



This Week at Sherwood Oaks - October 15-21, 2023

The Audio Bulletin Board 8489

Sunday, October 15

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

- 2:00 pm Chapel Service - Card Room
Rev. James Shoucair
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The Toast of New Orleans (Approved)

Monday, October 16

- 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
- 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, October 17

- 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 Fitness Ctr.
- 11:00 am Egg Nog Party Planning Meeting - Card Room
- 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

"Iceland, Experiencing the Raw Forces of Nature"

Oct. 17 ENCORE - Oct. 19
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, October 18

- 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, October 18 (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
Breach (PG-13)

Thursday, October 19

- 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
- 1:30 pm Grief Support Group - Chapel
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm Focus on the World: **Daniel Rossi-Keen -
Reclaiming Community in an Era of
Division** - Card Room

Friday, October 20

- 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 - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
Not That Funny (PG)

Saturday, October 21

- 9:30 am Bus to Beaver Valley Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Channel 951
The March of the Penguins (G)



SUNDAY 10/15/2023	MONDAY 10/16/2023	TUESDAY 10/17/2023	WEDNESDAY 10/18/2023	THURSDAY 10/19/2023	FRIDAY 10/20/2023	SATURDAY 10/21/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**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	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 Chicken Piccata Grilled Trout w/ Chive Butter Beef Tenderloin CF - French Toast	BW Baked Sea Scallops Meatballs Strawberry Chicken Salad CF - Mustard Glazed Pork	Mushroom Ravioli Savory Meatloaf Baked Chicken Thighs CF - Seafood Salad Croissant	BW Southwest Chicken Wrap English-Style Cod BBQ Pulled Pork w/Onion Roll CF - Cajun Butter Steak	Chicken w/ Tomato Avocado Salsa Vegetable Chili with Toasted Pita Braised Beef Brisket CF- Tuna Noodle Casserole	BW Herb Roasted Salmon Honey Soy Glazed Chicken Stuffed Shells Marinara CF - Stuffed Cabbage	BW Turkey Avocado Salad Yankee Pot Roast Blackened Catfish CF - Chicken & Apples
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	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 - Stir Fried Bok Choy						
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)
Boston Cream Bomb Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peachberry Pie Apple Streusel Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Egg Custard Pie Salted Caramel Pretzel Brownie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	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