



**This Week at Sherwood Oaks - September 15-21, 2024**  
**The Audio Bulletin Board 8489**

**Sunday, September 15**

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

- 2:00 pm Chapel Service - Card Room  
*Rev. Nathan Glover*
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951  
**La La Land (PG-13)**

**Monday, September 16**

- 8:15 am Bus to Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:00 am Pickleball League - Outdoor Pickleball Court
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Center
- 10:45 am Women's Bible Study - Card Room
- 11:00 am Mindful Stretch - Cran. Lake Fitness Ctr.
- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby

**Tuesday, September 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 Fit. Ctr.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)  
No Appointments Needed!
- 1:00 pm Ladies' Pool - Pool Table Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm SORA Quarterly Meeting - Auditorium

***"The Beauty of British Columbia"***

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

**Wednesday, September 18**

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:00 am Pickleball League - Outdoor Pickleball Court
- 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.
- 11:30 am Farmer's Market (until 1:00 pm) - Lobby

**Wednesday, September 18 (Continued)**

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building
- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Movie - Channel 951  
**Housewife, 49 (Not Rated)**

**Farmer's Market**

September 18

Lobby  
 11:30am - 1:00pm  
 Cash or  
 Room Charge



**Thursday, September 19**

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. 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 Deener's Farm Market
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951

**Friday, September 20**

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Pickleball League - Outdoor Pickleball Court
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main
- 10:00 am Tai Chi - Cran. Lake Fitness Ctr.
- 11:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall Passavant Main & Passavant Cranberry
- 1:00 pm Crazy Crafters - Lower Level Craft Room - Call Joni Pun (8304) to RSVP
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951  
**Hotel for Dogs (PG)**

**Saturday, September 21**

- 9:00 am Pickleball League - Outdoor Pickleball Court
- 9:30 am Bus to Beaver Valley Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand Church
- 7:30 pm Residents' Request Movie - Channel 951  
**Inherit the Wind (Approved)**

SUNDAY 9/15/2024 **choose (2)	MONDAY 9/16/2024 **choose (2)	TUESDAY 9/17/2024 **choose (2)	WEDNESDAY 9/18/2024 **choose (2)	THURSDAY 9/19/2024 **choose (2)	FRIDAY 9/20/2024 **choose (2)	SATURDAY 9/21/2024 **choose (2)
Beef Barley Potato Leek Soup	Creamy Corn Soup Chicken & Rice Soup	Shrimp Bisque French Onion Soup	Butternut Squash Soup Vegetarian Vegetable Soup	Chicken Noodle Soup Gazpacho	New England Seafood Soup Tomato Basil Soup	Beer Cheese Soup Italian Wedding Soup
Mixed Green House Salad Iceberg House Salad Prune Cup <b>choose (1)</b>	Mixed Green House Salad Iceberg House Salad Prune Cup <b>choose (1)</b>	Mixed Green House Salad Iceberg House Salad Prune Cup <b>choose (1)</b>	Mixed Green House Salad Iceberg House Salad Prune Cup <b>choose (1)</b>	Mixed Green House Salad Iceberg House Salad Prune Cup <b>choose (1)</b>	Mixed Green House Salad Iceberg House Salad Prune Cup <b>choose (1)</b>	Mixed Green House Salad Iceberg House Salad Prune Cup <b>choose (1)</b>
BW Chicken Piccata Grilled Trout w/ Chive Butter Beef Tenderloin CF - Cheese Blintz <b>choose (3)</b>	BW Baked Sea Scallops Meatballs Strawberry Chicken Salad CF - Roasted Pork Loin <b>choose (3)</b>	Mushroom Ravioli Savory Meatloaf Lemon Garlic Chicken Thighs CF - Seared Barramundi <b>choose (3)</b>	BW Southwest Chicken Wrap English-Style Cod BBQ Pulled Pork w/Onion Roll CF - Country Fried Steak <b>choose (3)</b>	BW Chicken w/Avocado Salsa Sausage Pizza Braised Beef Brisket CF - Shrimp Penne <b>choose (3)</b>	BW Herb Roasted Salmon Honey Soy Glazed Chicken Stuffed Shells Marinara CF - Sloppy Joe <b>choose (3)</b>	BW Turkey Avocado Salad Yankee Pot Roast Blackened Catfish CF - Chicken Carbonara <b>choose (3)</b>
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 & Cheese AA Mashed Potato AA Baked Potato	Seasoned French Fries Roasted Brussels Sprouts Corn on the Cob 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	Garlic Mashed Potatoes Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Sautéed Zucchini with Garlic Butter</b>						
<b>choose (1)</b> Mini Donuts	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll
<b>choose (1)</b> Boston Cream Bomb Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Peachberry Pie Apple Streusel Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Egg Custard Pie Salted Caramel Pretzel Brownie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> 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 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.

Online ordering at [www.sherwoodoaksdining.com](http://www.sherwoodoaksdining.com)

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