



A part of UPMC Senior Communities

This Week at Sherwood Oaks - July 18, 2021 to July 24, 2021

The Audio Bulletin Board 8489

Sunday, July 18

Bus to Local Churches - check bulletin board & Channel 900 for times

- 2:00 pm Chapel Service - Auditorium -
Rev. Judy Angleberger
7:30 pm Sunday Night Movie - Channel 901
Young @ Heart (PG)

Monday, July 19

- 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
10:00 am Aquacize - Swimming Pool
11:00 am Stretch & Stability
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
6:30 pm Monday Night Bridge - Card Room

Tuesday, July 20

- 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 - Cranberry Lake Fitness Ctr.
1:30 pm Crocheting Plastic Bags - Craft Room
1:30 pm Drama Club Meeting - Auditorium -
Open to All Residents
1:40 pm Bus to VA Clinic Cranberry/Passavant

"Troubled Waters" - July 20
10:00 am, 4:00 pm, 7:30 pm

Wednesday, July 21

- Bus to UPMC Passavant Cranberry**
8:15am - 9:30am - 11:45am - 2:00pm
9:30 am Bus to Rite Aid, Passavant Cranberry &
228 Mall
10:00 am Group Fitness - Cranberry Lake Fitness Ctr.
10:00 am Men's Bible Study - Chapel
11:00 am Take a Walk with a Friend - Meet outside
Scooter Room/Gallery Entrance
12:00 pm Granny's Attic Annex #156 - Appointment
Only - Call Frank or Joanne - Ext. 8154
1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary

Wednesday, July 21 (Continued)

- 1:00 pm Wednesday Bridge - Card Room
1:30 pm Yellow Jacket Meeting - Auditorium

Thursday, July 22

- 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 - Cranberry Lake Fitness Ctr.
11:00 am Yoga - Cranberry 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

Friday, July 23

Bus to UPMC Passavant Cranberry
7 am - 9:30 am - 1 pm

- 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 Ctr.
1:00 pm Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry
1:30 pm Resident Get Together - Auditorium -
Speakers: Lori Greer & Sue Hoffman
2:00 pm Craft Group - Lower Level Craft Room
2:00 pm Sew & So's - Fireplace Lounge

Saturday, July 24

- 3:40 pm Bus to St. Ferdinand's Church
7:00 pm Saturday Night Movie - Auditorium
Les Miserables - PG-13



Please leave items for the Weekly Bulletin at the front desk for Tabby Alford **by NOON on Thursday** for inclusion in next week's bulletin. Be sure to notify Tabby when an activity or meeting is cancelled or when the date, time, or location has changed. She can be reached at extension 8460 or by email at alfordtl@sherwood-oaks.com.

SUNDAY 7/18/2021	MONDAY 7/19/2021	TUESDAY 7/20/2021	WEDNESDAY 7/21/2021	THURSDAY 7/22/2021	FRIDAY 7/23/2021	SATURDAY 7/24/2021
<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
Cream of Spinach Potato Leek Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Creamy Corn Chicken Rice Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Shrimp Bisque French Onion Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Chilled Berry Vegetarian Vegetable Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Butternut Squash Chicken Noodle Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	New England Seafood Tomato Basil Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Beer Cheese Italian Wedding Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Chicken Picatta Lobster Ravioli Beef Tenderloin Chef's Feature	Baked Sea Scallops Sweet Italian Sausage Pittsburgh Steak Salad Chef's Feature	Lentil Burger Savory Meatloaf Baked Chicken Thighs Chef's Feature	Southwest Chicken Wrap English-Style Cod Sweet & Sour Short Ribs Chef's Feature	Chicken with Tomato Avacado Salsa Vegetable Chili with Toasted Pita Braised Beef Brisket Chef's Feature	Herb Roasted Salmon Honey Glazed Chicken Breast Stuffed Shells Marinara Chef's Feature	Turkey Avacodo Salad Yankee Pot Roast Mahi Mahi with Lime Butter Chef's Feature
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato Vegetable of the Week	Linguini in Vodka Sauce Sauteed Kale Roasted Yellow Squash AA Mashed Potato AA Baked Potato Vegetable of the Week	Loaded Mashed Potatoes Barbecue Baked Beans Steamed Broccoli AA Mashed Potato AA Baked Potato Vegetable of the Week	Seasoned French Fries Roasted Brussels Sprouts Corn on the Cob AA Mashed Potato AA Baked Potato Vegetable of the Week	Red Pepper Risotto Peas & Pearl Onions Sliced Buttered Carrots AA Mashed Potato AA Baked Potato Vegetable of the Week	Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato Vegetable of the Week	Coconut Brown Rice Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato Vegetable of the Week
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Specialty Bread	Ciabatta Roll	Fruited Muffin	Buttermilk Biscuit	Soft Dinner Roll	Breadstick	Sweet Brown Dinner Roll
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Boston Cream Pie Strawberry Cheesecake Apple, Banana, or Orange Snickerdoodle	Peachberry Pie Sour Cream Coffee Cake Apple, Banana, or Orange Triple Chocolate Cookie	Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Oatmeal Raisin	Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange White Chocolate Macadamia	Egg Custard Pie Brownie ala Mode Apple, Banana, or Orange Peanut Butter	Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Chocolate Chunk	Coconut Merinque Pie Apple Crisp Apple, Banana, or Orange Red Velvet White Chocolate

Hershey's Handscooped Ice Cream: Vanilla, Chocolate, Butter Pecan, NSA Option, Sorbet or Sherbet

Drinks available: Orange Juice, V-8 Juice, Low Sodium V-8 Juice, Cranberry Juice, Pepsi, Diet Pepsi, Mt. Dew, Diet Mt. Dew, Ginger Ale, Diet Ginger Ale, Root Beer, Iced Tea, Lemonade, Bottled Water

A delivery fee of \$6.55 will be billed to your account in addition to a meal charge.

The full Always Available Menu & Chef's Feature/Catch of the Day will be offered for meal deliveries and pick-ups.

Main Dining Room Hours:

Lunch - 11:45 am-1 pm
Dinner - 4:30-6:30 pm

Cafe:

Breakfast - 8-10:30 am
Café Menu - 10:30 am-6:30 pm
Corner Market - 8 am-6:30 pm