



This Week at Sherwood Oaks - September 10-16, 2023

The Audio Bulletin Board 8489

Sunday, September 10

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

- 2:00 pm Chapel Service - Auditorium
Rev. Donna Giver-Johnston
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Les Girls (Approved)

Monday, September 11

- 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 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

"Living in the Future's Past"

Sept. 11 ENCORE - Sept. 13
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Tuesday, September 12

- 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
- 1:00 pm Complimentary Hearing Aid Services with
Dr. Francis - Appointments Necessary
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"Inventions - Lectures 15 & 16"

Sept. 12 ENCORE - Sept. 14
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, September 13

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall

Wednesday, September 13 (Continued)

- 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
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
Appointments are not needed today!
- 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
Land (PG-13)

Thursday, September 14

- 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 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 15

- 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
Dirty Rotten Scoundrels (PG)

Saturday, September 16

- 9:30 am Bus to Beaver Valley Mall
- 1:00 pm Car Cruise - Main Parking Lot until 4pm
Weather Permitting
- 2:00 pm Memorial Service for Betty Rinker -
Card Room
- 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 War of the Worlds (Passed)

SUNDAY 9/10/2023 **choose (2)	MONDAY 9/11/2023 **choose (2)	TUESDAY 9/12/2023 **choose (2)	WEDNESDAY 9/13/2023 **choose (2)	THURSDAY 9/14/2023 **choose (2)	FRIDAY 9/15/2023 **choose (2)	SATURDAY 9/16/2023 **choose (2)
Beef Barley Potato Leek Soup	Creamy Corn Soup Chicken Rice Soup	Shrimp Bisque French Onion Soup	Butternut Squash Vegetarian Vegetable Soup	Gazpacho Chicken Noodle Soup	New England Seafood Soup Tomato Basil Soup	Beer Cheese Soup Italian Wedding Soup
Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)
BW Chicken Piccata Grilled Trout w/ Chive Butter Beef Tenderloin CF - Italian Egg Strata choose (3)	BW Baked Sea Scallops Meatballs Strawberry Chicken Salad CF - Eggplant Parmesan Napolean choose (3)	Mushroom Ravioli Savory Meatloaf Baked Chicken Thighs CF - Monkfish choose (3)	BW Southwest Chicken Wrap English-Style Cod BBQ Pulled Pork w/Onion Roll CF - Stuffed Cabbage choose (3)	Chicken w/ Tomato Avocado Salsa Vegetable Chili with Toasted Pita Braised Beef Brisket CF- Cajun Crawfish Pasta choose (3)	BW Herb Roasted Salmon Honey Soy Glazed Chicken Stuffed Shells Marinara CF - Chili Dog choose (3)	BW Turkey Avocado Salad Yankee Pot Roast Blackened Catfish CF - Sweet & Sour Grilled Chicken choose (3)
Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato	Linguini w/Marinara Lima Beans Roasted Yellow Squash AA Mashed Potato AA Baked Potato	Mashed Potatoes Barbecue Baked Beans Steamed Broccoli AA Mashed Potato AA Baked Potato	Seasoned French Fries Roasted Brussels Sprouts Corn AA Mashed Potato AA Baked Potato	Red Pepper Risotto Peas & Pearl Onions Sliced Buttered Carrots AA Mashed Potato AA Baked Potato	Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato	Coconut Brown Rice Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato
Vegetable of the Week - Sweet & Sour Cabbage with Bacon						
choose (1) Specialty Bread	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) Boston Cream Bomb Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Peachberry Pie Apple Streusel Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Egg Custard Pie Salted Caramel Pretzel Brownie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Coconut Meringue Pie Apple Crisp Apple, Banana, or Orange 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 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