



This Week at Sherwood Oaks - July 23 - 29, 2023
The Audio Bulletin Board 8489

Sunday, July 23

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

- 2:00 pm Chapel Service - Auditorium
Rev. Liddy Barlow
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Yentl (G)

Monday, July 24

- 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 **NO** - Monday Night Bridge - Card Room

Tuesday, July 25

- 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 **NO** - Move & Groove - Cran Lake Fit. Ctr.
- 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

"Comparative Religions - Lessons 13 & 14"

July 25 ENCORE - July 27
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, July 26

- 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 **NO** - 60 Second Circuit - Cran Lake Fit. 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 2:30pm - No Appointment Needed!
- 1:00 pm Wednesday Bridge - Lobby
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

Wednesday, July 26 (Continued)

- 1:30 pm Birthday Theme Movie - Channel 951
Harry Potter & the Sorcerer's Stone (PG-13)
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:15 pm Campfire Sing-a-Long - Summer House
- 7:30 pm Birthday Theme Movie - Channel 951
Harry Potter & the Sorcerer's Stone (PG-13)

Dining Services' Theme Meal Today is



Thursday, July 27

- 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 Bus to Deane'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 28

- 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 Plaza/Cranberry Mall 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
Life with Father (Passed)

Saturday, July 29

- 9:30 am Bus to Beaver Valley 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
Starman (PG)

SUNDAY 7/23/2023 **choose (2)	MONDAY 7/24/2023 **choose (2)	TUESDAY 7/25/2023 **choose (2)	WEDNESDAY Harry Potter Bday! 7/26/2023 **choose (2)	THURSDAY 7/27/2023 **choose (2)	FRIDAY 7/28/2023 **choose (2)	SATURDAY 7/29/2023 **choose (2)
American Bounty Vegetable Potato Leek Soup	Chilled Peach Soup Chicken Rice Soup	Navy Bean Soup French Onion Soup	Bouillabaisse Brown Windsor	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 Zucchini Ricotta Boats Pineapple Ham Honey Mustard Chicken CF - Tuna Noodle Casserole	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Smothered Pork Chop	BW Poached Salmon w/dill sauce Chicken & Ham Pie Roast Beef w/Yorkshire Pudding Bangers w/Onion Gravy	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Turkey Tetrazzini	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Baked Sole	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 AA Mashed Potato AA Baked Potato	Cheesy Risotto Sautéed Spinach Succotash AA Mashed Potato AA Baked Potato	Garden Wild Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	Mashed Potato w/Garlic & Rosemary Buttered Peas Glazed Carrots AA Mashed Potato AA Baked Potato	Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	Pierogies with Onions Sautéed 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)
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	Chocolate Toffee Trifle Bread & Butter Pudding 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