



This Week at Sherwood Oaks - November 19-25, 2023

The Audio Bulletin Board 8489

Sunday, November 19

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

- 2:00 pm Chapel Service - Card Room
Rev. David Paul
3:00 pm Sit & Fit Strength Class - Channel 951
7:30 pm Sunday Night Movie - Channel 951
The Harvey Girls (Approved)

Monday, November 20

- 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 Center
1:00 pm Bus to Shop 'n Save/CVS Pharmacy/
Passavant Cranberry & Main Campus
1:00 pm **NO** - 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
6:30 pm Monday Night Bridge - Card Room

Tuesday, November 21

- 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.
1:00 pm Pool/Billiards - Billiards Room
1:00 pm Complimentary Hearing Aid Services with
Dr. Francis - Appointment Necessary
1:40 pm Bus to VA Clinic Cranberry/Passavant
1:30 pm Drama Club Meeting - Oak Lodge Great Room
2:00 pm Nationality Rooms Speaker - Auditorium
3:00 pm Sit & Fit Strength Class - Channel 951

"Japan ~ Islands of Extreme"

Nov 21 ENCORE - Nov. 23
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, November 22

- 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.

Wednesday, November 22 (Continued)

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building
12:00 pm Granny's Attic Annex #156 (until 2:30pm)
Appointments are not needed today!
1:00 pm Wednesday Bridge - Lobby
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
Home for the Holidays (PG-13)

Thursday, November 23 *Thanksgiving Day*

No Off-Campus Transportation Today - Check Bulletin Board for Details

Thanksgiving Day Dining Hours



Main Dining Room

Lunch - 11:30 am - 1:30 pm
Dinner - Closed

Café

Breakfast - 8-10:30 am
Lunch - Closed
Dinner - Closed

Takeout meals are available at the
Café counter from 11:30 am - 1:30 pm.

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

Reception Desk Hours - 8:00 am - 6:00 pm

Friday, November 24

Poinsettia Orders/Checks Due Today to Box #240

- 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
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
Planes, Trains & Automobiles (R)

Saturday, November 25

- 9:30 am Bus to Ross Park Mall
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
The Cheap Detective (PG)

SUNDAY 11/19/2023		MONDAY 11/20/2023		TUESDAY 11/21/2023		WEDNESDAY 11/22/2023		THURSDAY THANKSGIVING 11/23/2023 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm		FRIDAY 11/24/2023		SATURDAY 11/25/2023	
**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)	
Beef Barley Potato Leek Soup	Creamy Corn Soup Chicken Rice Soup	Shrimp Bisque French Onion Soup	Butternut Squash Soup Vegetarian Vegetable Soup	Chicken Florentine Soup Mushroom Barley Soup	New England Seafood Soup Tomato Basil Soup	Beer Cheese 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	Beer Cheese Soup Italian Wedding Soup		
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choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)	
BW Chicken Piccata Grilled Trout w/ Chive Butter Beef Tenderloin CF - Broccoli Quiche	BW Baked Sea Scallops Meatballs Strawberry Chicken Salad CF - Eggplant-Parmesan Napoleon	Mushroom Ravioli Savory Meatloaf Baked Chicken Thighs CF - Roasted Barramundi	BW Southwest Chicken Wrap English-Style Cod BBQ Pulled Pork w/Onion Roll CF - Veal Milanese	Carved Turkey Yankee Pot Roast Cod English w/Garlic Butter	BW Herb Roasted Salmon Honey Soy Glazed Chicken Stuffed Shells Marinara CF - Chili Dog	BW Turkey Avocado Salad Yankee Pot Roast Blackened Catfish CF - Chicken Marsala							
choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)	
Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato	Linguini w/Marinara Lima Beans Roasted Yellow Squash AA Mashed Potato AA Baked Potato	Mashed Potatoes Barbecue Baked Beans Steamed Broccoli AA Mashed Potato AA Baked Potato	Seasoned French Fries Roasted Brussels Sprouts Corn AA Mashed Potato AA Baked Potato	Mashed Potatoes Bread Stuffing Corn Green Beans	Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato	Coconut Brown Rice Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato							
Vegetable of the Week - Sautéed Zucchini w/Tomatoes and Basil													
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)	
Boston Cream Bomb Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peachberry Pie Apple Streusel Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Pumpkin Pie Red Velvet Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Coconut Meringue Pie Apple Crisp Apple, Banana, or Orange Fresh Fruit Cup Ice Cream 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: 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

1:30 am - 1 pm

4:30-6:30 pm

Corner Market

am - 6:30 pm

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