



## This Week at Sherwood Oaks - June 9 - 15, 2024 The Audio Bulletin Board 8489

### Sunday, June 9

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

- 2:00 pm Chapel Service - Card Room  
**Rev. Graham Standish**
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951  
**The Benny Goodman Story (Approved)**

### Monday, June 10

- 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

#### **"El Nino ~ Global Destroyer"**

June 10                      ENCORE - June 12  
10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm  
TV Channel 951

### Tuesday, June 11

- 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!
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Pool - Billiards/Pool Room
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Book Club - Chapel
- 7:00 pm SORA Quarterly Meeting - Auditorium

#### **"Connections ~ Feedback"**

June 11                      ENCORE - June 13  
10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm  
TV Channel 951

### Wednesday, June 12

- 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.

### Wednesday, June 12 (Continued)

- 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  
**Thunderball (Approved)**

### Thursday, June 13

- 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

### Friday, June 14

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main
- 10:00 am **NO** - 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  
**The Jewel of the Nile (PG)**

### Saturday, June 15

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:00 pm Saturday Afternoon Movie - Auditorium  
**Out of the Furnace (R)**
- 3:30 pm Bus to St. Ferdinand Church



SUNDAY 6/9/2024	MONDAY 6/10/2024	TUESDAY 6/11/2024	WEDNESDAY 6/12/2024	THURSDAY 6/13/2024	FRIDAY 6/14/2024	SATURDAY 6/15/2024
<b>choose (2)</b> Potato Leek Soup Beef Noodle Soup	<b>choose (2)</b> Chicken & Rice Soup Chili	<b>choose (2)</b> French Onion Soup Watermelon Gazpacho	<b>choose (2)</b> Vegetarian Vegetable Soup Meatball Stew	<b>choose (2)</b> Chicken Noodle Soup Stuffed Pepper Soup	<b>choose (2)</b> Tomato Basil Soup Split Pea Soup	<b>choose (2)</b> Italian Wedding Soup Cream of Mushroom
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 Orange Baked Flounder Cranberry Brie Stuffed Chicken Baked Ham CF - Creamed Chipped Beef	<b>choose (1)</b> BW Cilantro Grilled Chicken Coconut Shrimp Beef Teriyaki CF - Sesame Ginger Pork	<b>choose (1)</b> BW Herb Crusted Pork Loin Buffalo Chicken Tenders Rodeo Burger CF - Baked Tilapia	<b>choose (1)</b> BW Raspberry Peach Chicken Beef Tenderloin Perch Meuniere CF - Penne w/Mushrooms	<b>choose (1)</b> BW Salmon Berry Salad Calves Liver Barbecue Baby Back Ribs CF - Fried Chicken	<b>choose (1)</b> Cheese Pizza Chicken Cacciatore Fettuccine Bolognese CF - Shrimp Ravioli	<b>choose (1)</b> Beef Ropa Vieja Crab Cake Bratwurst w/Onions CF - Chicken Marsala
<b>choose (3)</b> Sweet Potato Casserole Sauteed Zucchini Roasted Eggplant AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Wild Rice Pilaf Peas Maple Glazed Carrots AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Mac & Cheese Swiss Chard Stewed Tomatoes AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Roasted Red Potatoes Steamed Broccoli Key West Veggie Blend AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Potato Pancakes Roasted Asparagus Corn Souffle AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Yukon Gold Potatoes Walnut Pesto Green Beans Hubbard Squash AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Steamed Rice Steamed Brussels Sprouts Tri-colored Peppers AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Succotash</b>						
<b>choose (1)</b> Cinnamon 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> Assorted Dinner Roll
<b>choose (1)</b> Chocolate Mint Pie Lemon Raspberry Cake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Peach Pie Crispy Peanut Butter Bar Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Double Chocolate Cake Fruit of the Forest Pie Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Chocolate Chip Cookie Turtle Sundae Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Dutch Apple Pie Yellow Cake Chocolate Icing Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> Blackberry Pie Lemon Cake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	<b>choose (1)</b> French Silk Pie Angel Food Cake w/Berries Apple, Orange, or Banana 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 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 - 8-10:30am

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**

8:00am - 6:30pm