



This Week at Sherwood Oaks - June 25 - July 1, 2023
The Audio Bulletin Board 8489

Sunday, June 25

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Auditorium
Rev. Steve Hodges
- 7:30 pm Sunday Night Movie - Channel 951
This Time for Keeps (Approved)

Monday, June 26

- 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 Center
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Mindful Stretch - Cran. Lake Fitness Center
- 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
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, June 27

- 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 Fitness Ctr.
- 1:00 pm Pool/Billiards - Billiards Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

"Comparative Religion - Lessons 11 & 12"

| | |
|----------------------------|--------------------|
| June 27 | ENCORE - June 29 |
| 10:00 am, 3:30 pm, 7:00 pm | 10:00 am & 3:30 pm |
| TV Channel 951 | |

Wednesday, June 28

- 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 60 Second Circuit - Cran Lake Fitness Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building
- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm Wednesday Birthday Movie - Channel 951
Ratatouille (G)
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center

Wednesday, June 28 (Continued)

- 7:15 pm Campfire Sing-a-Long - Summer House
- 7:30 pm Wednesday Birthday Movie - Channel 951
Ratatouille (G)

Dining Services Birthday Theme Today is



Thursday, June 29

- 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 Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Deaner's Farm Market
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:30 pm Duplicate Bridge - Card Room

Friday, June 30

- 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 - Cran. Lake Fitness Ctr.
- 11:00 am On the Move - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 2:00 pm Craft Group - Craft Room
- 3:00 pm Sew & So's - Fireplace Lounge
- 7:30 pm Friday Night Movie - Channel 951
Morning Glory (PG-13)

Saturday, July 1

- 9:30 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Channel 951
Fantastic Voyage (Approved)



| SUNDAY 6/25/2023 | MONDAY 6/26/2023 | TUESDAY 6/27/2023 | WEDNESDAY Ratatouille BDAY 6/28/2023 | THURSDAY 6/29/2023 | FRIDAY 6/30/2023 | SATURDAY 7/1/2023 |
|---|--|--|--|--|--|---|
| **choose (2) Manhattan Clam Chowder Potato Leek Soup | **choose (2) Minestrone Soup Chicken Rice Soup | **choose (2) Chilled Strawberry Soup French Onion Soup | **choose (2) Lobster Bisque Vichyssoise | **choose (2) Cream of Broccoli Soup Chicken Noodle Soup | **choose (2) Cream of Potato Soup Tomato Basil Soup | **choose (2) Chicken Tortilla Soup Italian Wedding Soup |
| Mixed Green House Salad Iceberg House Salad Prune Cup | Mixed Green House Salad Iceberg House Salad Prune Cup | Mixed Green House Salad Iceberg House Salad Prune Cup | Mixed Green House Salad Iceberg House Salad Prune Cup | Mixed Green House Salad Iceberg House Salad Prune Cup | Mixed Green House Salad Iceberg House Salad Prune Cup | Mixed Green House Salad Iceberg House Salad Prune Cup |
| choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) |
| Stuffed Pork Chop Prime Rib au Jus Fried Fish CF - French Toast | BW Red Wine Chicken Greek Lamb Patty Spaghetti w/Marinara CF - Perch Romano | BW Cajun Pork Tenderloin Trio Salad Beef Shoulder w/Mushroom Sauce CF - Walleye | Beef Bourguignon Coq Au Vin Quiche Lorraine Scallops Gratinee | Beef Stroganoff Turkey a L'Orange Portobello Cheese Quiche CF - Salmon Cakes | Crispy Sesame Chicken Cheese Pizza Beef Pepper Steak CF - Honey Garlic Shrimp | BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Asian Style Flank Steak |
| choose (3) | choose (3) | choose (3) | choose (3) | choose (3) | choose (3) | choose (3) |
| Parslied New Potatoes Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato | Fries Broccoli Baked Tomato Half AA Mashed Potato AA Baked Potato | Cheesy Potatoes Sautéed Greens Roasted Butternut Squash AA Mashed Potato AA Baked Potato | Ratatouille Brie Escalloped Potatoes Haricots Verts Amandine AA Mashed Potato AA Baked Potato | Egg Noodles Steamed Peas Midori Vegetable Blend AA Mashed Potato AA Baked Potato | Fried Rice Spinach Honey Glazed Carrots AA Mashed Potato AA Baked Potato | Baked Sweet Potato Fried Zucchini Sautéed Mushrooms AA Mashed Potato AA Baked Potato |
| Vegetable of the Week - Roasted Parmesan Cauliflower | | | | | | |
| choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) |
| Specialty Bread | Assorted Dinner Roll | Assorted Dinner Roll | French Bread | Assorted Dinner Roll | Assorted Dinner Roll | Assorted Dinner Roll |
| choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) |
| Reese's Peanut Butter Pie Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Caramel Apple Walnut Pie Lemon Curd Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Hummingbird Cake Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Chocolate Pots de Crème Stuffed Crepes Suzette Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Fresh Berries w/Whipped Cream Chocolate Chip Cookie Cheesecake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Peach Streusel Cake Lemon Blueberry Cookie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Blueberry Cobbler Cookies & Cream Pie 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