



This Week at Sherwood Oaks - July 24-30, 2022

The Audio Bulletin Board 8489

Sunday, July 24

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

- 2:00 pm Chapel Service - Auditorium
Rev. Moni McIntyre
7:30 pm Sunday Night Movie - Channel 951
Girl Crazy (Passed)

Monday, July 25

- 8:15 am Bus to Passavant Cranberry
9:00 am **NO** - 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 Lake Fitness 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, July 26

- 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
1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary
1:40 pm Bus to VA Clinic Cranberry/Passavant

"Planet Earth II - Grasslands"
July 26

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

Wednesday, July 27

- 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

Wednesday, July 27 (Continued)

- 1:00 pm Wednesday Bridge - Card Room
2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
7:30 pm Wednesday Night Movie - Channel 951
From Russia with Love (Approved)

Dining Services'
birthday theme today is



Thursday, July 28

- 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
1:30 pm Duplicate Bridge - Card Room

Friday, July 29

- 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
7:30 pm Friday Night Movie - Channel 951
Duck Soup (Not Rated)

Saturday, July 30

- 9:30 am Bus to Beaver Valley Mall
3:40 pm Bus to St. Ferdinand's Church
6:45 pm Saturday Night Movie - Auditorium
Operation Mincemeat (Rated PG-13)



SUNDAY 7/24/2022		MONDAY 7/25/2022		TUESDAY 7/26/2022		WEDNESDAY NEW MEXICO 7/27/2022		THURSDAY 7/28/2022		FRIDAY 7/29/2022		SATURDAY 7/30/2022	
choose (2)		choose (2)		choose (2)		choose (2)		choose (2)		choose (2)		choose (2)	
Cream of Spinach Soup Potato Leek Soup		Creamy Corn Soup Chicken Rice Soup		Shrimp Bisque French Onion Soup		Tomato & Potato Soup Green Chile Chicken Tortilla		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	
choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)	
*BW Chicken Piccata Grilled Trout w/ Chive Butter Beef Tenderloin **CF - Country Scrambled Eggs		*BW Baked Sea Scallops Sweet Italian Sausage Chicken Arugula Salad **CF - Meatball Stroganoff		*Black Bean Broccoli Burger Savory Meatloaf Baked Chicken Thighs **CF - Perch Romano		Green Chile Cheeseburger Chicken Enchiladas Carne Adovada (Pork) Huevos Rancheros		*BW Chicken with Tomato Avocado Salsa Vegetable Chili with Toasted Pita Braised Beef Brisket **CF - Shrimp Lo Mein		*BW Herb Roasted Salmon Honey Glazed Chicken Breast Stuffed Shells Marinara **CF - Veal Patty Parmesan		*BW Turkey Avocado Salad Yankee Pot Roast Mahi-Mahi with Lime Butter **CF - Chili Cheese Dogs	
choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)	
Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato		Linguini w/ Vodka Sauce Sauteed Kale Roasted Yellow Squash AA Mashed Potato AA Baked Potato		Mashed Potatoes Barbecue Baked Beans Steamed Broccoli AA Mashed Potato AA Baked Potato		Spanish Rice Refried Beans Calabacitas (Veg. Blend) 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 Bok Choy Stir Fry													
choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)	
Specialty Bread		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)	
Boston Cream Pie Strawberry Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day		Peachberry Pie Sour Cream Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day		Oreo Madness Sundae Lemon Bar Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day		Bizcochitos with Choc. Sauce Tres Leches Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day		Egg Custard Pie Brownie a la Mode Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day		Blueberry Pie Spice Cake with Cream Cheese Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day		Coconut Meringue Pie Apple Crisp Apple, Banana, or Orange Fresh Fruit Cup Ice Cream 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, Diet Ginger Ale, Root Beer, Iced Tea, Lemonade, Bottled Water													
Hershey's Hand Scooped Ice Cream: Options change daily													
CF notes the Chef's Feature of the day AA = Always Available BW notes the Be Well recipe option of the day				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 pm Corner Market 8 am - 6 pm	