



This Week at Sherwood Oaks - November 5 -11, 2023

The Audio Bulletin Board 8489

Sunday, November 5

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

- 2:00 pm Chapel Service - Card Room
Rev. James Benson
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Kung Fu Demonstration - Auditorium
- 7:30 pm Sunday Night Movie - Channel 951
Bloodhounds of Broadway (Approved)

Monday, November 6

- 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 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
- 7:00 pm Continued Learning: *Deb Miller - Teaching
Deaf & Blind Children* - Auditorium

Tuesday, November 7 *Election Day*



**Bus to vote - 9:30 am - 12:00 pm -
2:00 pm - 4:00 pm - Residents must
sign up on the bulletin board!**

- 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
- 1:30 pm SORA Board Meeting - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm Program Committee: *Anna Singer - From
Opera to Broadway* - Auditorium

"Leonard Bernstein - The World of Jazz"

Nov 7 ENCORE - Nov. 9
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, November 8

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room

Wednesday, November 8 (Continued)

- 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
- 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

Something the Lord Made (PG)

Thursday, November 9

- 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.
- 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 - **Lobby**
- 1:30 pm Grief Support Group - Chapel
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, November 10

Poinsettia Orders/Checks Due Today to Box #258

- 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
- 1:15 pm Veteran's Day Music Begins - Auditorium
- 1:30 pm Veteran's Day Program - 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

This is the Army (Approved)

Saturday, November 11 *Veterans Day*

- 9:30 am Bus to Ross Park Mall
- 1:30 pm Memorial Service for Olive Tiller -
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
The Book Thief (PG-13)

SUNDAY 11/5/2023	MONDAY 11/6/2023	TUESDAY 11/7/2023	WEDNESDAY 11/8/2023	THURSDAY 11/9/2023	FRIDAY 11/10/2023	SATURDAY 11/11/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
American Bounty Vegetable Potato Leek Soup	Chilled Peach Soup Chicken Rice Soup	Navy Bean Soup French Onion Soup	Creole Crab Soup Vegetarian Vegetable Soup	Cream of Asparagus Soup Chicken Noodle Soup	Wonton Soup Tomato Basil Soup	Split Pea Soup Italian Wedding Soup
Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Seasoned Snapper Stuffed Peppers Carved Turkey w/Stuffing CF - Cheese Blintz	BW Zucchini Ricotta Boats Pineapple Ham Honey Mustard Chicken CF - Shrimp Scampi	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Farfalle & Sausage	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Irish Stew	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Butternut Squash Ravioli	Cheese Manicotti Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Fried Fish	BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade CF - Cheese Tortellini
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Cheesy Risotto Sauteed Spinach Succotash AA Mashed Potato AA Baked Potato	Garden Wild Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	Roasted Sweet Potato Wedges Balsamic Brussels Sprouts Parmesan Baked Tomato AA Mashed Potato AA Baked Potato	Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	Pierogies with Onions Sauteed Zucchini Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Steamed White Rice Edamame Ginger Carrots AA Mashed Potato AA Baked Potato

Vegetable of the Week - Asparagus & Mushrooms

choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Roll	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)
Pumpkin Pie Chocolate Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Berry Cake w/Amaretto Icing Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Poundcake w/Berries Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Cherry Cobbler Tiramisu 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	Café	Café Meal Pick Ups
Ext. 8234 (724-776-8234)	Ext. 8236 (724-776-8236)	11:30 am - 1 pm
Lunch - 11:45 am-1 pm	**Breakfast - 8-10:30	4:30-6:30 pm
Dinner - 4:30-6:30 pm	**Lunch - 10:30am-4:30pm	Corner Market
	Dinner - 4:30-6:30 pm	8 am - 6:30 pm

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