



This Week at Sherwood Oaks - February 10, 2019 to February 16, 2019
The Audio Bulletin Board 8489

Sunday, February 10 Buffet Lunch/Dinner

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

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

Monday, February 11 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
- 11:00 am Communion Service - 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
- 7:00 pm Monday Night Bridge - Card Room

Tuesday, February 12 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Hand & Foot Canasta - Lobby
- 4:00 pm Grab and Go Book Club - Chapel

Wednesday, February 13 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
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help

Wednesday, February 13 (continued)

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

Thursday, February 14 Buffet Lunch/Dinner

Happy Valentine's Day!



- 7:00 am Bus to Passavant Cranberry & Main Cranberry Mall/Passavant Cranberry & Passavant Main
- 10:00 am Aquacize - Swimming Pool
- 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 Resident Get Together - Auditorium
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Hand & Foot Canasta - Lobby

Friday, February 15 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
- 10:00 am Tai Chi - Cranberry Lake Fitness Center
- 11:00 am Exercise Class - Cranberry Lake Fitness
- 1:00 pm Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main
- 1:30 pm Great Decisions - Auditorium - Must Be Pre-registered to Participate

Saturday, February 16 Buffet Lunch/Dinner

- 10:00 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - **First Man** - PG 13 2hr 21min - Auditorium



Coming Events



- February 17 Sunday Bus to Pittsburgh Symphony - 1:30pm - Heinz Hall
- February 17 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Paul Cooper
- February 18 Monday Women's Bible Study - 10:45am - Chapel
- February 19 Tuesday Drama Club - 1:30pm - Card Room
- February 19 Tuesday Sister Circle - 11:00am - Skilled Nursing
- February 21 Thursday Focus on the World - Diversity in Seneca Valley School - 7:15pm - Auditorium
- February 21 Thursday Bus to Pittsburgh Public Theater - 1:00pm - O'Reilly Theater
- February 22 Friday Great Decisions - Auditorium - 1:30 pm - Must Be Pre-registered to Participate
- February 23 Saturday Saturday Night Movie - 7:00pm - Auditorium - **The Wife** - (R) - 1hr 40min



This Week's Menu

Sunday, Feb 10, 2019 through Saturday, Feb 16, 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

Side of the Week: Corn & Shallots

Sunday **Buffet Lunch/Dinner 10**
 Cream of Artichoke Soup
 Brown Sugar Glazed Baked Ham
 Duck Breast with Dark Cherry Sauce
 Baked Herb Perch
 Chef's Feature - Buckwheat Pancakes/Blueberries

Thursday **Buffet Lunch/Dinner 14**
 Ham and Cabbage Soup
 Balsamic Glazed Beef
 Eggplant Parmesan with Marinara on the Side
 Chicken Carbonara
 Chef's Feature - Chicken Stir-fry

Monday **Buffet Lunch Full Service Dinner 11**
 Seafood Bisque
 Yankee Pot Roast
 Grilled Pork Tenderloin
 Lamb Stew
 Chef's Feature - Wagyu Beef Saute'

Friday **Buffet Lunch Full Service Dinner 15**
 Chicken Noodle Soup
 Spicy Beef Stir-fry
 Cobb Salad
 Shrimp Scampi
 Chef's Feature - Pork Schnitzels (Jagar Schnitzel)

Tuesday **Buffet Lunch Full Service Dinner 12**
 Triple Onion Soup
 Steak Medallions
 Curried Chicken
 Trout Amandine
 Chef's Demo - Seafood Salad MTO

Saturday **Buffet Lunch/Dinner 16**
 Beef Rice Soup
 Black Bean Burger
 Baked Chicken Thighs
 Baked Ziti
 Chef's Feature - Tuna Cakes

Wednesday **Buffet Lunch/Dinner 13**
 Vegetarian Vegetable Soup
 Barbecued Baby Back Pork Ribs
 Grilled Chicken Breast with Dipping Sauces
 Lobster Mac 'n Cheese
 Chef's Feature - Beef Enchilada Bake

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.