

This Week at Sherwood Oaks - June 5 - 11, 2022

The Audio Bulletin Board 8489

Sunday, June 5

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

2:00 pm No Chapel Service Today
7:30 pm Sunday Night Movie - Channel 901
Camelot (Rated G)

Monday, June 6

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 Stretch & Stability - Cran Lke Futness Ctr.
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
3:00 pm Let's Talk - Auditorium - See channel 900
for details
6:30 pm Monday Night Bridge - Card Room

Tuesday, June 7

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 Take a Walk with a Friend - Meet outside
the Scooter Room/Gallery entrance
1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary
1:30 pm SORA Board Meeting - Auditorium
1:40 pm Bus to VA Clinic Cranberry/Passavant

"World's Greatest Paintings - Lectures 5 & 6"
June 7

10:00 am, 4:00 pm, 7:30 pm
TV Channel 901

Wednesday, June 8

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.
10:00 am Men's Bible Study - Chapel
11:00 am Yoga - Cranberry Lake Fitness Ctr.
11:45 am Bus to Rite Aid, Pass. Cran. & 228 Mall
12:00 pm Granny's Attic Annex #156 - Appointment
Only - Call Frank or Joanne - Ext. 8154

Wednesday, June 8

1:00 pm Wednesday Bridge - Card Room
2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
7:30 pm Wednesday Night Movie - Channel 901
Always (Rated PG)

Thursday, June 9

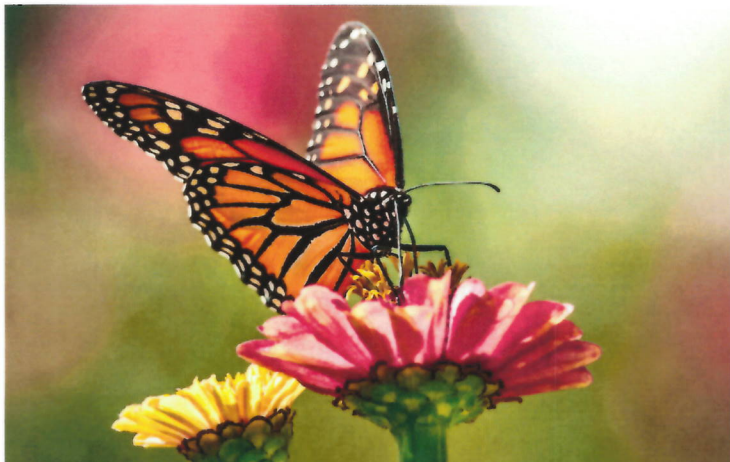
7:00 am Bus to Passavant Cranberry & Main
9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
10:00 am Aquacize - Swimming Pool
10:00 am Move & Groove - Cran Lake Fitness Ctr.
11:00 am Punch Fitness Boxing Class - Cranberry
Lake Fitness Center
1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
1:00 pm Bus to Deener's Farm Market
1:30 pm Duplicate Bridge - Card Room
7:15 pm Program Committee Presents - *Anna
Singer* - Auditorium & Card Room

Friday, June 10

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 Patching & Piecing - Lower Level Craft Room
7:15 pm Friday Night Movie - Channel 901
Designing Woman (Approved)

Saturday, June 11

9:30 am NO Mall Bus Today
3:40 pm Bus to St. Ferdinand's Church
7:00 pm Saturday Night Movie - Auditorium
National Treasure (Rated PG)



SUNDAY 6/5/2022	MONDAY 6/6/2022	TUESDAY 6/7/2022	WEDNESDAY 6/8/2022	THURSDAY 6/9/2022	FRIDAY 6/10/2022	SATURDAY 6/11/2022
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Seasoned Snapper Stuffed Peppers Carved Turkey w/Stuffing Sausage & Potato Breakfast Casserole	BW Zucchini Ricotta Boats Pineapple Ham Honey Mustard Chicken Fried Catfish	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake Sweet & Sour Pork	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna Beef Pot Roast	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon Mushroom Ravioli	BW Vegetarian Arugula Pasta Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut Marinated Swordfish	BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade Stuffed Shells
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Cheesy Risotto Sauteed Spinach Succotash AA Mashed Potato AA Baked Potato	Garden Wild Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	Roasted Sweet Potato Wedges 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 Sauteed Zucchini Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Steamed White Rice Edamame Ginger Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Corn on the Cob						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Pumpkin Pie Chocolate Galaxy Cake Apple, Banana, or Orange Cookie of the Day Fresh Fruit Cup	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Fresh Fruit Cup	Berry Moscato Cake Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Fresh Fruit Cup	Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Fresh Fruit Cup	Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Fresh Fruit Cup	Mississippi Mud Cake Peach Pie Apple, Banana, or Orange Cookie of the Day Fresh Fruit Cup	Cherry Cobbler Tiramisu Apple, Banana, or Orange Cookie of the Day Fresh Fruit Cup

Large Printed Menus are available on Request. Call Jesse at #8505

****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**

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

CF = Chef's Feature

AA = Always Available

VOW = Vegetable of the Week

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 - 10:30 am-4:30pm

Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6 pm

Corner Market

8 am - 6 pm