



## This Week at Sherwood Oaks - October 29 - November 4, 2023

### The Audio Bulletin Board 8489

#### Sunday, October 29

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

- 2:00 pm Chapel Service - Card Room  
**Rev. Emily Miller**
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951  
**Billy Rose's Jumbo (Approved)**

#### Monday, October 30

- 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
- 1:30 pm Medicare Talk w/Eric Holmes - Auditorium
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Card Room
- 7:00 pm Continued Learning Presents: **Don McLeod Jr. - Columbian Exposition of 1893** - Auditorium



#### Tuesday, October 31 *Happy Halloween*

- 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:45 pm "Campfire at the Fireplace" ~ Halloween  
Songs & Stories - Fireplace Lobby -  
Costumes are Optional!

#### **"Living in the Time of Dying"**

Oct. 31                      ENCORE - Nov. 2  
10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm  
TV Channel 951

#### Wednesday, November 1 (Continued)

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building
- 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  
**Somewhere in Time (PG)**

#### Thursday, November 2

- 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 Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

#### Friday, November 3

- 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  
**The Purple Rose of Cairo (PG)**

#### Saturday, November 4

- 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 at the Movies - Auditorium  
**Argo (R)**



#### Wednesday, November 1

- 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/29/2023	10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023	11/4/2023
<b>**choose (2)</b>	<b>**choose (2)</b>	<b>**choose (2)</b>	<b>**choose (2)</b>	<b>**choose (2)</b>	<b>**choose (2)</b>	<b>**choose (2)</b>
Lobster Bisque Potato Leek Soup	Cream of Cauliflower Soup Chicken Rice Soup	Elephant Garlic Soup French Onion Soup	Chilled Vichyssoise Vegetarian Vegetable 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
<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>
BW Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - Belgian Waffle	BW Chicken Marsala Montreal Beef Shoulder Eggplant Parmesan CF - Grilled Barramundi	BW Balsamic Glazed Tuna BBQ Chicken Thighs Taco Salad CF - Penne w/Mushrooms & Pancetta	Bourbon Cherry Pork Chicken Quesadilla Meatballs with Angel Hair CF - National Fried Clams Day	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy CF - Buffalo Chicken Casserole	BW Lasagna Roll-ups Apricot Chicken Fried Fish CF - Pepperoni Pizza	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Breaded Pork Chops
<b>choose (3)</b>	<b>choose (3)</b>	<b>choose (3)</b>	<b>choose (3)</b>	<b>choose (3)</b>	<b>choose (3)</b>	<b>choose (3)</b>
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	Brown Rice Sauteed Zucchini Roasted Mushrooms 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 - Roasted Parsnips						
<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>
Specialty Bread	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>	<b>choose (1)</b>
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	Strawberry Rhubarb Pie Peanut Butter Brownie 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

<u>Main Dining Room</u>	<u>Café</u>	<u>Café Meal Pick Ups</u>
Ext. 8234 (724-776-8234)	Ext. 8236 (724-776-8236)	11:30 am - 1 pm
Lunch - 11:45 am-1 pm	Breakfast - 8-10:30	4:30-6:30 pm
Dinner - 4:30-6:30 pm	Lunch - 10:30 am-4:30pm	<u>Corner Market</u>
	Dinner - 4:30-6:30 pm	8 am - 6:30 pm