



This Week at Sherwood Oaks - August 28 - September 3, 2022

The Audio Bulletin Board 8489

Sunday, August 28

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

- 10:30 am Friends (Quaker) Meeting - Chapel
2:00 pm Chapel Service - Auditorium
Rev. Judy Angleberger
7:30 pm Sunday Night Movie - Channel 951
Strike Up the Band (Passed)

Monday, August 29

- 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 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, August 30

- 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

"Islam - Faith & History"
August 30

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

Wednesday, August 31

- 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

Wednesday, August 31 (Continued)

- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
7:30 pm Wednesday Night Movie - Channel 951
Niagara (Approved)

Thursday, September 1

- 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

Blackburn's Scooter Clinic

Thursday, September 1



Scooter Room/Gallery
9:00 am - 2:30 pm
Sign up in the mailroom

Friday, September 2

- 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
Baby Boom (Rated PG)

Saturday, September 3

- 9:30 am **NO** - Bus to Beaver Valley Mall
3:40 pm Bus to St. Ferdinand's Church
6:45 pm Saturday Night Movie - Auditorium
Picnic (Approved)



SUNDAY 8/28/2022	MONDAY 8/29/2022	TUESDAY 8/30/2022	WEDNESDAY 8/31/2022	THURSDAY 9/1/2022	FRIDAY 9/2/2022	SATURDAY 9/3/2022
**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	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
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 -Ham & Egg Scramble	BW Baked Sea Scallops Sweet Italian Sausage Chicken Arugula Salad CF - Prime Rib Stroganoff	BW Black Bean Broccoli Burger Savory Meatloaf Baked Chicken Thighs CF -Cod Cakes	BW Southwest Chicken Wrap English-Style Cod Citrus Roasted Pork Broadway Hot Pastrami Sandwich	*Chicken with Tomato Avocado Salsa Vegetable Chili with Toasted Pita Braised Beef Brisket CF-Seafood Newburg Casserole	BW Herb Roasted Salmon Honey Glazed Chicken Breast Stuffed Shells Marinara CF - Ossobuco Milanese	BW Turkey Avocado Salad Yankee Pot Roast Mahi-Mahi with Lime Butter CF -Eggplant Napoleon
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	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 - Honey Glazed Carrots						
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	Peanut Butter Silk Pie Frosted White 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

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, Cranberry 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

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