



This Week at Sherwood Oaks - August 20 - 26, 2023
The Audio Bulletin Board 8489

Sunday, August 20

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

- 2:00 pm Chapel Service - Auditorium
Rev. Dean Ziegler
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The Unsinkable Molly Brown (Passed)

Monday, August 21

- 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, August 22

- 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 Fit. Ctr.
- 1:00 pm Pool/Billiards - Billiards Room
- 1:30 pm Drama Club - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 5:45 pm Piano Music by Bruce Smith - Lobby

"Comparative Religion - Lectures 15 & 16"

Aug 22 ENCORE - Aug 24
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, August 23

- 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 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 2:30 pm
Appointments are not needed today!

Wednesday, August 23 (Continued)

- 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
- 7:15 pm Campfire Sing-a-Long - Summer House
- 7:30 pm Wednesday Night Movie - Channel 951
The Last Bus (Not Rated)

Thursday, August 24

- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, August 25

- 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
Mack and Rita (PG-13)

Saturday, August 26

- 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
Silent Running (G)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8/20/2023	8/21/2023	8/22/2023	8/23/2023	8/24/2023	8/25/2023	8/26/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Lobster Bisque Potato Leek Soup	Cream of Cauliflower Soup Chicken Rice Soup	Elephant Garlic Soup French Onion Soup	Chilled Vichyssoise Vegetarian Vegetable Soup	Lentil Soup Chicken Noodle Soup	Beef Barley Tomato Basil Soup	Cream of Artichoke 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)
BW Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - Cheesy Scrambled Eggs	BW Chicken Marsala Montreal Beef Shoulder Eggplant Parmesan CF - Tuscan Shrimp	BW Balsamic Glazed Tuna BBQ Chicken Thighs Taco Salad CF - Pulled Pork Quesadilla	Bourbon Cherry Pork Chicken Quesadilla Meatballs with Angel Hair CF - Seafood Salad Croissant	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy CF - Chicken & Broccoli Alfredo	BW Lasagna Roll-ups Apricot Chicken Fried Fish CF - Country Fried Steak	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Osso Bucco
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash AA Mashed Potato AA Baked Potato	Penne Pasta w/Marinara Sauteed Green Beans Roasted Fennel Vegetables AA Mashed Potato AA Baked Potato	Tater Tots Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato	Brown Rice Sauteed Zucchini Roasted Mushrooms AA Mashed Potato AA Baked Potato	Baked Sweet Potato Spinach Corn AA Mashed Potato AA Baked Potato	Haluski Peas & Peppers Asparagus AA Mashed Potato AA Baked Potato	Parslied New Potatoes Sauteed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Southern Style Collard Greens						
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)
Chocolate Eclair Black Forest Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Pie New York Cheesecake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Chocolate Peanut Butter Cake Lemon Blueberry Mousse Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Rhubarb Pie Peanut Butter Brownie Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Vanilla Cheesecake Orange Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Peanut Butter Cup Sundae Strawberry Shortcake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Banana Cream Pie Almond Joy Parfait Fresh Fruit Cup Apple, Banana, or Orange 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

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 - 10:30 am-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