



This Week at Sherwood Oaks - November 24 - 30, 2024 The Audio Bulletin Board 8489

Sunday, November 24

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

- 10:30 am Friends (Quaker) Meeting -
- 2:00 pm Chapel Service - Card Room
Rev. Stan Keelhwetter
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The Fantasticks (PG)

Monday, November 25

- 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 Ctr.
- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby
- 6:30 pm Bingo! (until 7:30) - Auditorium

Tuesday, November 26

- 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.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
- 1:00 pm Ladies' Pool - Pool Table Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm **Christmas Candlelight Piano Concert
with Roberta Breninghouse** - Auditorium
& Card Room

"Lost Christianities - Lectures 21 & 22"

Nov. 26 ENCORE - Nov. 28
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, November 27

- 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

Wednesday, November 27 (Continued)

- 11:00 am Clergy Meeting - 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
- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
The Greatest Showman (PG)

Thursday, November 28 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 - 4:00 pm

Friday, November 29

- 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 Group Fitness - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall
Passavant Main & Passavant Cranberry
- 1:00 pm Crazy Crafters - Lower Level Craft Room -
Call Joni Pun (8223) to RSVP
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951
Planes, Trains & Automobiles (R)

Saturday, November 30

- 9:30 am Bus to Beaver Valley Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand Church
- 7:30 pm Residents' Request Movie - Channel 951
Crossing Delancey (PG)

SUNDAY 11/24/2024		MONDAY 11/25/2024		TUESDAY 11/26/2024		WEDNESDAY 11/27/2024		THURSDAY Thanksgiving 11/28/2024 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm		FRIDAY 11/29/2024		SATURDAY 11/30/2024	
choose (2)	Chicken Noodle Soup Crabby Swiss Soup	choose (2)	Potato Leek Chowder Stuffed Pepper Soup	choose (2)	Italian Wedding Soup Root Vegetable Soup	choose (2)	Split Pea Soup Cream Of Cauliflower Soup	choose (2)	Corn Chowder Tuscan Bean & Tomato	choose (2)	Vegetarian Vegetable Soup Black Bean Soup	choose (2)	Homemade Cream of Tomato Soup Turkey Rice Soup
	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup		Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup		Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup		Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup		Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup		Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup		Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup
choose (1)	BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Ham & Cheese Scramble	choose (1)	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Country Fried Steak	choose (1)	BeWell Ginger Soy Shrimp Beef Burgundy Chicken Pot Pie CF - Eggplant Parmesan	choose (1)	Chicken Penne Alfredo Savory Meatloaf Seasoned Snapper CF - Breaded Porkchop	choose (1)	Carved Turkey Butternut Squash Ravioli Cod English w/Garlic Butter	choose (1)	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Lemon Honey Chicken	choose (1)	Ham Steak Battered Fish Beef Stew CF - Garlic Parm. Chicken Wings
choose (3)	Roasted Tri-color Potatoes Creamed Spinach Sautéed Mushrooms AA Mashed Potato AA Baked Potato	choose (3)	Corn Soufflé Sautéed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	choose (3)	Egg Noodles Garlic Chalet Vegetable Blend Warm Chunky Applesauce AA Mashed Potato AA Baked Potato	choose (3)	Mashed Potatoes Tri Colored Carrots Peas AA Mashed Potato AA Baked Potato	choose (3)	Stuffing Mashed Potatoes Sweet Potato Casserole Green Beans Amandine	choose (3)	Sweet Potato Fries Fresh Asparagus Spaghetti Squash AA Mashed Potato AA Baked Potato	choose (3)	Roasted Fingerling Potatoes Root Vegetable Medley Green Beans w/Bacon AA Mashed Potato AA Baked Potato
Vegetable of the Week - Roasted Cauliflower w/Cheese Sauce													
choose (1)	Cinnamon Roll	choose (1)	Assorted Dinner Roll	choose (1)	Assorted Dinner Roll	choose (1)	Assorted Dinner Roll	choose (1)	Assorted Dinner Roll	choose (1)	Assorted Dinner Roll	choose (1)	Assorted Dinner Roll
choose (1)	Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1)	Key Lime Pie Butterfinger Hot Fudge Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1)	Chocolate Fudge Cake Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1)	Maple Bourbon Bread Pudding White Cake w/Coconut Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1)	Pumpkin Pie Chocolate Cake with chocolate icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1)	Orange Cream Cake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1)	Homemade Apple Crisp Reese's Peanut Butter Pie Apple, Banana, or Orange Fresh Fruit Cup 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 for pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8, 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 notes 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 pm

Corner Market

8 am - 6 pm