



This Week at Sherwood Oaks - January 6, 2019 to January 12, 2019
The Audio Bulletin Board 8489



Sunday, January 6 Buffet Lunch/Dinner

Bus to Local Churches - please see bulletin board and Channel 900 for times
 2:00 pm Chapel Service - Auditorium - Reverend Liddy Barlow

Wednesday, January 9 (continued)

1:00 pm Wednesday Bridge - Card Room
 1:00 pm PC, Laptop, Tablet, or Smartphone Help
 1:30 pm NO Handbells Practice - resumes Jan. 16
 3:00 pm NO Chorus Practice - resumes Jan. 16

Monday, January 7 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
 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
 1:00 pm Bus to Shop 'n Save/CVS Passavant Cranberry & Main Campus
 1:15 pm Let's Talk - Auditorium
 7:00 pm Monday Night Bridge - Card Room

Thursday, January 10 Buffet Lunch/Dinner

7:00 am Bus to Passavant Cranberry & Main Cranberry Mall/Passavant Cranberry & Passavant Main
 10:00 am Aquacize - Swimming Pool
 10:00 am Curio Cabinets- Bring in "Cats" Items - 10am to 12:00pm and 4:30pm to 5:30pm
 10:30 am Resident Get Together - 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

Tuesday, January 8 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
 10:00 am Curio Cabinets - Pick Up Holiday Items - 10am to 12pm and 4:30pm to 5:30pm
 1:30 pm SORA Board Meeting - Auditorium
 1:40 pm Bus to VA Clinic Cranberry/Passavant
 3:00 pm Hand & Foot Canasta - Lobby
 4:00 pm Grab n Go Book Club - Chapel

Friday, January 11 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
 2:00 pm Sew & So - Personal Care Day Room
 2:00 pm Patching & Piecing Quilters - Craft Room

Wednesday, January 9 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
 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary

Saturday, January 12 Buffet Lunch/Dinner

10:00 am Bus to Ross Park Mall
 3:40 pm Bus to St. Ferdinand's Church
 7:00 pm Saturday Night Movie - **Three Identical Strangers** - PG 13 - 1hr 36min - Auditorium



Don't ruin a good today thinking about a bad yesterday.
Let It Go!





Coming Events



- January 13 Sunday Bus to Pittsburgh Symphony - 1:30 - Heinz Hall
- January 13 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Tom Parkinson
- January 14 Monday Communion Service - 11:00am - Chapel
- January 15 Tuesday Sister Circle - 11:00am - Skilled Nursing
- January 15 Tuesday Living with Loss-Hospice & Palliative Care: Which is Which?- 1:15pm - Auditorium
- January 15 Tuesday Drama Club - 1:30pm - Card Room
- January 16 Wednesday Come Try Our Hand Bells- Looking for New Members- 1:00pm- Auditorium
- January 16 Wednesday Hand Bells and Chorus Practice Resumes - 1:30pm and 3:00pm - Auditorium
- January 17 Thursday Focus on the World - 7:15pm - Auditorium
- January 19 Saturday Saturday Night Movie - 7:00pm - Auditorium - **What They Had** - PG 13 - 1hr 41min

This Week's Menu

Sunday, January 6, 2019 - Saturday, January 12, 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

am

Side of the Week: Sautéed Cabbage with Bacon & Onion

Sunday **Buffet Lunch/Dinner** **30**

Manhattan Clam Chowder
 Crab Cake with Remoulade
 Prime Rib au Jus
 Chicken Forestiere
 Chef's Feature - Eggs Benedict

Thursday **Buffet Lunch/Dinner** **3**

Chicken Noodle Soup

Mustard Glazed Pork Tenderloin
 House Smoked Salmon
 Chef's Feature - Chicken Sauté

Monday **Buffet Lunch Full Service Dinner** **31**

Black Bean Soup
 Vegetable Quesadilla with Avocado Mayonnaise
 Chicken Marengo
 English-style Baked Flounder
 Chef's Feature - Beef Stir-fry

Friday **Buffet Lunch Full Service Dinner** **4**

Split Pea and Ham Soup
 Deluxe Burger
 Balsamic Glazed Chicken
 Thai Red Tiger Shrimp Curry over Basmati Rice
 Chef's Feature - Pepperoni Pizza

Tuesday **Buffet Lunch Full Service Dinner** **1**

Roasted Tomato Bisque
 Hot Turkey Sandwich
 Pork and Sauerkraut
 Heart Healthy Chef's Demo
 Chef's Demo - Seafood Bar MTO

Saturday **Buffet Lunch/Dinner** **5**

Chicken Florentine Soup
 Roast Beef au Ju
 Sweet Italian Sausage with Peppers & Onions
 Catch of the Day
 Chef's Feature - Baked Tilapia

Wednesday **Buffet Lunch/Dinner** **2**

Beef Vegetable Soup
 Braised Lamb Shank
 Chicken Pot Pie
 Marinated Swordfish w/Cranberry Orange Chutney
 Chef's Feature - Baked Pasta

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.

