



A part of UPMC Senior Communities

This Week at Sherwood Oaks - November 21, 2021 to November 27, 2021 The Audio Bulletin Board 8489

Sunday, November 21

Bus to Local Churches - check bulletin board & Channel 900 for times

- 2:00 pm Chapel Service - Auditorium
Rev. Karen Slusser
- 7:30 pm Sunday Night Movie - Channel 901
Adam's Rib (Not Rated)

Monday, November 22

- 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 - Cranberry Lake Fitness Ctr.
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm Painting Class - Novice or Pro - Painting Studio - Lower Level
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, November 23

- 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 Fitness Ctr.
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

"Rick Steves Iran"

November 23

10:00 am, 4:00 pm, 7:30 pm - TV Channel 901

Wednesday, November 24

Bus to UPMC Passavant Cranberry

8:15am - 9:30am - 11:45am - 2:00pm

- 9:30 am Bus to Rite Aid, Passavant Cranberry & 228 Mall
- 10:00 am Group Fitness - Cranberry Lake Fitness Ctr.
- 10:00 am Men's Bible Study - Chapel
- 11:00 am Yoga - Cranberry Lake Fitness Center
- 12:00 pm Granny's Attic Annex #156 - Appointment Only - Call Frank or Joanne - Ext. 8154

Wednesday, November 24 (Continued)

- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary
- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm Handbell Practice - Auditorium

Thursday, November 25

Thanksgiving Day

No off campus transportation today - check bulletin board for details

- 10:00 am Aquacize - Swimming Pool
- 10:00 am **NO** - Move & Groove - Cran. Lake Fit. Ctr.
- 11:00 am **NO** - Punch Fitness Boxing Class - Cran. Lake Fitness Center
- 1:30 pm **NO** - Duplicate Bridge - Card Room

Thanksgiving Day Dining Hours



Main Dining Room

Lunch - 11:45 am - 3:00 pm
Dinner - Closed

Café

Breakfast - Closed
Lunch - Closed
Dinner - Closed

Takeout meals are available at the Café counter from 11:30 am - 2:30 pm.

Home delivered meals will occur between 11:30 am - 12:30 pm.

Friday, November 26

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 **NO** - Tai Chi - Cranberry Lake Fitness Center
- 11:00 am On the Move - Cranberry Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Craft Group - Lower Level Craft Room
- 2:00 pm Sew & So's - Card Room

Saturday, November 27

- 9:30 am Bus to Ross Park Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - Auditorium
Blindside - (PG-13)

