



This Week at Sherwood Oaks - October 22-28, 2023

The Audio Bulletin Board 8489

Sunday, October 22

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

- 10:30 am Friends (Quaker) Meeting - Chapel
2:00 pm Chapel Service - Card Room
Rev. Steve Hodges
3:00 pm Sit & Fit Strength Class - Channel 951
7:30 pm Sunday Night Movie - Channel 951
Moon Over Miami (Approved)

Monday, October 23

- 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 Monday Night Bridge - Card Room
7:00 pm Continued Learning Presents: **Mark
Williams - Voting Rights** - Auditorium

Tuesday, October 24

- 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 - Appointment Necessary
1:40 pm Bus to VA Clinic Cranberry/Passavant
3:00 pm Sit & Fit Strength Class - Channel 951

"Comparative Religion - Lessons 19 & 20"

Oct. 24 ENCORE - Oct. 26
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, October 25

- 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 25 (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 Movie - Channel 951
Beetlejuice (G)
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 Movie - Channel 951
Beetlejuice (G)

Dining Services' Theme Meal Today is



Thursday, October 26

- 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 Grief Support Grief - Chapel
1:30 pm Duplicate Bridge - Card Room
3:00 pm Sit & Fit Strength Class - Channel 951
7:00 pm Program Committee Presents: **Jno Hunt -
Life Begins at 90** - Auditorium

Friday, October 27

- 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
Ghost Town (PG-13)

Saturday, October 28

- 9:30 am Bus to Ross Park 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 Lincoln Lawyer (R)

SUNDAY 10/22/2023 <i>choose (2)</i>	MONDAY 10/23/2023 <i>choose (2)</i>	TUESDAY 10/24/2023 <i>choose (2)</i>	WEDNESDAY Beet&Juice Bday! 10/25/2023 <i>choose (2)</i>	THURSDAY 10/26/2023 <i>choose (2)</i>	FRIDAY 10/27/2023 <i>choose (2)</i>	SATURDAY 10/28/2023 <i>choose (2)</i>
Potato Leek Soup Beef Noodle Soup	Chicken Rice Soup Chili	French Onion Soup Chilled Cucumber Soup	Gumbo Spaghetti Soup	Chicken Noodle Soup Stuffed Pepper Soup	Tomato Basil Soup Split Pea Soup	Italian Wedding Soup Cream of Mushroom
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
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
BW Orange Baked Flounder Duck Breast - Currant Sauce Baked Ham CF - Prime Rib Hash & Eggs	BW Cilantro Grilled Chicken Coconut Shrimp Fettuccini Bolognese CF - Vegetable Stir-Fry	BW Herb Crusted Pork Loin Buffalo Chicken Tenders Rodeo Burger CF - Beer Battered Walleye	Cheese Ravioli with Pesto Prime Rib Au Jus Chicken Casserole Braised Lamb Shank	BW Salmon Berry Salad Calves Liver Barbecue Baby Back Ribs CF - Lemon Honey Chicken	Sausage Pizza Arcadian Chicken Legs Beef Ropa Veija CF - Parmesan Perch	BW Beef Teriyaki Crab Stuffed Portobello Bratwurst w/Onions CF - Stuffed Shells
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
Scalloped Potatoes Sauteed Zucchini Roasted Eggplant AA Mashed Potato AA Baked Potato	Jasmine Rice Pilaf Peas Maple Glazed Carrots AA Mashed Potato AA Baked Potato	Mac & Cheese Swiss Chard Stewed Tomatoes AA Mashed Potato AA Baked Potato	Roasted Fingerling Potatoes Brussels Sprouts & Bacon Glazed Carrots AA Mashed Potato AA Baked Potato	Potato Pancakes Roasted Asparagus Corn Souffle AA Mashed Potato AA Baked Potato	Yukon Gold Potatoes Walnut Pesto Green Beans Artichoke Casserole AA Mashed Potato AA Baked Potato	Pierogies Steamed Brussels Sprouts Tri-colored Peppers AA Mashed Potato AA Baked Potato
Vegetable of the Week - Creamy Garlic Mushrooms and Bacon						
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Cinnamon Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Chocolate Mint Pie Lemon Raspberry Bar Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Peach Pie Crispy Peanut Butter Bar Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Double Chocolate Cake Fruit of the Forest Pie Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Dirt Sundae Pumpkin Swirl Cheesecake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Dutch Apple Pie Yellow Cake Chocolate Icing Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Blackberry Pie Lemon Cake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	French Silk Pie Angel Food Cake - Berries Apple, Orange, or Banana 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 notes 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 - 8-10:30am

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

8:00am - 6:30pm