



This Week at Sherwood Oaks - September 17-23, 2023

The Audio Bulletin Board 8489

Sunday, September 17

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

- 2:00 pm Chapel Service - Auditorium
Rev. Nathan Glover
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
High Society (Passed)

Monday, September 18

- 8:15 am Bus to Passavant Cranberry
- 9:00 am **NO** - 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 **NO** - Monday Night Bridge - Card Room

Tuesday, September 19

- 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 Roots & Branches Meeting - Conf. Room
- 11:00 am Move & Groove - Cran Lake Fit. Ctr.
- 1:00 pm Pool/Billiards - Billiards Room
- 1:30 pm Drama Club Meeting - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"The Grand Norwegian Road Trip"

Sept. 19 ENCORE - Sept. 20
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, September 20 (Continued)

- 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
Exodus (Approved)

Funnel Cake Event

(September 20)

See channels 950 &
951 for details!



Thursday, September 21

- 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.
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Deaner's Farm Market
- 1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

"Peace One Day"

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

Friday, September 22

- 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 - Chapel
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
The Marriage Fool (Not Rated)

Saturday, September 23

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Channel 951
The Day the Earth Stood Still (Approved)

SUNDAY 9/17/2023	MONDAY 9/18/2023	TUESDAY 9/19/2023	WEDNESDAY 9/20/2023	THURSDAY 9/21/2023	FRIDAY 9/22/2023	SATURDAY 9/23/2023
<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 Meatball Stew	Chicken Noodle Soup Stuffed Pepper Soup	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	BW Cilantro Grilled Chicken Coconut Shrimp Fettuccini Bolognese CF - Sesame Beef	BW Herb Crusted Pork Loin Buffalo Chicken Tenders Rodeo Burger CF - Snapper Livornese	BW Raspberry Peach Chicken Beef Tenderloin Perch Meuniere CF - Natn'l Pepperoni Pizza Day	BW Salmon Berry Salad Calves Liver Barbecue Baby Back Ribs CF - Chicken & Broccoli Casserole	Sausage Pizza Arcadian Chicken Legs Beef Ropa Veija CF - Beer Battered Fish	BW Beef Teriyaki Crab Stuffed Portobello Bratwurst w/Onions CF - Fried Chicken
<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 Peas Maple Glazed Carrots AA Mashed Potato AA Baked Potato	Mac & Cheese 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 Casserole AA Mashed Potato AA Baked Potato	Pierogies Steamed Brussels Sprouts Tri-colored Peppers AA Mashed Potato AA Baked Potato
Vegetable of the Week - Baked Tomato with Pesto & Parmesan						
<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>
Cinnamon Roll	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 Bar Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Peach Pie 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	S'mores 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 Lemon Cake 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, 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 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 - 8-10:30am
Lunch - 10:30am-4:30pm
Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm
4:30-6:30 pm
Corner Market
8:00am - 6:30pm