



This Week at Sherwood Oaks - September 22-28, 2024
The Audio Bulletin Board 8489

Sunday, September 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. Bob Cummings
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
GiGi (Approved)

Monday, September 23

- 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
- 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
- 1:30 pm Continued Learning ~ **Buzz Frank: Raising and Farming Bees** - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, September 24

- 8:15 am Bus to Passavant Cranberry
- 9:00 am **Flu Shot and Covid-19 Vaccine Clinic** - Card Room - (RSVP only) - Check Channel 950 and/or Mail Room for Details
- 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 Program Committee Presents ~ **Ambridge Steel Drum Band** - Auditorium

"Lost Christianities - Lectures 17 & 18"

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

Wednesday, September 25

- 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.

Wednesday, September 25 (Continued)

- 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
- 1:00 pm Hand Bell Practice - Auditorium
- 1:30 pm Birthday Movie - Channel 950
Alice in Wonderland (Approved)
- 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 Birthday Movie - Channel 951
Alice in Wonderland (Approved)

**Dining Services
 Birthday Theme
 Today is**

*Alice in
 Wonderland*



Thursday, September 26

- 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.
- 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 27

- 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 (8223) 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
Roman Holiday (Approved)

Saturday, September 28

- 9:00 am Pickleball League - Outdoor Pickleball Court
- 9:30 am NO Mall Bus Today
- 1:30 pm **Annual Memorial Service** - Celebrating the lives of the residents who've passed in the last year - Auditorium
- 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
The Secret: Dare to Dream (PG)

| SUNDAY 9/22/2024 <i>choose (2)</i> | | MONDAY 9/23/2024 <i>choose (2)</i> | | TUESDAY 9/24/2024 <i>choose (2)</i> | | WEDNESDAY Alice in Wonderland! 9/25/2024 <i>choose (2)</i> | | THURSDAY 9/26/2024 <i>choose (2)</i> | | FRIDAY 9/27/2024 <i>choose (2)</i> | | SATURDAY 9/28/2024 <i>choose (2)</i> | |
|---|--|---|--|---|---|---|---|--|---|--|--|--|---|
| Potato Leek Soup Beef Noodle Soup | Chicken & Rice Soup Chili | French Onion Soup Watermelon Gazpacho | Mulligatawny Soup Chilled Cantaloupe 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 |
| BW Orange Baked Flounder Cranberry Brie Stuffed Chicken Baked Ham CF - Scrambled Egg Whites <i>choose (3)</i> | BW Cilantro Grilled Chicken Coconut Shrimp Beef Teriyaki CF - Pork Egg Rolls <i>choose (3)</i> | BW Herb Crusted Pork Loin Buffalo Chicken Tenders Rodeo Burger CF - Parmesan Crusted Perch <i>choose (3)</i> | Poppyseed Ham Melts Smoked Salmon w/dill sauce Lemon Roasted Chicken Roasted Vegetable Quiche <i>choose (3)</i> | BW Salmon Berry Salad Calves Liver Barbecue Baby Back Ribs CF - Apple Cider Chicken Thigh <i>choose (3)</i> | Cheese Pizza Chicken Cacciatore Fettuccine Bolognese CF - Monkfish <i>choose (3)</i> | Beef Ropa Vieja Crab Cake Bratwurst w/Onions CF - Wild Mushrooms & Bowties <i>choose (3)</i> | Sweet Potato Casserole Sautéed Zucchini Roasted Eggplant AA Mashed Potato AA Baked Potato | Wild Rice Pilaf Peas Maple Glazed Carrots AA Mashed Potato AA Baked Potato | Mac & Cheese Swiss Chard Stewed Tomatoes AA Mashed Potato AA Baked Potato | Duchess Potatoes Button Mushrooms Minted Peas AA Mashed Potato AA Baked Potato | Yukon Gold Potatoes Walnut Pesto Green Beans Hubbard Squash AA Mashed Potato AA Baked Potato | Steamed Rice Steamed Brussels Sprouts Tri-colored Peppers AA Mashed Potato AA Baked Potato | |
| Vegetable of the Week - Southern Style Collard Greens | | | | | | | | | | | | | |
| <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> | <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 | Assorted Dinner 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> | <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 Cake 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 | "Drink Me" Float "Eat Me" Petit Four Plate 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 w/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 - denotes the Be Well recipe 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

8:00am - 6:30pm