb Perch Chef's Feature - Homemade Hash with Eggs			Ham and Cabbage Soup Balsamic Glazed Beef Eggplant Parmesan - Marinara on the Side Chicken Carbonara Chef's Feature - Mahi-Mahi w/Shallot-sage Sauce		

<b>Monday</b>	<b>Buffet Lunch</b>	<b>25</b>	<b>Friday</b>	<b>Buffet Lunch</b>	<b>29</b>
Full Service Dinner Seafood Bisque Yankee Pot Roast Grilled Pork Tenderloin Lamb Stew Chef's Feature - Fried Walleye			Full Service Dinner Chicken Noodle Soup Spicy Beef Stir Fry Cobb Salad Shrimp Scampi Chef's Feature - Margherita Pizza		

<b>Tuesday</b>	<b>Buffet Lunch</b>	<b>26</b>	<b>Saturday</b>	<b>Buffet Lunch/Dinner</b>	<b>30</b>
Full Service Dinner Triple Onion Soup Steak Medallions Curried Chicken Trout Amandine Chef's Demo - "Seasonal Plate "Cauliflower Risotto"			Buffet Lunch/Dinner Chicken Florentine Soup Roast Beef au Jus Sweet Italian Sausage with Peppers & Onions Catch of the Day Chef's Feature - Pan Seared Haddock		

<b>Wednesday</b>	<b>Buffet Lunch/Dinner</b>	<b>27</b>
Irish Potato Soup or Guinness Beer Cheese Soup Traditional Irish Stew - Stewed Lamb w/Dumplings Shrimp in Jameson Cream Sauce Chicken & Leek Pie Bangers and Mash Chef's Feature - March Birthday "Luck of the Irish"		



<b>Regular Non-Holiday Dining Room Hours</b>
<b>Lunch Buffet:</b> Noon - 1 PM Mon. - Sat.
Sunday Brunch Buffet: 11:30 AM - 2 PM
<b>Dinner:</b> 5:00 PM - 7:00 PM
<b>Café Sherwood:</b>
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.