



This Week at Sherwood Oaks - June 18 - 24, 2023
The Audio Bulletin Board 8489

Sunday, June 18

Father's Day

Bus to Local Churches - Check bulletin board

& Channel 950 for times

2:00 pm Chapel Service - Auditorium

Rev. James Benson

7:30 pm Sunday Night Movie - Channel 951

De-Lovely (PG-13)

Happy Father's Day!

Main Dining Room Hours

Lunch - 11:30 am - 1:30 pm

Dinner - Closed

Café Hours

Breakfast - 8-10:30 am

Lunch & Dinner - Closed

Takeout meals - 11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 6:00 pm

Monday, June 19

Juneteenth

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 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 - Cran Lake Fitness Ctr.

1:00 pm Pool/Billiards - Billiards Room

1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary

1:40 pm Bus to VA Clinic Cranberry/Passavant

"National Geographic - Death Valley"

June 20 ENCORE - June 22
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, June 21 (Continued)

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

12:00 pm Granny's Attic Annex #156 - until 2:30 pm
No appointment needed

1:00 pm Wednesday Bridge - Card Room

2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

2:00 pm Pickleball - Cran Lake Fitness Center

7:30 pm Wednesday Night Movie - Channel 951

Summer Magic (Approved)



**Independent Living Residents
Bivalent Booster Schedule**

Card Room

Wednesday, June 21

* Patio Homes 101-143 9:30 am

* Patio Homes 145-216 10:00 am

* Patio Homes 217-274 10:30 am

* Patio Homes 275-335 11:00 am

* Patio Homes 337-608 11:30 am

* Patio Homes 609-739 12:00 pm

**Wear Short Sleeves and Bring Your
Vaccination Card!**

Thursday, June 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 - 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 23

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

The Last Word (R)

Saturday, June 24

9:30 am Bus to Ross Park Mall

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

6:45 pm Saturday Night Movie - Channel 951

Close Encounters of the Third Kind (PG)

Wednesday, June 21

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

SUNDAY Father's Day 6/18/2023	MONDAY 6/19/2023	TUESDAY 6/20/2023	WEDNESDAY 6/21/2023	THURSDAY 6/22/2023	FRIDAY 6/23/2023	SATURDAY 6/24/2023
**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 CF - Roasted NY Strip Loin	BW Zucchini Ricotta Boats Pineapple Ham Honey Mustard Chicken CF - Grilled Barramundi	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Breaded Pork Chops	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Lemon Honey Chicken	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Turkey Tetrazzini	Cheese Manicotti Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Baked Sole	BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade CF - Pork Osso Bucco
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Harvard Beets	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 - Honey Butter Corn						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Roll	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 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