



This Week at Sherwood Oaks - October 13-19, 2024
The Audio Bulletin Board 8489

Sunday, October 13

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

- 2:00 pm Chapel Service - Card Room
Rev. Hollis Haff
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
That Thing You Do (PG)

Monday, October 14

- 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
- 10:00 am Aquacize - Swimming Pool
- 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

"Eating Our Way to Extinction"

Oct. 14 ENCORE - Oct. 16
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Tuesday, October 15

- 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

"Mister Rogers & Me"

Oct. 15 ENCORE - Oct. 17
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, October 16

- 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

Wednesday, October 16 (Continued)

- 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
- 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 Night Movie - Channel 951
October Sky (PG)

Thursday, October 17

- 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.
- 10:00 am Aquacize - Swimming Pool
- 10:30 am Continued Learning presents ~ **Bill Markus: What's Happening in the Middle East? - Lecture 2** ~ Auditorium
- 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 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, October 18

- 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
- 4:00 pm Rosary - Chapel
- 7:30 pm Funny Fridays Movie - Channel 951
Waking Ned Devine (PG)

Saturday, October 19

- 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
Eye in the Sky (R)

SUNDAY 10/13/2024 **choose (2)	MONDAY 10/14/2024 **choose (2)	TUESDAY 10/15/2024 **choose (2)	WEDNESDAY 10/16/2024 **choose (2)	THURSDAY 10/17/2024 **choose (2)	FRIDAY 10/18/2024 **choose (2)	SATURDAY 10/19/2024 **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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Stuffed Pork Chop Prime Rib au Jus Fried Fish	BW Coq au Vin Vegetable Stuffed Portobello Spaghetti w/Meat Sauce CF - Seared Hake Fish	BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce CF - Sea Scallops	BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - Veal Jagerschnitzel	Beef Stroganoff Turkey w/Rosemary & Mushrooms Lemon Walleye CF - National Pasta Day Dish	BW Crispy Sesame Chicken Vegetable Egg Rolls Pepper Steak CF - Salmon Cakes	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Stuffed Cabbage
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Parsiled 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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Donuts	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
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 - Caramelized Cabbage

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