



## This Week at Sherwood Oaks - October 6-12, 2024 The Audio Bulletin Board 8489

### Sunday, October 6

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

- 2:00 pm Chapel Service (World Communion Sunday)  
Card Room - *Rev. Jean Henderson*
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951  
**The Sound of Music (Approved)**

### Monday, October 7

- 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
- 10:45 am Women's Bible Study - Card Room
- 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, October 8

- 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

#### **"Connections - Elementary Stuff"**

Oct. 8                                      ENCORE - Oct. 10  
10:00 am, 3:30 pm, 7:00 pm      10:00 am & 3:30 pm  
  
TV Channel 951

### Wednesday, October 9

- 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 60 Second Circuit - Cran Lake Fit. Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &  
Cran. Twp. Municipal Building

### Wednesday, October 9 (Continued)

- 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  
**Gallipoli (PG)**

### Thursday, October 10

- 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 Continued Learning presents ~ *Bill Markus:*  
*What's Happening in the Middle East? -*  
*Lecture 1* ~ Auditorium
- 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 11

- 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  
**Papa's Delicate Condition (Approved)**

### Saturday, October 12

- 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  
**The Man from Snowy River (PG)**



SUNDAY 10/6/2024 **choose (2)	MONDAY 10/7/2024 **choose (2)	TUESDAY 10/8/2024 **choose (2)	WEDNESDAY 10/9/2024 **choose (2)	THURSDAY 10/10/2024 **choose (2)	FRIDAY 10/11/2024 **choose (2)	SATURDAY 10/12/2024 **choose (2)
American Bounty Vegetable Potato Leek Soup	Chilled Peach Soup Chicken & Rice Soup	Navy Bean Soup French Onion Soup	Creole Crab Soup Vegetarian Vegetable Soup	Cream of Asparagus Soup Chicken Noodle Soup	Wonton Soup Tomato Basil Soup	Split Pea Soup Italian Wedding Soup
Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens 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>
BW Seasoned Snapper Stuffed Peppers Carved Turkey w/Stuffing CF - Sausage & Cheese Strata	BW Zucchini Ricotta Boats Pineapple Baked Ham Honey Mustard Chicken CF - Tuna Noodle Casserole	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Jerk Pork Tenderloin	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Asiago Chicken & Mushrooms	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Sausage Pasta Bake	Cheese Manicotti Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Cornmeal Catfish	BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade CF - Cheese Tortellini
<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>
Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Scalloped Potatoes Sautéed Spinach Succotash AA Mashed Potato AA Baked Potato	Spanish Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	Baked Sweet Potato Balsamic Brussels Sprouts Parmesan Baked Tomato AA Mashed Potato AA Baked Potato	Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	Pierogies with Onions Sautéed Zucchini Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Steamed White Rice Edamame Ginger Carrots AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Roasted Asparagus</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>	<b>choose (1)</b>
Cinnamon Roll	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>
Pumpkin Pie Chocolate Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Berry Cake w/amaretto icing Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Poundcake w/Berries Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Cherry Cobbler Tiramisu Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup

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