



**This Week at Sherwood Oaks - September 8-14, 2024**  
**The Audio Bulletin Board 8489**

**Sunday, September 8**

**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  
**Lady Be Good (Approved)**

**Monday, September 9**

- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby

**Tuesday, September 10**

- 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
- 1:30 pm SORA Board Meeting - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Book Club - Chapel

***"Preserving Peatlands"***

Sept. 9                      ENCORE - Sept. 11  
10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm

TV Channel 951

**Wednesday, September 11**

- 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 Clergy Meeting - Chapel
- 11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.

**Wednesday, September 11 (Continued)**

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm **Memorial Reception for Donald Gowan** ~ Card Room (until 4:00pm)
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Movie - Channel 951  
**Extraordinary Measures (PG)**

***"Connections ~ Life is No Picnic"***

Sept. 10                      ENCORE - Sept. 12  
10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm

TV Channel 951

**Thursday, September 12**

- 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 Roots & Branches Genealogy ~ Conference Room - See Details on Channel 950
- 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 13**

- 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
- 2:00 pm **Ukelele Music with Tracy Lee** ~ Auditorium
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951  
**Oh, God! (PG)**

**Saturday, September 14**

- 9:00 am Pickleball League - Outdoor Pickleball Court
- 9:30 am Bus to Ross Park 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  
**Children of Heaven (PG)**

SUNDAY 9/8/2024 **choose (2)	MONDAY 9/9/2024 **choose (2)	TUESDAY 9/10/2024 **choose (2)	WEDNESDAY 9/11/2024 **choose (2)	THURSDAY 9/12/2024 **choose (2)	FRIDAY 9/13/2024 **choose (2)	SATURDAY 9/14/2024 **choose (2)
Manhattan Clam Chowder Potato Leek Soup	Minestrone Soup Chicken Rice Soup	Chilled Strawberry Soup French Onion Soup	Vegetarian Vegetable Soup Beef & Rice Soup	Cream of Broccoli Soup Chicken Noodle Soup	Cream of Potato Soup Tomato Basil Soup	Chicken Tortilla 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
<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>
Stuffed Pork Chop Prime Rib au Jus Fried Fish CF - Broccoli Swiss Quiche	BW Coo au Vin Vegetable Stuffed Portobello Spaghetti w/Meat Sauce CF - Weiner Schnitzel	BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce CF - Baked Flounder Mediterranean	BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - Moroccan Lamb Stew	Beef Stroganoff Turkey w/Rosemary & Mushrooms Lemon Walleye CF - Croque Monsieur	BW Crispy Sesame Chicken Vegetable Egg Rolls Pepper Steak CF - Salmon Cakes	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Grilled Vegetable Ravioli
<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>
Parslief New Potatoes Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato	Fries Broccoli Baked Tomato Half AA Mashed Potato AA Baked Potato	Cheesy Potatoes Lemon Green Beans Roasted Butternut Squash AA Mashed Potato AA Baked Potato	Creamy Cheesy Grits Sautéed Collard Greens Fried Okra AA Mashed Potato AA Baked Potato	Egg Noodles Steamed Peas Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Fried Rice Spinach Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Baked Sweet Potato Fried Zucchini Sautéed Mushrooms AA Mashed Potato AA Baked Potato
<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>
Mini Donuts	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>
Reese's Peanut Butter Pie Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Caramel Apple Walnut Pie Lemon Curd Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Hummingbird Cake Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Chocolate Fudge Cake Butterfinger Sundae Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Fresh Berries w/Whipped Cream Chocolate Chip Cookie Cheesecake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Peach Streusel Cake Lemon Blueberry Cookie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Blueberry Cobbler Cookies & Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup

**Vegetable of the Week - Cauliflower Au Gratin**

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