



This Week at Sherwood Oaks - September 24-30, 2023

The Audio Bulletin Board 8489

Sunday, September 24

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Auditorium
Rev. Liddy Barlow
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The Jazz Singer (PG)

Monday, September 25

- 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

Tuesday, September 26

- 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

"Comparative Religion - Lectures 17 & 18"

Sept. 26 ENCORE - Sept. 28
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, September 27

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 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

Wednesday, September 27 (Continued)

- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
Appointments are not needed today!
- 1:00 pm Wednesday Bridge - Lobby
- 1:30 pm Hand Bell Practice - Cranberry Lake Grill
- 1:30 pm Birthday Theme Movie - Channel 951
Jurassic Park (PG-13)
- 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 Birthday Theme Movie - Channel 951
Jurassic Park (PG-13)

Dining Services' Theme Meal Today is



Thursday, September 28

- 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 - **Lobby**
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, September 29

- 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
My Man Godfrey (Approved)

Saturday, September 30

- 9:30 am No Mall bus today
- 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 Fly (Approved)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY Jurassic Park!!	THURSDAY	FRIDAY	SATURDAY
9/24/2023	9/25/2023	9/26/2023	9/27/2023	9/28/2023	9/29/2023	9/30/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Lobster Bisque Potato Leek Soup	Cream of Cauliflower Soup Chicken Rice Soup	Elephant Garlic Soup French Onion Soup	Mesozoic Meatball Stew Cretaceous Chicken Tortilla Soup	Lentil Soup Chicken Noodle Soup	Beef Barley Tomato Basil Soup	Cream of Artichoke 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)
BW Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - Creamed Chipped Beef	BW Chicken Marsala Montreal Beef Shoulder Eggplant Parmesan CF - Cornmeal Catfish	BW Balsamic Glazed Tuna BBQ Chicken Thighs Taco Salad CF - Wild Mushroom & Spinach Pasta	Brontosaurus Burger Jurassic Jumbo Shrimp & Scallops Herbivore Spinach & Artichoke Shells Pterodactyl Garlic Parmesan Wings	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy CF - Asiago Chicken	BW Lasagna Roll-ups Apricot Chicken Fried Fish CF - Sloppy Joe	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Cajun Honey Pork
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash AA Mashed Potato AA Baked Potato	Penne Pasta w/Marinara Sauteed Green Beans Roasted Fennel Vegetables AA Mashed Potato AA Baked Potato	Tater Tots Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato	Triassic Twice Baked Potato Paleo Peas & Carrots Amber Butternut Squash AA Mashed Potato AA Baked Potato	Baked Sweet Potato Spinach Corn AA Mashed Potato AA Baked Potato	Haluski Peas & Peppers Asparagus AA Mashed Potato AA Baked Potato	Parslied New Potatoes Sauteed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Ratatouille						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread	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)
Chocolate Éclair Black Forest Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Pie New York Cheesecake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Chocolate Peanut Butter Cake Lemon Blueberry Mousse Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Triceratops Chocolate Mousse Velocirap-torte (Frutti di Bosco) Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Vanilla Cheesecake Orange Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Peanut Butter Cup Sundae Strawberry Shortcake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Banana Cream Pie Almond Joy Parfait Fresh Fruit Cup Apple, Banana, or Orange 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

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 - 10:30 am-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