



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

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

Sunday	Buffet Lunch/Dinner	19	Thursday	Buffet Lunch/Dinner	23
French Onion Soup			Zucchini and Rice Soup		
Roast Turkey with Bread Stuffing			Tilapia Polonaise		
Fried Haddock with Homemade Tartar Sauce			Pork Kebab		
Veal Marsala			Petite Filet Steak		
Chef's Feature - Eggs Benedict			Chef's Feature - Spinach/Cheese Ravioli with Pesto		
Monday	Buffet Lunch/Dinner	20	Friday	Buffet Lunch/Dinner	24
Wedding Soup			Chicken Noodle Soup		
BeWell Vegetarian Chili			Angus Burger Deluxe on Whole Grain Bun		
Pot Roast			Turkey Divan		
Bourbon Chicken Quarter			BeWell Barley Pilaf Stuffed Portobello		
Chef's Feature - Cajun Catfish			Chef's Feature - Robert Burns		
Tuesday	Buffet Lunch/Dinner	21	Saturday	Buffet Lunch/Dinner	25
Chicken Vegetable Soup			Vegetable Soup		
English Style Cod			Leg of Lamb		
Honey Barbecue Pork Chop			Pork Tenderloin with Apple Chutney		
BeWell Crispy Quinoa Cake			Lobster Macaroni and Cheese		
Chef's Demo - Noodle Bowl MTO			Chef's Feature - Quinoa/Hash Brown/Scramble		
Wednesday	Buffet Lunch/Dinner	22	Regular Non-Holiday Dining Room Hours		
Wonton Soup			Lunch Buffet: - Noon - 1 PM Mon. - Sat.		
BeWell Whole Grain Pasta with Seasonal Vegetables			Sunday Brunch Buffet: 11:30 AM - 2 PM		
Beef Stir-fry			Dinner: 5:00 PM - 7:00 PM		
Oven Fried Chicken			Café Sherwood:		
Chef's Feature - Sautéed Perch Meuniere			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.

