



This Week at Sherwood Oaks - November 12-18, 2023

The Audio Bulletin Board 8489

Sunday, November 12

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

- 2:00 pm Chapel Service - Card Room
Rev. Ron Brown
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Tea for Two (Approved)

Monday, November 13

- 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
- 11:00 am Mindful Stretch - Cran. Lake Fitness Center
- 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
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm North Catholic Robotics Program - Aud.
- 6:30 pm Monday Night Bridge - Card Room

"The Race is On: Secrets & Solutions of Climate"

Nov. 13 ENCORE - Nov. 15
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Tuesday, November 14

- 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.
- 11:00 am Egg Nog Party Sponsor Meeting - Aud.
- 1:00 pm Pool/Billiards - Billiards Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Book Club - Chapel

"Inventions - Lectures 19 & 20"

Nov. 14 ENCORE - Nov. 16
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, November 15

- 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 15 (Continued)

- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm Hand Bell Practice - Cranberry Lake Grill
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Chorus Practice - Cranberry Lake Grill
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951

Radioactive (PG-13)



Independent Living Residents
Covid-19 Vaccine Clinic
Nov. 15 - Auditorium
See Channel 950 for full details!

Thursday, November 16

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Aquacize - Swimming Pool
- 10:00 am Move & Groove - Cran Lake Fitness Ctr.
- 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
- 1:30 pm Duplicate Bridge - Card Room
- 1:30 pm Grief Support Group - Chapel
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm Focus on the World: **Jim Skel - Serving**
Our Neighbors Who Served - Auditorium

Friday, November 17

- 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 On the Move - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall
Passavant Main & Passavant Cranberry
- 1:30 pm **Resident Get Together with Emily**
Barnard - Auditorium
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 2:00 pm Craft Group - Craft Room
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
Heaven Can Wait (PG)

Saturday, November 18

- 9:30 am Bus to Beaver Valley Mall
- 1:30 pm Annual Memorial Service - to honor all
residents who have died since Nov. 2022 -
Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night at the Movies - Auditorium
Tinker, Tailor, Soldier, Spy (R)

SUNDAY 11/12/2023	MONDAY 11/13/2023	TUESDAY 11/14/2023	WEDNESDAY 11/15/2023	THURSDAY 11/16/2023	FRIDAY 11/17/2023	SATURDAY 11/18/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Manhattan Clam Chowder Potato Leek Soup	Minestrone Soup Chicken Rice Soup	Chilled Strawberry Soup French Onion Soup	Vegetarian Vegetable Soup Beef & Rice Soup	Cream of Broccoli Soup Chicken Noodle Soup	Cream of Potato Soup Tomato Basil Soup	Chicken Tortilla Soup Italian Wedding Soup
Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Stuffed Pork Chop Prime Rib au Jus Fried Fish	BW Red Wine Chicken Greek Lamb Patty Spaghetti w/Marinara CF - Baked Haddock	BW Cajun Pork Tenderloin Trio Salad Beef Shoulder w/Mushroom Sauce CF - Tuna Noodle Casserole	Baked Breaded Chicken Breast Pesto Cream Tortellini Blackened Shrimp CF - Asian Style Flank Steak	Beef Stroganoff Turkey a L'Orange Portobello Cheese Quiche CF - Baked Cape Capensis (fish)	Crispy Sesame Chicken Cheese Pizza Beef Pepper Steak CF - Thai Chili & Orange Scallops	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Sloppy Joe
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Parslied New Potatoes Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato	Fries Broccoli Baked Tomato Half AA Mashed Potato AA Baked Potato	Cheesy Potatoes Sauteed Greens Roasted Butternut Squash AA Mashed Potato AA Baked Potato	Creamy Cheesy Grits Lemon Green Beans Fried Okra AA Mashed Potato AA Baked Potato	Egg Noodles Steamed Peas Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Fried Rice Spinach Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Baked Sweet Potato Fried Zucchini Sauteed Mushrooms AA Mashed Potato AA Baked Potato
Vegetable of the Week - Cauliflower Au Gratin						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Reese's Peanut Butter Pie Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Caramel Apple Walnut Pie Lemon Curd Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Hummingbird Cake Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Chocolate Fudge Cake Butterfinger Sundae Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Fresh Berries w/Whipped Cream Chocolate Chip Cookie Cheesecake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Peach Streusel Cake Lemon Blueberry Cookie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Blueberry Cobbler Cookies & Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup

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: 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

****CAFÉ CLOSED ON SATURDAYS & SUNDAYS FOR BREAKFAST & LUNCH****