



This Week at Sherwood Oaks - March 22, 2020 to March 28, 2020
The Audio Bulletin Board 8489



Sunday, Mar 22 Buffet Lunch/Dinner

NO Bus to Local Churches

Monday, Mar 23 Buffet Lunch/Dinner

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 10:00 am Aquacize - Pool (Class Size Limited)
- 11:00 am Exercise Class - Cranberry Lake Fitness Center (Class Size Limited)
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus

Tuesday, Mar 24 Buffet Lunch/Dinner

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry Passavant Cranberry & Pittsburgh/Oakland
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

Wednesday, Mar 25 Buffet Lunch/Dinner

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

- 11:00 am Exercise Class - Cranberry Lake Fitness Center (Class Size Limited)
- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary

Thursday Mar 26 Buffet Lunch/Dinner

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry & Passavant Main
- 10:00 am Aquacize - Pool (Class Size Limited)
- 11:00 am Yoga Class (Class Size Limited) Cranberry Lake Fitness Center
- 1:00 pm Bus to Passavant Cranberry & Passavant Main

Friday, Mar 27 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
- 11:00 am Exercise Class (Class Size Limited) Cranberry Lake Fitness Center
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry

When things go wrong, as they sometimes will,
 When the road you're trudging seems all uphill,
 When the funds are low but the debts are high,
 And you want to smile but you have to sigh,
 When care is pressing you down a bit...
 Rest if you must, but don't you quit!

Life is queer with its twists and turns,
 As every one of us sometimes learns,
 And many failures turn about
 When we might have won had we stuck it out.
 Don't give up though the pace seems slow...
 You may succeed with another blow.

-Edgar A. Guest



Sunday, March 22, 2020 through Saturday, March 28, 2020

Dining Updates



The Dining Room and Café will remain closed until further notice. Independent Living residents will be offered a home delivered meal daily from a limited menu. Staff members will begin calling residents at 9:30am each day. This time will vary depending on your unit number. If you cannot be reached, you will be called multiple times throughout the day until 5:30pm. Meals will be delivered to your home between 12-1pm for lunch and/or 5:30-6:30pm for dinner. You are permitted to have a lunch and dinner delivery if you choose. Meal credits do apply and there is no delivery fee for this service.

In addition, you may also order grocery essentials. The grocery list is on channel 900. You can also request a copy be delivered with your meal. Grocery essentials will be delivered between 12-1pm and 5:30-6:30pm and will be added to your monthly bill. We ask that you refrain from calling the Cafe or dining offices to place an order. Staff members are assigned a specific list of homes to call and they will be calling from different locations on the campus.

Sunday **Delivery Only** **22**

Roasted Vegetable Soup
BeWell Baked Scallops
Carved Rack of Lamb
Yankee Pot Roast

Monday **Delivery Only** **23**

Lemon Orzo Chicken
BeWell Herb Roasted Salmon
Pork Tenderloin with Spiced Plum Sauce
Turkey Burger

Tuesday **Delivery Only** **24**

Hearty Vegetable
BeWell Lemon Pepper Cod
Grilled Parmesan Chicken with Marinara Sauce
White Bean Cassoulet

Wednesday **Delivery Only** **25**

Corn Chowder
BeWell Shrimp Scampi
Chopped Steak with Mushrooms
Baked Ham with Pineapple

Thursday **Delivery Only** **26**

Mushroom Barley Soup
BeWell Herb Baked Chicken
Pulled Pork Sandwich
Marinated Steak Salad with Cabernet Dressing

Friday **Delivery Only** **27**

Roasted Tomato Soup
BeWell Champagne Chicken
Butternut Squash Ravioli with Sage Sauce
Baked Stuffed Flounder

Saturday **Delivery Only** **28**

Cream of Potato Soup
BeWell Ginger Citrus Chicken
Sweet Country Pork Sausage
Beef Pepper Steak

Lunch/Dinner Delivery Hours

Lunch: Daily 12:00 to 1:00pm

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.