



This Week at Sherwood Oaks - February 9, 2020 to February 15, 2020
The Audio Bulletin Board 8489



Sunday, Feb 9 Buffet Lunch/Dinner

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

- 1:30 pm Bus to Pops Concert - Heinz Hall
- 2:00 pm Chapel Service - Auditorium - Reverend Greg Cox

Monday, Feb 10 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
- 11:00 am Communion Service - Chapel
- 11:00 am Exercise Class - Cranberry Lake Fitness Center
- 1:00 pm Painting Class - Novice or Pro - Art Room
- 1:00 pm Bus to Shop 'n Save/CVS Passavant Cranberry & Main Campus
- 7:00 pm Monday Night Bridge - Card Room
- 7:00 pm Monday Night Movie - **Linda Ronstadt: The Sound of My Voice**- Auditorium - (PG-13) 1hr 33min

Tuesday, Feb 11 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Hand & Foot Canasta - Lobby
- 4:00 pm Grab & Go Book Club - Conference Room

Wednesday, Feb 12 Buffet Lunch/Dinner

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

- 9:30 am Male Call - Card Room
- 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 Wednesday Bridge - Card Room
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help - Computer Room

Wednesday (continued) Buffet Lunch/Dinner

- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary
- 1:30 pm Hand Bell Practice - Auditorium
- 3:00 pm Chorus Practice - Auditorium

Thursday Feb 13 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, Feb 14 Buffet Lunch/Dinner



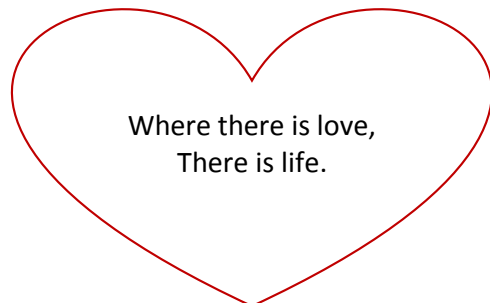
Happy Valentine's Day!

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
- 2:00 pm Patching & Piecing Quilters - Craft Room
- 4:15 pm Valentine's Day Recital - Katie Liu: Pianist & Violinist - Featuring Works by Chopin - Auditorium

Saturday, Feb 15 Buffet Lunch/Dinner

- 9:30 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - **Monty Python & The Holy Grail** - (PG) 1hr 31min



Where there is love,
There is life.

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



- Feb 16 Sunday Bus to Pittsburgh Symphony - 1:30pm - Heinz Hall
- Feb 16 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Liddy Barlow
- Feb 17 Monday Women's Bible Study - 10:45am - Chapel
- Feb 17 Monday Resident Get Together - 1:30pm - Auditorium - All Residents Welcome!
- Feb 17 Monday Monday Night Movie - 7:00pm - Auditorium - **Once Upon A Time In - Hollywood** - Rated R - 2hr 41min
- Feb 18 Tuesday Sister Circle - 11:00am - Skilled Nursing
- Feb 18 Tuesday Resident Meeting with Jerry Andree - 1:30pm - Auditorium
- Feb 18 Tuesday Drama Club - 1:30pm - Oak Lodge Great Room
- Feb 20 Thursday Bus to Pittsburgh Public Theater - 1:00pm - O'Reilly Theater
- Feb 20 Thursday Living With Loss - *Planning for End of Life Issues* - 1:30pm - Auditorium
- Feb 20 Thursday Focus on the World - **Western Pennsylvania Conservancy's Greening The Urban Environment** - 7:15pm - Auditorium
- Feb 21 Friday Crafting - 2:30pm - Lower Level Craft Room
- Feb 22 Saturday North Allegheny String Ensemble Concert - 1:30pm - Auditorium
- Feb 22 Saturday Saturday Night Movie - 7:00pm - Auditorium - **The Social Network** - (PG-13) - 2hr

Sunday, February 9, 2020 through Saturday, February 15, 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: Orange Glazed Beets

Sunday	Buffet Lunch/Dinner	9
Portuguese Kale Soup		
Trout Amandine		
Penne Carbonara		
Roast Beef Tenderloin with Béarnaise Sauce		
Chef's Feature - Waffles with Berries		

Thursday	Buffet Lunch/Dinner	13
Chicken Pastina Soup		
BeWell Baked Chicken Thigh		
Meat Lasagna		
Seafood Croquettes		
Chef's Feature - Seasonal Plate "Korean Bibimbap"		

Monday	Buffet Lunch/Dinner	10
Split Pea Soup		
BeWell Vegetable Frittata		
Chicken with Apples and Walnuts		
Meatloaf with Mushroom Gravy		
Chef's Feature - Mid-Eastern Pan Seared Snapper		

Friday	Buffet Lunch/Dinner	14
Cream of Mushroom Soup		
BeWell Raspberry Peach Chicken		
Coconut Shrimp with Pina Colada Sauce		
Sauerbraten		
Chef's Feature - Plant Based Burger		

Tuesday	Buffet Lunch/Dinner	11
Italian Egg Drop Soup		
BeWell Balsamic Glazed Tuna		
Pork Stir-fry		
Marinated Flank Steak		
Chef's Demo - Pasta Bar, MTO		

Saturday	Buffet Lunch/Dinner	15
Beef Noodle Soup		
BeWell Whole Wheat Vegetarian Pizza		
Barbecue Chicken		
Buttermilk Pork Chop		
Chef's Feature - Smoked Trout		

Wednesday	Buffet Lunch/Dinner	12
Tuscan Bean Soup		
BeWell Citrus Butter Baked Orange Roughy		
Liver, Onions, and Bacon		
Garlic Parmesan Chicken Wings		
Chef's Feature - Chickpea Patty w/Caramelized Onions		

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.

