



This Week at Sherwood Oaks - June 23-29, 2024
The Audio Bulletin Board 8489

Sunday, June 23

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Card Room
Rev. James Shoucair
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Calamity Jane (Passed)

Monday, June 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 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
- 6:30 pm Bingo (until 7:30pm) - Auditorium

Tuesday, June 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 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

"Lost Christianities ~ Lectures 11 & 12"
 June 25 ENCORE - June 27
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, June 26 (Continued)

- 1:30 pm Birthday Movie - Channel 951
Jaws (PG)
- 1:30 pm **Scam Presentation with Tracey Long (First National Bank)** - Auditorium
- 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 Birthday Movie - Channel 951
Jaws (PG)

Dining Services Birthday Theme Today is



Thursday, June 27

- 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 **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 Program Committee Presents: **Doug Oster ~ It's Never Too Late to Start a Garden** - Auditorium

Friday, June 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 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
New in Town (PG)

Saturday, June 29

- 9:30 am **NO** Mall Bus Today!
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:00 pm Saturday Afternoon Movie - Auditorium
Calvary (R)
- 3:30 pm Bus to St. Ferdinand Church



SUNDAY 6/23/2024 **choose (2)	MONDAY 6/24/2024 **choose (2)	TUESDAY 6/25/2024 **choose (2)	WEDNESDAY JAWS Day!! 6/26/2024 **choose (2)	THURSDAY 6/27/2024 **choose (2)	FRIDAY 6/28/2024 **choose (2)	SATURDAY 6/29/2024 **choose (2)
American Bounty Vegetable Potato Leek Soup	Chilled Peach Soup Chicken & Rice Soup	Navy Bean Soup French Onion Soup	New England Clam Chowder Chicken & Dumplings	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 Seasoned Snapper Stuffed Peppers Carved Turkey w/ Stuffing CF - Ham & Cheese Scrambled Eggs	BW Zucchini Ricotta Boats Pineapple Baked Ham Honey Mustard Chicken CF - Cajun Crawfish Pasta	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Carne Adovada	Lobster Roll in Split Top Bun Cheese Stuffed Shells Fenway Beef Franks Wicked Grilled Chicken Thighs	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Old Fashioned Ham Loaf	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 Tonkatsu
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	Scalloped Potatoes Sautéed Spinach Succotash AA Mashed Potato AA Baked Potato	Spanish Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	Boston Baked Beans Old Bay Potatoes Corn on the Cob 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 - Sautéed Eggplant with Tomatoes						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Roll	Assorted Dinner Roll	Assorted Dinner Roll	Garlic & Cheese Biscuits	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	Beach Dessert Toll House Sundae 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 cafe 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