



This Week at Sherwood Oaks - June 16 - 22, 2024
The Audio Bulletin Board 8489

Sunday, June 16

Father's Day

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

- 2:00 pm Chapel Service - Card Room
Rev. Bob Cummings
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The King of Jazz (Passed)

Happy Father's Day!

Main Dining Room

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

Café

Breakfast - 8-10:30 am
Lunch & Dinner - Closed
Takeout meals - 11:30 am - 1:00 pm

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

Monday, June 17

- 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 Ctr.
- 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 - Lobby

Tuesday, June 18

- 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.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
No Appointments Needed!
- 1:30 pm Drama Club Meeting - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Pool - Billiards/Pool Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

**"America's Arsenal ~
How Pittsburgh Powered WWII"**

June 18 ENCORE - June 20
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, June 19

Juneteenth

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 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
- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Glory (R)

Thursday, June 20

- 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 Line Dancing - Cran Lake Fit. Ctr.
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm **NO** - Bus to Deener'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
- 7:00 pm Focus on the World ~ **Rev. Liddy Barlow & Rabbi Jamie Gibson - Antisemitism - Auditorium**

Friday, June 21

- 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 Group Fitness - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall Passavant Main & Passavant Cranberry
- 1:30 pm **Resident Get Together with Dave Capan and Mark Bondi** - Auditorium
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 2:00 pm Craft Group - Craft Room
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
Who Framed Roger Rabbit (PG)

Saturday, June 22

- 9:30 am Bus to Beaver Valley Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:00 pm Saturday Afternoon Movie - Auditorium
The Theory of Everything (PG-13)
- 3:30 pm Bus to St. Ferdinand Church

SUNDAY - Father's Day 6/16/2024	MONDAY 6/17/2024	TUESDAY 6/18/2024	WEDNESDAY 6/19/2024	THURSDAY 6/20/2024	FRIDAY 6/21/2024	SATURDAY 6/22/2024
* Open for Lunch Only *						
Dining Room 11:30am-1:00pm						
Takeouts (Cafe) 11:30am - 1:00pm						
**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 - Grilled Sirloin Steak	BW Chicken Marsala Montreal Beef Shoulder Eggplant Parmesan CF - Grilled Barramundi	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Bowties/Italian Sausage	Bourbon Cherry Pork Chicken Quesadilla Meatballs with Angel Hair CF - Shrimp Scampi	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - Hot Dogs	BW Lasagna Roll-ups Apricot Chicken Fried Fish CF - Salisbury Steak	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Cheese Tortellini
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash	Penne Pasta w/Marinara Sauteed Green Beans Honey Glazed Carrots 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 Creamed 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 - Harvard Beets						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Assorted Donuts	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)
Long John Doughnut 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