



This Week at Sherwood Oaks - June 19 - 25, 2022
The Audio Bulletin Board 8489

Sunday, June 19

Happy Father's Day!

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

2:00 pm Chapel Service - Auditorium

Rev. William Dambaugh

7:30 pm Sunday Night Movie - Channel 951

Cover Girl (Passed)

Father's Day Dining Hours

Main Dining Room

Lunch - 11:45am -1:30pm

Dinner - Closed

Café

Breakfast - 8-10:30am

Lunch & Dinner - Closed*

*Takeout meals are available at the
Café counter from 11:45am -1:30pm.

Home delivered meals will begin around noon.

Monday, June 20

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 Ctr.

10:00 am Aquacize - Swimming Pool

11:00 am Stretch & Stability - Cran Lke Futness Ctr.

1:00 pm Bus to Shop 'n Save/CVS Pharmacy/
Passavant Cranberry & Main Campus

1:00 pm Painting Class - Novice or Pro -
Painting Studio - Lower Level

6:30 pm Monday Night Bridge - Card Room

Tuesday, June 21

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 Take a Walk with a Friend - Meet outside
the Scooter Room/Gallery entrance

*"Dolomites: The Most Breathtaking
Mountain Range"*

June 21

10:00 am, 4:00 pm, 7:30 pm - TV Channel 951

1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary

Tuesday, June 21 (Continued)

1:30 pm Drama Club Meeting - Auditorium

1:40 pm Bus to VA Clinic Cranberry/Passavant

Wednesday, June 22

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 Yoga - Cranberry Lake Fitness Ctr.

11:45 am Bus to Rite Aid, Pass. Cran. & 228 Mall

12:00 pm Granny's Attic Annex #156 - Appointment
Only - Call Frank or Joanne - Ext. 8154

1:00 pm Wednesday Bridge - Card Room

1:30 pm Resident Meeting - ***RX Partners*** -
Auditorium

2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

7:30 pm Wednesday Night Movie - Channel 951

A Summer Place (Approved)

Thursday, June 23

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 Punch Fitness Boxing Class - Cranberry
Lake Fitness Center

1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry

1:00 pm Bus to Deener's Farm Market

1:30 pm Duplicate Bridge - Card Room

Friday, June 24

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 - Cranberry Lake Fitness Center

11:00 am On the Move - Cranberry Lake Fitness Center

1:00 pm Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry

2:00 pm Sew & So's - Card Room

2:00 pm Craft Group - Lower Level Craft Room

7:15 pm Friday Night Movie - Channel 951

Rango (Rated PG)

Saturday, June 25

9:30 am NO Mall Bus Today

3:40 pm Bus to St. Ferdinand's Church

7:00 pm Saturday Night Movie - Auditorium

King Ralph (Rated PG)

SUNDAY 6/19/2022	MONDAY 6/20/2022	TUESDAY 6/21/2022	WEDNESDAY (Be Well) 6/22/2022	THURSDAY 6/23/2022	FRIDAY 6/24/2022	SATURDAY 6/25/2022
<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
Cream of Spinach Soup Potato Leek Soup	Creamy Corn Soup Chicken Rice Soup	Shrimp Bisque French Onion Soup	Chilled Berry Soup Vegetarian Vegetable Soup	Butternut Squash Soup Chicken Noodle Soup	New England Seafood Soup Tomato Basil Soup	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
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
*BW Chicken Piccata Grilled Trout w/ Chive Butter Beef Tenderloin **CF - Blueberry Pancakes	*BW Baked Sea Scallops Sweet Italian Sausage Chicken Arugula Salad **CF - Meatballs Parmesan	*Black Bean Broccoli Burger Savory Meatloaf Baked Chicken Thighs **CF - Breaded Shrimp	*Southwest Chicken Wrap English-Style Cod Citrus Roasted Pork **CF - Grilled Chicken Salad	*Chicken with Tomato Avocado Salsa Vegetable Chili with Toasted Pita Braised Beef Brisket **CF - Garlic Parmesan Perch	*Herb Roasted Salmon Honey Glazed Chicken Breast Stuffed Shells Marinara **CF - Chili Cheese Dogs	*Turkey Avocado Salad Yankee Pot Roast Mahi-Mahi with Lime Butter **CF - Gyros
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato	Linguini w/ Vodka Sauce Sautéed Kale Roasted Yellow Squash AA Mashed Potato AA Baked Potato	Mashed Potatoes Barbecue Baked Beans Steamed Broccoli AA Mashed Potato AA Baked Potato	Seasoned French Fries Roasted Brussels Sprouts Corn AA Mashed Potato AA Baked Potato	Red Pepper Risotto Peas & Pearl Onions Sliced Buttered Carrots AA Mashed Potato AA Baked Potato	Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato	Coconut Brown Rice Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato
Vegetable of the Week - Garlic Herb Button Mushrooms						
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Specialty Bread	Assorted Dinner Rolls	Assorted Dinner Rolls	Assorted Dinner Rolls	Assorted Dinner Rolls	Assorted Dinner Rolls	Assorted Dinner Rolls
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Boston Cream Pie Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peachberry Pie Sour Cream Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Egg Custard Pie Brownie a la Mode Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Coconut Meringue Pie Apple Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Large Printed Menus are available on Request. Call Jesse at #8505

****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, Cranberry Juice, Pepsi, Diet Pepsi, Mt. Dew, Diet Mt. Dew, Ginger Ale, Root Beer, Iced Tea, Lemonade, Bottled Water

Hershey's Hand Scooped Ice Cream: Options change daily

CF = Chef's Feature

AA = Always Available

VOW = Vegetable of the Week

BW= Be Well Recipe

Main Dining Room

Café

Café Meal Pick Ups

Ext. 8234 (724-776-8234)

Ext. 8236 (724-776-8236)

:30 am - 1 pm

Lunch - 11:45 am-1 pm

Breakfast - 8-10:30

4:30-6 pm

Dinner - 4:30-6:30 pm

Lunch - 10:30 am-4:30pm

Corner Market

Dinner - 4:30-6:30 pm

8 am - 6 pm