

A part of UPMC Senior Communities

This Week at Sherwood Oaks - August 1, 2021 to August 7, 2021

The Audio Bulletin Board 8489

Sunday, August 1

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

2:00 pm Chapel Service - Auditorium -

Rev. Elisabeth Hartwell

7:30 pm Sunday Night Movie - Channel 901
Pleasantville (PG-13)

Monday, August 2

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, August 3

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 SORA Board Meeting - Auditorium

1:40 pm Bus to VA Clinic Cranberry/Passavant

TED Talk - August 3

"The Language of Being Human"

10:00 am, 4:00 pm, 7:30 pm

"Why People Need Poetry"

10:20 am, 4:20 pm, 7:50 pm

TV Channel 901

Wednesday, August 4

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

Wednesday, August 4 (Continued)

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

1:00 pm Wednesday Bridge - Card Room

Thursday, August 5

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, August 6

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 **NO** 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

2:00 pm Craft Group - Lower Level Craft Room

2:00 pm Sew & So's - Fireplace Lounge

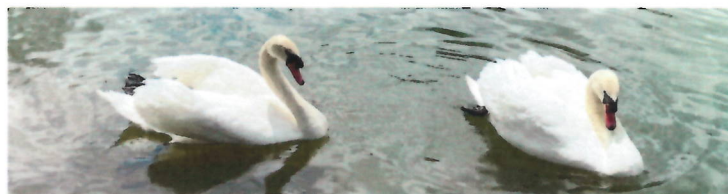
Saturday, August 7

9:30 am Bus to Beaver Valley Mall

3:40 pm Bus to St. Ferdinand's Church

7:00 pm Saturday Night Movie - Auditorium

The American President - (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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8/1/2021	8/2/2021	8/3/2021	8/4/2021	8/5/2021	8/6/2021	8/7/2021
<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>
Lobster Bisque Potato Leek Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	BW Cauliflower Bisque Chicken Rice Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Elephant Garlic French Onion Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Chilled Vichyssoise Vegetarian Vegetable Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Ginger Carrot Chicken Noodle Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Beef Barley Tomato Basil Soup Mixed Green House Salad Iceberg House Salad Fresh Fruit Cup Prune Cup	Cream of Artichoke 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>
Maple Glazed Salmon Pork Kebabs Rack of Lamb Chef's Feature	Chicken Marsala Montreal Steak Medaillons Eggplant Parmesan Catch of the Day	Balsamic Glazed Tuna Greek Chicken Taco Salad Chef's Feature	Three Bean Chili Chicken Quesadilla Meatballs with Angel Hair Catch of the Day	California Turkey Burger Braised Cod Peperonata Vietnamese Pork Chop Chef's Feature	Pasta Primavera Apricot Chicken Fried Grouper Chef's Feature	Mediterranean Chicken Salad Baked Orange Roughy Glazed Corned Beef 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>
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash AA Mashed Potato AA Baked Potato Vegetable of the Week	Penne Pasta Sauteed Green Beans Roasted Fennel Vegetables AA Mashed Potato AA Baked Potato Vegetable of the Week	Lemon Garlic Faro Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato Vegetable of the Week	Brown Rice Pilaf Fried Zucchini Roasted Mushrooms AA Mashed Potato AA Baked Potato Vegetable of the Week	Baked Sweet Potato Sauteed Kale Corn on the Cobb AA Mashed Potato AA Baked Potato Vegetable of the Week	White Rice Snow Peas Vegetable Egg Roll AA Mashed Potato AA Baked Potato Vegetable of the Week	Parslied New Potatoes Sauteed Cabbage Baby Carrots 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	Breadstick	Breadworks Roll	Garlic Toast	Fruited Muffin	Wheat Dinner Roll	Split Top 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>
Chocolate Éclair Black Forest Cake Apple, Banana, or Orange Snickerdoodle	Cherry Pie New York Cheesecake Apple, Banana, or Orange Triple Chocolate Cookie	Pecan Ball with Hot Fudge Lemon Blueberry Mousse Cake Apple, Banana, or Orange Oatmeal Raisin	Strawberry Rhubarb Pie Peanut Butter Brownie Apple, Banana, or Orange White Chocolate Macadamia	Turtle Cream Pie Orange Dreamsicle Cake Apple, Banana, or Orange Peanut Butter	Chocolate Caramel Pie Strawberry Short Cake Apple, Banana, or Orange Chocolate Chunk	Banana Cream Pie Almond Joy Parfait Apple, Banana, or Orange Red Velvet White Chocolate

Hershey's Hand Scooped 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

The full Always Available Menu and Chef's Feature / Catch of the Day will be offered for meal deliveries and pickups

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