

This Week at Sherwood Oaks - June 2 - 8, 2024 The Audio Bulletin Board 8489

Sunday, June 2

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

- 2:00 pm Chapel Service - Card Room
Rev. John Guest
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The Happiest Millionaire (Approved)

Monday, June 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 Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm NO - 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 4

- 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 SORA Board Meeting - Card Room
- 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

"Understanding Art - Lectures 5 & 6"

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

Wednesday, June 5

- 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

Wednesday, June 5 (Continued)

- 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 Dig (PG-13)

Thursday, June 6

- 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.
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm 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



Blackburn's Scooter Clinic
Thursday, June 6
9:00 am - 2:30 pm -
Scooter Room/Gallery

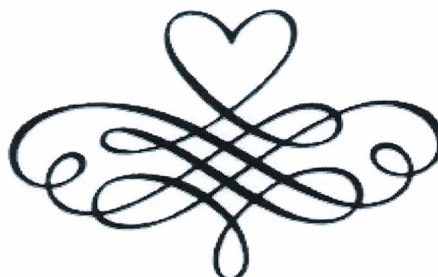
Sign up in the mailroom

Friday, June 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 Group Fitness - 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 - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
See How They Run (PG-13)

Saturday, June 7

- 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 Secret Life of Walter Mitty (PG-13)
- 3:30 pm Bus to St. Ferdinand Church



SUNDAY 6/2/2024	MONDAY 6/3/2024	TUESDAY Nat'l Cheese Day! 6/4/2024	WEDNESDAY 6/5/2024	THURSDAY 6/6/2024	FRIDAY 6/7/2024	SATURDAY 6/8/2024
**choose (2) Beef Barley Potato Leek Soup	**choose (2) Creamy Corn Soup Chicken & Rice Soup	**choose (2) Shrimp Bisque French Onion Soup	**choose (2) Butternut Squash Soup Vegetarian Vegetable Soup	**choose (2) Chicken Noodle Soup Gazpacho	**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
choose (1) BW Chicken Piccata Grilled Trout w/ Chive Butter Beef Tenderloin CF - Sausage Egg Strata	choose (1) BW Baked Sea Scallops Meatballs Strawberry Chicken Salad CF - Eggplant Parmesan	choose (1) Mushroom Ravioli Savory Meatloaf Lemon Garlic Chicken Thighs CF - Seafood Mac & Cheese	choose (1) BW Southwest Chicken Wrap English-Style Cod BBQ Pulled Pork w/Onion Roll CF - Cajun Butter Steak	choose (1) BW Chicken w/Avocado Salsa Sausage Pizza Braised Beef Brisket CF - Pan Seared Grouper	choose (1) BW Herb Roasted Salmon Honey Soy Glazed Chicken Stuffed Shells Marinara CF - Sloppy Joe	choose (1) BW Turkey Avocado Salad Yankee Pot Roast Blackened Catfish CF - Breaded Pork Chop
choose (3) Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato	choose (3) Linguini w/Marinara Lima Beans Roasted Yellow Squash AA Mashed Potato AA Baked Potato	choose (3) Mashed Potatoes Barbecue Baked Beans Steamed Broccoli & Cheese AA Mashed Potato AA Baked Potato	choose (3) Seasoned French Fries Roasted Brussels Sprouts Corn on the Cob AA Mashed Potato AA Baked Potato	choose (3) Red Pepper Risotto Peas & Pearl Onions Sliced Buttered Carrots AA Mashed Potato AA Baked Potato	choose (3) Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato	choose (3) Garlic Mashed Potatoes Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato
Vegetable of the Week - Caramelized Cabbage & Onions						
choose (1) Specialty Bread	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Boston Cream Bomb Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Peachberry Pie Apple Streusel Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Egg Custard Pie Salted Caramel Pretzel Brownie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	choose (1) 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

<p style="text-align: center;">Main Dining Room</p> <p>Ext. 8234 (724-776-8234)</p> <p>Lunch - 11:45 am-1 pm</p> <p>Dinner - 4:30-6:30 pm</p>	<p style="text-align: center;">Café</p> <p>Ext. 8236 (724-776-8236)</p> <p>Breakfast - 8-10:30</p> <p>Lunch - 10:30am-4:30pm</p> <p>Dinner - 4:30-6:30 pm</p>
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Café Meal Pick Ups

	<p>11:30 am - 1 pm</p> <p>4:30-6:30 pm</p> <p>Corner Market</p> <p>8 am - 6:30 pm</p>
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WEEK THREE