



This Week at Sherwood Oaks - October 9-15, 2022

The Audio Bulletin Board 8489

Sunday, October 9

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

- 2:00 pm Chapel Service - Auditorium
Rev. Michael Arnold
- 7:30 pm Sunday Night Movie - Channel 951
Funny Face (Approved)

Monday, October 10 *Columbus Day*

- 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 Ctr.
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Yoga - Cranberry Lake Fitness Center
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm **NO** - Painting Class - Novice or Pro - Painting Studio - Lower Level
- 1:30 pm Let's Talk - Auditorium
- 6:30 pm Monday Night Bridge - Card Room

"The Biggest Cover-Up in History: 60 Years of Climate Change Secrets"
October 10
10:00 am, 4:00 pm, 7:30 pm
TV Channel 951

Tuesday, October 11

- 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
- 10:30 am Continued Learning - **Peter Broeren: Genealogy** - Auditorium
- 11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.
- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

"Frank Lloyd Wright - Part 2"
October 11
10:00 am, 4:00 pm, 7:30 pm
TV Channel 951

Wednesday, October 12

- 8:15 am Bus to UPMC Passavant Cranberry
- 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 Stretch & Stability - Cran Lake Fitness Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building
- 12:00 pm Granny's Attic Annex #156 - Appointment Only - Call Frank or Joanne - Ext. 8154
- 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 Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 3:00 pm Chorus Practice - Auditorium
- 7:30 pm Wednesday Night Movie - Channel 951
King Kong (Passed)

Thursday, October 13

- 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
- 1:00 pm Bus to Deener's Farm Market
- 1:30 pm Duplicate Bridge - Card Room

Friday, October 14

- 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 - Cranberry Lake Fitness Center
- 11:00 am On the Move - Cranberry Lake Fitness Center
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Sew & So's - Card Room
- 2:00 pm Patching & Piecing - Lower Level Craft Room
- 7:00 pm Candidate's Night - Auditorium & Card Room
- 7:30 pm Friday Night Movie - Channel 951
Woman of the Year (Passed)

Saturday, October 15

- 9:30 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Auditorium
15:17 to Paris (Rated PG-13)

SUNDAY 10/9/2022	MONDAY 10/10/2022	TUESDAY 10/11/2022	WEDNESDAY 10/12/2022	THURSDAY 10/13/2022	FRIDAY 10/14/2022	SATURDAY 10/15/2022
<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>
Potato Leek Soup Beef Noodle Soup	Chicken Rice Soup Chili	French Onion Soup Chilled Cucumber Soup	Vegetarian Vegetable Soup Stuffed Pepper Soup	Chicken Noodle Soup Chilled Borscht	Tomato Basil Soup Split Pea Soup	Italian Wedding Soup Cream of Mushroom
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
<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 Orange Baked Flounder Duck Breast - Currant Sauce Baked Ham CF - Breakfast Casserole	BW Cilantro Grilled Chicken Coconut Shrimp Fettuccini Bolognese CF - Beef Tacos	BW Herb Crusted Pork Loin Buffalo Chicken Tenders Macaroni and Cheese CF - Cod and Potato Pancakes	BW Raspberry Peach Chicken Petite Filet Perch Meuniere CF - Turkey Tetrazzini	BW Salmon Berry Salad Calves Liver, Bacon, Onions Barbecue Baby Back Ribs CF - Chicken Cacciatore	BW Greek Flatbread Arcadian Chicken Legs Crab Stuffed Portabella CF - Beef Goulash	BW Beef Teriyaki Marinated Swordfish Braided Turkey Cutlet CF - Old Fashioned Ham Loaf
<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>
Scalloped Potatoes Sauteed Zucchini Roasted Eggplant AA Mashed Potato AA Baked Potato	Jasmine Rice Pilaf Sugar Snap Peas Maple Glazed Carrots AA Mashed Potato AA Baked Potato	Sweet Potato Fries Swiss Chard Stewed Tomatoes AA Mashed Potato AA Baked Potato	Roasted Red Potatoes Steamed Broccoli Braised Parsnips & Turnips AA Mashed Potato AA Baked Potato	Potato Pancakes Roasted Asparagus Corn Souffle AA Mashed Potato AA Baked Potato	Yukon Gold Potatoes Walnut Pesto Green Beans Artichoke Tomato Casserole AA Mashed Potato AA Baked Potato	Leek Quinoa Pilaf Steamed Brussels Sprouts Roasted Tri-colored Peppers AA Mashed Potato AA Baked Potato
Vegetable of the Week - Oven Roasted Cauliflower						
<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	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner 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>
Chocolate Mint Pie Lemon Raspberry Shortcake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Peach Cobbler Crispy Peanut Butter Bar Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Double Chocolate Cake Fruit of the Forest Pie Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Butterscotch Pie Turtle Sundae Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Dutch Apple Pie Yellow Cake Chocolate Icing Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Blackberry Pie Olive Oil Cake Lemon Glaze Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	French Silk Pie Angel Food Cake - Berries Apple, Orange, or Banana 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, Cranberry 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

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

(closed on Friday nights)

Café

Ext. 8236 (724-776-8236)

Breakfast - 8-10:30

Lunch - closed

Dinner - 4:30-6:30 pm
(closed on Friday nights)

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6 pm

Corner Market

8 am - 6 pm