



This Week at Sherwood Oaks - August 14-20, 2022

The Audio Bulletin Board 8489

Sunday, August 14

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

- 2:00 pm Chapel Service - Auditorium
Rev. James Gascoine
- 7:30 pm Sunday Night Movie - Channel 951
Grease (Rated G)

Monday, August 15

- 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 16

- 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

*"Santorini, Greece -
Urban Life Documentary Film"*
August 16

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

Wednesday, August 17

- 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
- 1:00 pm Yellow Jacket Meeting - Great Room
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

Wednesday, August 17 (Continued)

- 7:15 pm Campfire Sing-a-long - Summerhouse
- 7:30 pm Wednesday Night Movie - Channel 951
K-Pax (Rated PG-13)

Thursday, August 18

- 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

"How Long Until We Run Out of Food?"
August 18

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

Friday, August 19

- 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
- 1:30 pm Resident Get Together - *Vicky Tremblay*
Auditorium & Card Room
- 2:00 pm Sew & So's - Fireplace Lobby
- 2:00 pm Craft Group - Lower Level Craft Room
- 7:15 pm Friday Night Movie - Channel 951
The Absent-Minded Professor (Approved)

Saturday, August 20

- 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
The Saint (Rated PG-13)



SUNDAY 8/14/2022	MONDAY 8/15/2022	TUESDAY 8/16/2022	WEDNESDAY 8/17/2022	THURSDAY 8/18/2022	FRIDAY 8/19/2022	SATURDAY 8/20/2022
**choose (2) American Bounty Vegetable Potato Leek Soup	**choose (2) Chilled Peach Soup Chicken Rice Soup	**choose (2) Navy Bean Soup French Onion Soup	**choose (2) Creole Crab Soup Vegetarian Vegetable Soup	**choose (2) Cream of Asparagus Soup Chicken Noodle Soup	**choose (2) Wonton Soup Tomato Basil Soup	**choose (2) 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) BW Seasoned Snapper Stuffed Peppers Carved Turkey w/ Stuffing CF - Corned Beef Hash & Eggs	choose (1) BW Zucchini Ricotta Boats Pineapple Ham Honey Mustard Chicken CF - Orange Roughy	choose (1) BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Sweet & Sour Duck Breast	choose (1) BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Texas Style Beef Brisket	choose (1) BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Cheese Ravioli	choose (1) BW Vegetarian Arugula Pasta Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Trout	choose (1) BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade CF - Pork Paprikash
choose (3) Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	choose (3) Cheesy Risotto Sautéed Spinach Succotash AA Mashed Potato AA Baked Potato	choose (3) Garden Wild Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	choose (3) Roasted Sweet Potato Wedges Balsamic Brussels Sprouts Parmesan Baked Tomato AA Mashed Potato AA Baked Potato	choose (3) Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	choose (3) Pierogies with Onions Sautéed Zucchini Tri-Colored Peppers AA Mashed Potato AA Baked Potato	choose (3) Steamed White Rice Edamame Ginger Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Corn on the Cob						
choose (1) Specialty Bread	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Pumpkin Pie Chocolate Galaxy Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Berry Moscato Cake Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Mississippi Mud Cake Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Cherry Cobbler Tiramisu Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup

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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

WEEK ONE