

This Week at Sherwood Oaks - November 17-23, 2024
The Audio Bulletin Board 8489

Sunday, November 17

Bus to Local Churches - Check bulletin board & Channel 950 for times

- 2:00 pm Chapel Service - Card Room
Rev. Donna Giver-Johnston
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm **Memorial Service for Catherine Boyle** - Auditorium - (visitation in lobby at 3pm)
- 7:30 pm Sunday Night Movie - Channel 951
The Pirates of Penzance (G)

Monday, November 18

- 8:15 am Bus to Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Center
- 10:00 am Aquacize - Swimming Pool
- 10:45 am Women's Bible Study - Card Room
- 11:00 am Mindful Stretch - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm Art Studio - All Welcome! - Lower Level, Beside Craft Room
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, November 19

- 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
- 11:00 am Move & Groove - Cran Lake Fit. Ctr.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
- 1:00 pm Ladies' Pool - Pool Table Room
- 1:30 pm **Living with Loss Grief Group with Chaplain Sam Blair** ~ Chapel - Call Jean Henderson (8346) to RSVP
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"The Grand Icelandic Roadtrip"

Nov. 19 ENCORE - Nov. 21
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, November 20

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 10:00 am Men's Bible Study - Chapel
- 11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building

Wednesday, November 20 (Continued)

- 1:00 pm Hand Bell Practice - Auditorium
- 1:30 pm Birthday Movie - Channel 951
The Greatest Showman (PG)
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Birthday Movie - Channel 951
The Greatest Showman (PG)



Thursday, November 21

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 10:00 am Aquacize - Swimming Pool
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, November 22

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main
- 10:00 am Tai Chi - Cran. Lake Fitness Ctr.
- 11:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall Passavant Main & Passavant Cranberry
- 1:00 pm Crazy Crafters - Lower Level Craft Room - Call Joni Pun (8223) to RSVP
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951
AS Good As It Gets (PG-13)

Saturday, November 23

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand Church
- 7:30 pm Residents' Request Movie - Channel 951
Rabbit-Proof Fence (PG)

SUNDAY 11/17/2024	MONDAY 11/18/2024	TUESDAY 11/19/2024	WEDNESDAY Greatest Showman 11/20/2024	THURSDAY 11/21/2024	FRIDAY 11/22/2024	SATURDAY 11/23/2024
**choose (2) Chicken Noodle Soup French Onion Soup	**choose (2) Potato Leek Chowder Italian Bean & Farro Soup	**choose (2) Italian Wedding Soup Pumpkin Soup	**choose (2) Sausage & Meatball Ditalini Broccoli Cheddar	**choose (2) Chili Manhattan Clam Chowder	**choose (2) Vegetarian Vegetable Soup Chicken Gumbo	**choose (2) Homemade Cream of Tomato Soup Zuppa Toscana Soup
choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup
choose (3) Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flounder CF - Cheese Blintz w/Cherry	choose (3) BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Veal Marsala	choose (3) BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - Pork Egg Rolls	choose (3) Corn dog w/ Honey Mustard Pretzel Crusted Chicken w/beer cheese sauce Roast Beef & Provolone Slider Popcorn Shrimp	choose (3) Apple Glazed Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Roasted Monkfish	choose (3) BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Stuffed Shells w/spinach artichoke	choose (3) BeWell Chicken Cacciatore BBQ Beef Brisket Pasta Primavera CF - Cajun Catfish
choose (1) Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	choose (1) Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	choose (1) Vegetable Rice Steamed Broccoli Parslied Carrots AA Mashed Potato AA Baked Potato	choose (1) Rosemary Garlic Potatoes Fried Mushrooms Peas & Carrots AA Mashed Potato AA Baked Potato	choose (1) Soaker Beans Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	choose (1) Roasted Ranch Potatoes Walnut Pesto Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	choose (1) Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
Vegetable of the Week - Sauteed Eggplant w/Tomatoes						
choose (1) Mini Doughnuts	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Chocolate Mint Pie Sweet Potato Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Fudge Torte Cake Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Pecan Pie Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Apple Pie Funnel Cake Animal Cracker Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Toasted Almond Cake Bourbon Apples w/ice cream Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Fruit of the Forest Pie Olive Oil Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Lemon Mousse Cake Salted Caramel Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Hershey's Hand Scooped Ice Cream: Options change daily

**Choice of 2 to be made for delivery. If picking up in café or eating in dining room, meal includes 1 soup and the salad bar.

Drinks available for pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8 Juice, Pepsi, Diet Pepsi, Mt. Dew,

Diet Mt. Dew, Ginger Ale, Diet Ginger Ale, Root Beer, Iced Tea, Lemonade, Bottled Water

CF notes the Chef's Feature of the day.

AA = Always Available (ask your server for the complete AA menu).

BW denotes the Be Well recipe option of the day.

Large Printed Menus are available on request. Call Jesse at #8505

Main Dining Room

Ext. 8234 (724-776-8234)

Lunch - 11:45 am-1 pm

Dinner - 4:30-6:30 pm

Café

Ext. 8236 (724-776-8236)

Breakfast - 8-10:30

Lunch - 10:30am-4:30pm

Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6:30 pm

Corner Market

8 am - 6:30 pm