



**This Week at Sherwood Oaks - July 2 - 8, 2023**  
**The Audio Bulletin Board 8489**



**Sunday, July 2**

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

- 2:00 pm Chapel Service - Auditorium  
*Rev. Steve Hodges*
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951  
**Yankee Doodle Dandy (Passed)**

**Monday, July 3**

- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Card Room

**Tuesday, July 4**

*Independence Day*

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry, Passavant Cranberry & Pittsburgh/Oakland
- 11:30 am Dixieland Band (The Better Cups) - Main Parking Lot - Tent Area
- 1:00 pm Pool/Billiards - Billiards Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951



**July 4th Hours**



**Main Dining Room/Tent**

Lunch - 11:30 am - 1:30 pm  
 Outside Tent - 11:30 am - 1:00pm  
 Dinner - Closed

**Café**

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**

**"Beethoven's Ninth: Symphony for the World"**

July 4                      ENCORE - July 6  
 10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm  
 TV Channel 951

**Wednesday, July 5**

- 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 - Lobby
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951  
**The Fabelmans (PG-13)**

**Thursday, July 6**

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Clinic until 2:30pm - Scooter Room/Gallery - Sign up in Mailroom
- 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 Complimentary Hearing Aid Services with Dr. Francis - Appointments Necessary
- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951

**Friday, July 7**

- 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 - Chapel
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951  
**Mrs. Harris Goes to Harris (PG)**

**Saturday, July 8**

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Channel 951  
**Contact (PG)**

SUNDAY 7/2/2023	MONDAY 7/3/2023	TUESDAY 4th of July 7/4/2023	WEDNESDAY 7/5/2023	THURSDAY 7/6/2023	FRIDAY 7/7/2023	SATURDAY 7/8/2023
**choose (2) Beef Barley Potato Leek Soup	**choose (2) Creamy Corn Soup Chicken Rice Soup	**choose (2) Shrimp Bisque Watermelon Gazpacho	**choose (2) Butternut Squash Vegetarian Vegetable Soup	**choose (2) Gazpacho Chicken Noodle Soup	**choose (2) New England Seafood Soup Tomato Basil Soup	**choose (2) Beer Cheese 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
<b>choose (1)</b> BW Chicken Piccata Grilled Trout w/ Chive Butter	<b>choose (1)</b> BW Baked Sea Scallops Meatballs	<b>choose (1)</b> Hamburger Hot Dog	<b>choose (1)</b> BW Southwest Chicken Wrap English-Style Cod	<b>choose (1)</b> Chicken w/ Tomato Avocado Salsa Vegetable Chili with Toasted Pita	<b>choose (1)</b> BW Herb Roasted Salmon Honey Soy Glazed Chicken	<b>choose (1)</b> BW Turkey Avocado Salad Yankee Pot Roast
Beef Tenderloin CF - Italian Scrambled Eggs	Strawberry Chicken Salad CF - Mustard Glazed Pork	BBQ Chicken Breast Seafood Salad	BBQ Pulled Pork w/Onion Roll CF - Veal Jagerschnitzel	Braised Beef Brisket CF - Caribbean Tilapia	Stuffed Shells Marinara CF - Sloppy Joes	Blackened Catfish CF - Pasta Primavera
<b>choose (3)</b> Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Linguini w/Marinara Lima Beans Roasted Yellow Squash AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Baked Beans Corn on the Cob Steamed Broccoli	<b>choose (3)</b> Seasoned French Fries Roasted Brussels Sprouts Corn AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Red Pepper Risotto Peas & Pearl Onions Sliced Buttered Carrots AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Coconut Brown Rice Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Sautéed Zucchini with Tomatoes &amp; Basil</b>						
<b>choose (1)</b> Specialty Bread	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll
<b>choose (1)</b> Boston Cream Bomb Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Peachberry Pie Apple Streusel Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Ice Cream Novelty Cherry Pie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Egg Custard Pie Salted Caramel Pretzel Brownie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Coconut Meringue Pie Apple Crisp Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day

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