



**This Week at Sherwood Oaks - January 19, 2020 to January 25, 2020  
The Audio Bulletin Board 8489**



**Sunday, Jan 19 Buffet Lunch/Dinner**

**Cranberry Food Bank Drive  
January 19 thru January 25  
Please place food/monetary donations in  
designated boxes in the Gallery/Scooter Room.**

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

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

**Monday, Jan 20 Buffet Lunch/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 - Pool
- 10:45 am Women's Bible Study - Chapel
- 11:00 am Exercise Class - Cranberry Lake  
Fitness Center
- 1:00 pm Painting Class - Novice or Pro - Art  
Room - Lower Level
- 1:00 pm Bus to Shop 'n Save/CVS  
Passavant Cranberry & Main Campus
- 7:00 pm Monday Night Bridge - Card Room

**Tuesday, Jan 21 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
- 10:00 am North Catholic High School Robotics Team  
Auditorium/Card Room
- 11:00 am Sister Circle - Skilled Nursing
- 1:30 pm Drama Club - Oak Lodge Great Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Hand & Foot Canasta - Lobby
- 7:15 pm Program Committee Presents - *Beo String  
Quartet* - Auditorium

**Wednesday, Jan 22 Buffet Lunch/Dinner**

- Bus to UPMC Passavant Cranberry  
8:15am - 9:30am - 11:45am - 2:00pm**
- 10:00 am Men's Bible Study - Chapel
- 11:00 am Exercise Class - Cranberry Lake  
Fitness Center
- 11:45 am Bus to City Theatre - Southside
- 12:00 pm Granny's Attic Annex - Patio Home #156

**Wednesday (continued) Buffet Lunch/Dinner**

- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm PC, Laptop, Tablet, or Smartphone  
Help - **Conference Room**
- 1:00 pm Complimentary Hearing Aid Service -  
Dr. Francis - Appointment Necessary
- 1:30 pm Bell Choir Practice - Ringers Needed!!! -  
Auditorium
- 3:00 pm Chorus Rehearsal - Singers Wanted!!!  
No Auditions! - Auditorium

**Thursday Jan 23 Buffet Lunch/Dinner**

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Cranberry Mall/Passavant  
Cranberry & Passavant Main
- 10:00 am Aquacize - Pool
- 11:00 am Yoga Class - Cranberry Lake Fitness
- 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

**Friday, Jan 24 Buffet Lunch/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
- 10:00 am Rosary - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness
- 1:00 pm Bus to Costco/Barnes & Noble/Walmart  
Cranberry Mall/Passavant Cranberry/  
Passavant Main
- 1:30 pm Tai Chi - Cranberry Lake Fitness Ctr.
- 2:00 pm Sew and So - Fireplace Lobby

**Saturday, Jan 25 Buffet Lunch/Dinner**

- 9:30 am Bus to Ross Park Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - **The Peanut Butter  
Falcon** - (PG-13) 1hr 37min

*Peace cannot be kept by force, it  
can only be achieved by  
understanding.*

*- Albert Einstein*



Please be sure to notify Donna when an activity or meeting is cancelled or when the date, time, or location has changed. She can be reached at extension 8462 or by email at [fasone@sherwood-oaks.com](mailto:fasone@sherwood-oaks.com)

## Coming Events



- Jan 26 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Brian Janssen
- Jan 26 Sunday Bus to Pittsburgh Symphony - 1:30pm - Heinz Hall
- Jan 26 Sunday Quaker Meeting for Worship - 10:30am - Chapel
- Jan 27 Monday Let's Talk! - 1:15pm - Auditorium
- Jan 30 Thursday Sherwood Artscape - 1:30 to 3:30pm - Auditorium/Card Room
- Jan 30 Thursday Duplicate Bridge Cancelled Today
- Feb 1 Saturday Saturday Night Movie - 7:00pm - Auditorium - **The Hundred-Foot Journey** - (PG) 2hr

### Sunday, January 19, 2020 through Saturday, January 25, 2020

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: Corn Souffle

<b>Sunday</b>	<b>Buffet Lunch/Dinner</b>	<b>19</b>	<b>Thursday</b>	<b>Buffet Lunch/Dinner</b>	<b>23</b>
French Onion Soup	Roast Turkey with Bread Stuffing		Zucchini and Rice Soup		
Fried Haddock with Homemade Tartar Sauce	Veal Marsala		Tilapia Polonaise		
Chef's Feature - Eggs Benedict			Pork Kebab		
			Petite Filet Steak		
			Chef's Feature - Spinach/Cheese Ravioli with Pesto		
<b>Monday</b>	<b>Buffet Lunch/Dinner</b>	<b>20</b>	<b>Friday</b>	<b>Buffet Lunch/Dinner</b>	<b>24</b>
Wedding Soup	BeWell Vegetarian Chili		Chicken Noodle Soup		
Pot Roast	Bourbon Chicken Quarter		Angus Burger Deluxe on Whole Grain Bun		
Chef's Feature - Cajun Catfish			Turkey Divan		
			BeWell Barley Pilaf Stuffed Portobello		
			Chef's Feature - Robert Burns		
<b>Tuesday</b>	<b>Buffet Lunch/Dinner</b>	<b>21</b>	<b>Saturday</b>	<b>Buffet Lunch/Dinner</b>	<b>25</b>
Chicken Vegetable Soup	English Style Cod		Vegetable Soup		
Honey Barbecue Pork Chop	BeWell Crispy Quinoa Cake		Leg of Lamb		
Chef's Demo - Noodle Bowl MTO			Pork Tenderloin with Apple Chutney		
			Lobster Macaroni and Cheese		
			Chef's Feature - Quinoa/Hash Brown/Scramble		
<b>Wednesday</b>	<b>Buffet Lunch/Dinner</b>	<b>22</b>	<b>Regular Non-Holiday Dining Room Hours</b>		
Wonton Soup	BeWell Whole Grain Pasta with Seasonal Vegetables		<b>Lunch Buffet:</b> - Noon - 1 PM Mon. - Sat.		
Beef Stir-fry	Oven Fried Chicken		Sunday Brunch Buffet: 11:30 AM - 2 PM		
Chef's Feature - Sautéed Perch Meuniere			<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.

