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

**7

Sunday, Nov 10 Buffet Lunch/Dinner	Wednesday (continued) Buffet Lunch/Dinner		
Bus to Local Churches - please see	1:00 pm Wednesday Bridge - Card Room		
board and Channel 900 for times	1:00 pm PC, Laptop, Tablet, or Smartphone		
2:00 pm Chapel Service - Auditorium - Reverend	Help in Computer Room until 3pm		
Ron Brown	1:00 pm Complimentary Hearing Aid Service		
	Dr. Francis - Appointment Necessary		
	1:00 pm How to Write Your Life Story - Must be		
Monday, Nov 11 Buffet Lunch/Dinner	Pre-Registered - Conference Room		
SHERWOOD GIFTS CLOSED TODAY	1:30 pm Bell Choir Practice - Auditorium		
IN OBSERVANCE OF VETERANS DAY	3:00 pm Chorus Practice - Auditorium		
8:15 am Bus to Passavant Cranberry	Thursday, Nov 14 Buffet Lunch/Dinner		
9:30 am Bus to Costco/Barnes & Noble	7:00 am Bus to Passavant Cranberry & Main		
Walmart/Cranberry Mall	9:30 am Bus to Cranberry Mall/Passavant		
Passavant Cranberry & Main Campus	Cranberry & Passavant Main		
10:00 am Aquacize - Swimming Pool	10:00 am Aquacize - Swimming Pool		
11:00 am Communion Service - Chapel	11:00 am Yoga Class - Cranberry Lake Fitness Ctr.		
11:00 am Exercise Class - Cranberry Lake	1:00 pm Bus to Streets of Cranberry/Passavant		
Fitness Center	Cranberry and Passavant Main		
1:00 pm NO Painting Class - Novice or Pro	1:15 pm Scrabble & Games - Lobby		
1:00 pm Bus to Shop 'n Save/CVS	1:30 pm Duplicate Bridge - Card Room		
Passavant Cranberry & Main Campus			
1:15 pm Veterans Day Program - Auditorium and			
Card Room	Friday, Nov 15 Buffet Lunch/Dinner		
7:00 pm Monday Night Bridge - Card Room	Bus to UPMC Passavant Cranberry		
	7 am - 9:30 am - 1 pm		
	9:30 am Bus to Shop 'n Save/Passavant		
Tuesday, Nov 12 Buffet Lunch/Dinner	Cranberry & Passavant Main		
8:15 am Bus to Passavant Cranberry	10:00 am Friday Gathering for Prayer - Chapel		
9:30 am Bus to VA Clinic in Cranberry	11:00 am Exercise Class - Cranberry Lake Fitness		
Passavant Cranberry &	1:00 pm Bus to Costco/Barnes & Noble/Walmart		
Pittsburgh/Oakland	Cranberry Mall/Passavant Cranberry/		
10:00 am Tai Chi - Cranberry Lake Fitness Ctr.	Passavant Main		
1:40 pm Bus to VA Clinic Cranberry/Passavant	1:30 pm Tai Chi - Cranberry Lake Fitness Center		
3:00 pm Hand & Foot Canasta - Lobby	1:30 pm Resident Get Together - Auditorium		
4:00 pm Grab and Go Book Club - Chapel	2:00 pm Sew and So - Personal Care Day Room		
5:30 pm Bus to Pittsburgh Opera - Benedum Ctr.			

Wednesday, Nov 13 Buffet Lunch/Dinner

Last Day to Order Your Poinsettia Plant! Order Forms Available at Front Desk or Call Janet Gorman at ext. 8215.

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
- 12:00 pm Granny's Attic Annex Patio Home 156 Open until 2:30pm

7:00 pm Saturday Night Movie - **The Gods Must Be Crazy** - Rated PG - 1hr 49min

Buffet Lunch/Dinner

Saturday, Nov 16

9:30 am Bus to Beaver Valley Mall

3:40 pm Bus to St. Ferdinand's Church

Honoring All Veterans on Veterans Day

We thank you for your service and sacrifices. We are forever grateful!



Coming Events



Nov	17 Sunday	Bus to Pops Concert - 1:30pm - Heinz Hall				
Nov	17 Sunday	Chapel Service - 2:00pm - Auditorium - Reverend Amy Michelson V V				
Nov	18 Monday	Women's Bible Study - 10:45am - Chapel				
Nov	18 Monday	Fire Safety - Presented by Cranberry Twp. Fire Dept 1:30pm - Auditorium/Card Room				
Nov	19 Tuesday	Sister Circle - 11:00am - Skilled Nursing				
Nov	19 Tuesday	Drama Club - 1:30 - Oak Lodge Great Room				
Nov	20 Wednesday	Bus to City Theatre - 11:45am - Southside				
Nov	21 Thursday	Duplicate Bridge - 1:30pm - Oak Lodge Great Room				
Nov	21 Thursday	How to Write Your Life Story - 1:00pm - Sherwood Meeting Room (Lower Level)				
Nov	21 Thursday	Set-up for Annual Bake Sale - 3:00pm to 6:00pm - Auditorium/Card Room				
Nov	21 Thursday	Focus on the World Presents - Robin's Home: Supportive Housing for Women Veterans				
		and Their Children - 7:15pm - Auditorium				
Nov	22 Friday	Richard Pospistle's Keyboard Concert - 1:30pm and 7:15pm - Auditorium and				
		Card Room				
Nov	22 Friday	Annual Resident Bake Sale! - 8:00am to Noon - Auditorium/Card Room				
Nov	23 Sunday	Violinist, Monique Mead - In the Face of Beethoven - 3:00 - Auditorium				
Nov	23 Saturday	Saturday Night Movie - 7:00pm - Auditorium - Scent of a Woman - (R) - 2hr 36min				

Sunday, November 10, 2019 through Saturday, November 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

Vegetable of the Week: Apple Jack Roasted Parsnips

Sunday	Buffet Lunch/Dinner	10	Thursday	Buffet Lunch/Dinner	14	
French Onion Soup			Zucchini and Rice	e Soup		
Roast Turkey with Bread Stuffing			Tilapia Polonaise			
Fried Haddock with Homemade Tartar Sauce			Pork Kebab			
Veal Marsala			Petite Filet Steak			
Chef's Feature - Hash and Poached Eggs			Chef's Feature - Angel Hair with Marinara Sauce			
Monday	Buffet Lunch/Dinner	11	Friday	Buffet Lunch/Dinner	15	
Wedding Soup			Chicken Noodle Soup			
BeWell Vegetarian Chili			Angus Burger Deluxe on Whole Grain Bun			
Pot Roast			Turkey Divan			
Bourbon Chicken	Quarter		BeWell Barley Pi	laf Stuffed Portobello		
Chef's Feature - Fish Florentine			Chef's Feature - Sesame Seared Tuna			
Tuesday	Buffet Lunch/Dinner	12	Saturday	Buffet Lunch/Dinner	16	
Chicken Vegetab	le Soup		Vegetable Soup			
English Style Coo	đ		Leg of Lamb			
Honey Barbecue	Pork Chops		Pork Tenderloin with Apple Chutney			
BeWell Crispy Quinoa Cake		Lobster Macaroni and Cheese				
Chef's Demo - Mexican Fajita MTO			Chef's Feature - Stuffed Chicken Breast			
Wednesday	Buffet Lunch/Dinner	13	Regular Non-Ho	liday Dining Room Hours		
Wonton Soup			Lunch Buffet: Noon - 1 PM Mon Sat.			
BeWell Whole Grain Pasta w/Seasonal Vegetables			Sunday Brunch Buffet: 11:30 AM - 2 PM			
Beef Stir-fry			Dinner: 5:00 PM - 7:00 PM			
Oven Fried Chicken			Café Sherwood:			
Chef's Feature - Shrimp Etouffee		Breakfast: Daily 8 AM - 10:30 AM				
			Lunch: Daily 11	AM - 5 PM		
			Dinner: 5:00 PM	- 7:00 PM		
WEEKEND	PHYSICIANS ON CALL		Please leave items	s for the Weekly Bulletin at		
Call the Community Nurse for assistance at 8496.			the front desk by Thursday for Donna Fasone or			
Call 412-931-3066 for doctor on call information.			call 8462, or email fasone@sherwood-oaks.com.			