



A part of UPMC Senior Communities

This Week at Sherwood Oaks - September 12, 2021 to September 18, 2021

The Audio Bulletin Board 8489

Sunday, September 12

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

- 2:00 pm Chapel Service - Auditorium -
Rev. James Caraway
- 7:30 pm Sunday Night Movie - Channel 901
Funny Girl (Rated G)

Monday, September 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
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Stretch & Stability
- 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
- 1:30 pm Resident Meeting with Dan Santoro -
Auditorium & Card Room
- 6:30 pm Monday Night Bridge - Card Room

"Are We Too Late to Stop Climate Change"

September 13

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

Tuesday, September 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 Fitness Ctr.
- 1:30 pm Crocheting Plastic Bags - Craft Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 7:15 pm SORA Quarterly Board Mtg. - Auditorium

"Rick Steves: Cruising the Mediterranean"

September 14

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

Wednesday, September 15

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 Take a Walk with a Friend - Meet outside
Scooter Room/Gallery Entrance

Wednesday, September 15 (Continued)

- 12:00 pm Granny's Attic Annex #156 - Appointment
Only - Call Frank or Joanne - Ext. 8154
- 1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm How to Write Your Life Story- Conf. Room
Residents must be pre-registered
- 1:30 pm Handbell Practice - Auditorium
- 3:00 pm Chorus Practice - Auditorium

Thursday, September 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.
- 11:00 am Yoga - Cranberry Lake Fitness Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
- 1:00 pm Bus to Deener's Farm Market
- 1:30 pm Duplicate Bridge - Card Room

"Wild Weather" - September 16

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

Friday, September 17

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 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
- 1:30 pm Resident Get Together w/ Phyllis Franks,
Nancy O'Leary, Chris Coroian - Aud & CR
- 2:00 pm Craft Group - Lower Level Craft Room
- 2:00 pm Sew & So's - Card Room

"Wild Weather" - September 17

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

Saturday, September 18

- 9:30 am Bus to Beaver Valley Mall
- 1:30 pm Celebration of Remembrance - Auditorium
(Remembering all the residents who died
during the pandemic.)
- 3:40 pm Bus to St. Ferdinand's Church
- 7:00 pm Saturday Night Movie - Auditorium
Dave - (PG-13)

SUNDAY 9/12/2021	MONDAY 9/13/2021	TUESDAY 9/14/2021	WEDNESDAY 9/15/2021	THURSDAY 9/16/2021	FRIDAY 9/17/2021	SATURDAY 9/18/2021
<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
American Bounty Vegetable Potato Leek	Chilled Peach Chicken Rice	Navy Bean French Onion	Creole Crab Vegetarian Vegetable	Cream of Asparagus Chicken Noodle	Wonton Tomato Basil	Split Pea Italian Wedding
Mixed Greens House Salad Iceberg House Salad	Mixed Greens House Salad Iceberg House Salad	Mixed Greens House Salad Iceberg House Salad	Mixed Greens House Salad Iceberg House Salad	Mixed Greens House Salad Iceberg House Salad	Mixed Greens House Salad Iceberg House Salad	Mixed Greens House Salad Iceberg House Salad
Fresh Fruit Cup Prune Cup	Fresh Fruit Cup Prune Cup	Fresh Fruit Cup Prune Cup	Fresh Fruit Cup Prune Cup	Fresh Fruit Cup Prune Cup	Fresh Fruit Cup Prune Cup	Fresh Fruit Cup Prune Cup
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
BW Seasoned Snapper Stuffed Peppers	BW Zucchini Ricotta Boats Pineapple Ham	BW Ginger Citrus Chicken Scallops a la Caprese	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll	BW Sweet Berry Chicken Salad Deluxe Burger	BW Vegetarian Arugula Pasta Bleu Cheese Crusted Beef Medallions	BW Beef Broccoli Stir-Fry Bourbon Chicken Wings
Carved Turkey w/Stuffing Chef's Feature	Honey Mustard Chicken Catch of the Day	Beef Enchilada Bake Chef's Feature	Creamy Vegetable Lasagna Chef's Feature	Lemon Dill Salmon Chef's Feature	Kielbasa with Kraut Catch of the Day	Crab Cake with Remoulade Chef's Feature
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
Mashed Potatoes Green Beans Amandine	Cheesy Risotto Sauteed Spinach	Garden Wild Rice Steamed Peas	Roasted Sweet Potato Wedges Balsamic Brussels Sprouts	Curly Fries Steamed Broccoli	Pierogies with Onions Sauteed Zucchini	Lo Mein Noodles Edamame
Harvard Beets AA Mashed Potato	Succotash AA Mashed Potato	Roasted Cauliflower AA Mashed Potato	Parmesan Baked Tomato AA Mashed Potato	Soaker Beans AA Mashed Potato	Tri-Colored Peppers AA Mashed Potato	Ginger Carrots AA Mashed Potato
AA Baked Potato Vegetable of the Week	AA Baked Potato Vegetable of the Week	AA Baked Potato Vegetable of the Week	AA Baked Potato Vegetable of the Week	AA Baked Potato Vegetable of the Week	AA Baked Potato Vegetable of the Week	AA Baked Potato Vegetable of the Week
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Specialty Bread	Garlic Breadstick	Artisan Roll	Egg Knot Roll	Potato Roll	Wheat Dinner Roll	Hawaiian Roll
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Pumpkin Pie Chocolate Galaxy Cake	Key Lime Pie Red Velvet Cake	Berry Moscato Cake Bananas Foster Sundae	Apple Pie Marble Cake	Yellow Cake with Pineapple Topping	Chocolate Marshmallow Cake	Cherry Cobbler Tiramisu
Apple, Banana, or Orange Snickerdoodle	Apple, Banana, or Orange Triple Chocolate Cookie	Apple, Banana, or Orange Oatmeal Raisin	Apple, Banana, or Orange White Chocolate Macadamia	Chocolate Cream Pie Apple, Banana, or Orange	Peach Pie Apple, Banana, or Orange	Apple, Banana, or Orange Red Velvet White Chocolate

Hershey's Hand Scooped Ice Cream: Vanilla, Chocolate, Butter Pecan, NSA Option, Sorbet or Sherbet

The full Always Available Menu & Chef's Feature/ Catch of the Day will be offered for meal deliveries and pickups.

Drinks available: Orange Juice, V-8 Juice, Low Sodium V-8 Juice, Cranberry Juice, Pepsi, Diet Pepsi, Mt. Dew, Diet Mt. Dew, Ginger Ale, Diet Ginger Ale, Root Beer, Iced Tea, Lemonade, Bottled Water

A delivery fee of \$6.55 will be billed to your account in addition to a meal charge.

Main Dining Room:
Cafe:

Ext. 8234 (724-776-8234)

Ext. 8236 (724-776-8236)

Lunch - 11:45 am-1 pm

Meal Pickups:

Dinner - 4:30-6:30 pm

11:30-1pm and 4:30-6:30pm

Corner Market - 8am-6pm