This Week at Sherwood Oaks - August 4-10, 2024
The Audio Bulletin Board 8489

Sunday, August 4

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

2:00 pm Chapel Service - Card Room
Rev. Karen Slusser
3:00 pm Sit & Fit Strength Class - Channel 951
7:30 pm Sunday Night Movie - Channel 951
Love Me or Leave Me - (Approved)

Monday, August 5

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

Tuesday, August 6

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' Billiards - Billiards/Pool Table Rm.
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

"How to Look at & Understand Great Art ~ Lectures 8 & 9"

Aug. 6
10:00 am, 3:30 pm, 7:00 pm

ENCORE - Aug. 8
10:00 am & 3:30 pm

TV Channel 951

Wednesday, August 7

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.
11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.
11:30 am Farmer's Market (until 1:00pm) - Lobby
11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building

Wednesday, August 7 (*Continued*)

2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
3:00 pm Sit & Fit Strength Class - Channel 951
7:30 pm Wednesday Night Movie - Channel 951
The Whales of August (Not Rated)

Farmer's Market
August 7 ~ Lobby ~ 11:30am -1:00pm
Cash or Room Charge

Thursday, August 8

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 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 Billiards - Billiards/Pool Table Rm.
1:30 pm Duplicate Bridge - Lobby
3:00 pm Sit & Fit Strength Class - Channel 951

Friday, August 9

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
Big (PG)

Saturday, August 10

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
A Hard Day's Night (Approved)