



This Week at Sherwood Oaks - October 16-22, 2022

The Audio Bulletin Board 8489

Sunday, October 16

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

- 2:00 pm Chapel Service - Auditorium
Rev. Donna Giver-Johnston
- 7:30 pm Sunday Night Movie - Channel 951
42nd Street (Passed)

Monday, October 17

- 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 Ctr.
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Yoga - Cranberry Lake Fitness Center
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm Painting Class - Novice or Pro - Painting Studio - Lower Level
- 1:30 pm Medicare Talk w/ Eric Holmes - Auditorium
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, October 18

- 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 60 Second Circuit - Cran Lake Fitness Ctr.
- 11:00 am Take a Walk with a Friend - Meet outside the Scooter Room/Gallery entrance
- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 10:30 am Continued Learning - *Jason Lyle: The Best Career Ever - My Life as an Audio Engineer* Auditorium

"Bermuda: Island Paradise of the Atlantic Ocean" -
October 18
10:00 am, 4:00 pm, 7:30 pm
TV Channel 951

Wednesday, October 19

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.

Wednesday, October 19 (Continued)

- 10:00 am Men's Bible Study - Chapel
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building
- 12:00 pm Granny's Attic Annex #156 - Appointment Only - Call Frank or Joanne - Ext. 8154
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm How to Write Your Life Story - Conf. Room
Residents must be pre-registered
- 1:30 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 3:00 pm Chorus Practice - Auditorium
- 7:30 pm Wednesday Night Movie - Channel 951
Houdini (Approved)

Thursday, October 20

- 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 Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:00 pm Bus to Deener's Farm Market
- 1:30 pm Duplicate Bridge - Card Room
- 7:00 pm Focus on the World Presents - *Hunger in America* - Auditorium

Friday, October 21

- 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 - Cranberry Lake Fitness Center
- 11:00 am On the Move - Cranberry Lake Fitness Center
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Sew & So's - Card Room
- 2:00 pm Craft Group - Lower Level Craft Room
- 7:30 pm Friday Night Movie - Channel 951
A Night to Remember (Approved)

Saturday, October 22

- 9:30 am Bus to Ross Park Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Auditorium
Phantom of the Opera (Rated PG-13)