



This Week at Sherwood Oaks - November 17, 2019 to November 23, 2019
The Audio Bulletin Board 8489



Sunday, Nov 17 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 Amy Michelson

Monday, Nov 18 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 - 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
- 1:30 pm Fire Safety - Presented by Cranberry Twp. Fire Department - Auditorium/Card Room
- 7:00 pm Monday Night Bridge - Card Room

Tuesday, Nov 19 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 Ctr.
- 11:00 am Sister Circle - Skilled Nursing Unit
- 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

Wednesday, Nov 20 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
- 9:30 am Male Call - Card Room
- 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 Open until 2:30pm
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm PC, Laptop, Tablet, or Smartphone Help in Computer Room until 3pm
- 1:00 pm Complimentary Hearing Aid Service Dr. Francis - Appointment Necessary
- 1:00 pm How to Write Your Life Story - Must be Pre-Registered - Conference Room
- 1:30 pm Bell Choir Practice - Auditorium
- 3:00 pm Chorus Practice - Auditorium

Thursday, Nov 21 Buffet Lunch/Dinner

**Set-up for Annual Bake Sale
3:00pm to 6:00pm
Auditorium/Card Room**

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to 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 Duplicate Bridge - Oak Lodge Great Room
- 7:15 pm Focus on the World Presents - *Robin's Home: Supportive Housing for Women Veterans and Their Children* - Aud.

Friday, Nov 22 Buffet Lunch/Dinner

**Annual Resident Bake Sale!
8:00am to Noon
Auditorium/Card Room**

- 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 Friday Gathering for Prayer - 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 Center
- 1:30 pm *Richard Pospistle's Keyboard Concert* - Auditorium/Card Room
- 2:00 pm Sew and So - Personal Care Day Room
- 2:00 pm Let's Do Some Crafting! - Lower Level Craft Room
- 7:15 pm *Richard Pospistle's Keyboard Concert* - Auditorium/Card Room

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
- John F. Kennedy

Saturday, Nov 23 Buffet Lunch/Dinner

- 9:30 am Bus to Ross Park Mall
- 3:00 pm *Violinist, Monique Mead - In the Face of Beethoven* - Auditorium
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - **Scent of a Woman** - Rated R - 2hr 36min



Coming Events



- Nov 24 Sunday Quaker Meeting for Worship - 10:30am - Chapel
- Nov 24 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Rosalyn Kummer
- Nov 25 Monday Let's Talk - 1:15pm - Auditorium
- Nov 26 Tuesday Program Committee Presents - Allan Snyder: Actor/Singer - 7:15pm - Auditorium
- Nov 26 Tuesday Computer Center Closes at 1:00pm for Monthly Maintenance
- Nov 27 Wednesday Sherwood Gifts & Granny's Attic Annex (#156) Closed in Observance of Thanksgiving
- Nov 28 Thursday Sherwood Gifts Closed in Observance of Thanksgiving
- Nov 30 Saturday Saturday Night Movie - 7:00pm - Auditorium - **Poms** - PG 13 - 1hr 30min

Sunday, November 17, 2019 through Saturday, November 23, 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

Vegetable of the Week: Cauliflower and Cheddar Casserole

Sunday	Buffet Lunch/Dinner	17
	Cream of Potato Soup	
	Crab Cake with Rémooulade	
	Prime Rib au Jus	
	Chicken Forestiere	
	Chef's Feature - Eggs Benedict	

Thursday	Buffet Lunch/Dinner	21
	Cream of Mushroom Soup	
	Angel Hair Pasta with Tomato Basil Sauce	
	BeWell Baked Flounder in Lemon Butter	
	Sweet and Sour Chicken	
	Chef's Feature - Blackened Steak	

Monday	Buffet Lunch/Dinner	18
	Beef Rice Soup	
	Vegetable Quesadilla with Avocado Mayonnaise	
	BeWell Roasted Garlic Chicken	
	Pork Osso Bucco	
	Chef's Feature - Baked Haddock	

Friday	Buffet Lunch/Dinner	22
	Vegetable Barley Soup	
	Ham Loaf with Raisin Sauce	
	BeWell Seared Chicken with Red Pepper Sauce	
	Veal Cutlet Piccata	
	Chef's Feature - Curried Shrimp & Noodles	

Tuesday	Buffet Lunch/Dinner	19
	Beer Cheese Soup	
	Fried Catfish	
	BeWell Baked Stuffed Zucchini w/Apple Cous Cous	
	Creole Chicken Thighs	
	Chef's Demo - Noodle Bowl MTO	

Saturday	Buffet Lunch/Dinner	23
	Chicken Florentine Soup	
	Tender Beef Tips in a Red Wine Sauce	
	BeWell Orange Chicken Stir-fry	
	Steamed Mussels	
	Chef's Feature - Tofu in Peanut Sauce	

Wednesday Buffet Lunch/Dinner 20

November Birthday Night

Join us at the "Captain's Table" for amazing food and beverages.

The captain is asking that you dress appropriately for our black and white formal dinner.



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.

