



This Week at Sherwood Oaks - September 3-9, 2023
The Audio Bulletin Board 8489

Sunday, September 3

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

- 2:00 pm Chapel Service - Auditorium
Rev. Jeffrey Sterling
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
On Moonlight Bay (Approved)

Monday, September 4 *Labor Day*

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am Aquacize - Swimming Pool
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951



Labor Day Hours

Main Dining Room
 Lunch - 11:30 am - 1:30 pm
 Dinner - Closed

Café
 Breakfast - 8-10:30 am
 Lunch & Dinner - Closed
 Takeout meals - 11:30 am - 1:30 pm

Tuesday, September 5

- 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
- 1:30 pm SORA Board Meeting - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"The Unknown World of World Class Musicians"

Sept. 5 ENCORE - Sept. 7
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, September 6

- 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 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 Wednesday Bridge - Lobby
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Jeremiah Johnson (PG)

Thursday, September 7

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Clinic until 2:30pm - Scooter Room/Gallery - Sign up in Mailroom
- 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 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

Friday, September 8

- 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
Going in Style (PG)

Saturday, September 9

- 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 Thing from Another World (Approved)

SUNDAY 9/3/2023	MONDAY LABOR DAY 9/4/2023	TUESDAY 9/5/2023	WEDNESDAY 9/6/2023	THURSDAY 9/7/2023	FRIDAY 9/8/2023	SATURDAY 9/9/2023
**choose (2) **choose (2) **choose (2) **choose (2) **choose (2) **choose (2) **choose (2)						
Manhattan Clam Chowder Potato Leek Soup	Minestrone Soup Chicken Rice Soup	Chilled Strawberry Soup French Onion Soup	Vegetarian Vegetable Soup Beef & Rice Soup	Cream of Broccoli Soup Chicken Noodle Soup	Cream of Potato Soup Tomato Basil Soup	Chicken Tortilla Soup Italian Wedding Soup
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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Stuffed Pork Chop Prime Rib au Jus Fried Fish CF - Creamed Turkey & Biscuits	Hamburger/Cheeseburger Bratwurst & Onions Fried Chicken Honey Garlic Salmon	BW Cajun Pork Tenderloin Trio Salad Beef Shoulder w/Mushroom Sauce CF - Blackened Catfish	Baked Breaded Chicken Breast Pesto Cream Tortellini Blackened Shrimp CF - Flank Steak	Beef Stroganoff Turkey a L'Orange Portobello Cheese Quiche CF - Artich Char	Crispy Sesame Chicken Cheese Pizza Beef Pepper Steak CF - Scallops	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Veal Jagerschnitzel
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Parslief New Potatoes Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato	Onion Rings Baked Beans Corn on the Cob	Cheesy Potatoes Sauteed Greens Roasted Butternut Squash AA Mashed Potato AA Baked Potato	Creamy Cheesy Grits Lemon Green Beans Fried Okra AA Mashed Potato AA Baked Potato	Egg Noodles Steamed Peas Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Fried Rice Spinach Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Baked Sweet Potato Fried Zucchini Sauteed Mushrooms AA Mashed Potato AA Baked Potato
Vegetable of the Week - Broccoli with Cheese Sauce						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread choose (1)	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)
Reese's Peanut Butter Pie Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Caramel Apple Walnut Pie Lemon Curd Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Hummingbird Cake Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Chocolate Fudge Cake Butterfinger Sundae Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Fresh Berries w/Whipped Cream Chocolate Chip Cookie Cheesecake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Peach Streusel Cake Lemon Blueberry Cookie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Blueberry Cobbler Cookies & Cream Pie 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

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

4:30-6:30 pm

Corner Market

8 am - 6:30 pm