



This Week at Sherwood Oaks - July 21-27, 2024
The Audio Bulletin Board 8489

Sunday, July 21

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

- 2:00 pm Chapel Service - Card Room
Rev. Greg Cox
- 3:00 pm Sit & Fit Strength Class - Channel 951

Monday, July 22

- 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

Tuesday, July 23

- 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!
- 1:00 pm Ladies' Billiards - Billiards/Pool Table Rm.
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

**"Lost Christianities ~ Volume 1
Lectures 13 & 14"**

July 23 ENCORE - July 25
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, July 24

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.
- 11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building

Wednesday, July 24 (Continued)

- 2:00 pm **Picklefest** ~ Auditorium & Card Room -
RSVP to Jesse Komara (ext. 8505)
- 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

Picklefest

Pucker up for the briniest bash at Sherwood Oaks!

Wednesday, July 24
 2:00-3:30 PM
 Auditorium &
 Card Room

RSVP
 Jesse Komara
 ext. 8505

Thursday, July 25

- 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 Bus to Deener's Farm Market
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:00 pm Men's Billiards - Billiards/Pool Table Rm.
- 1:30 pm Duplicate Bridge - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Program Committee Presents ~ **Yoga Ball Bass Band** - Auditorium

Friday, July 26

- 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
- 1:00 pm Crazy Crafters - Lower Level Craft Room - Call Joni Pun (8304) to RSVP
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951

Saturday, July 27

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand Church

SUNDAY 7/23/2024 **choose (2)	MONDAY 7/22/2024 **choose (2)	TUESDAY 7/23/2024 **choose (2)	WEDNESDAY 7/24/2024 **choose (2)	THURSDAY 7/25/2024 **choose (2)	FRIDAY Olympics Begin! 7/26/2024 **choose (2)	SATURDAY 7/27/2024 **choose (2)
Lobster Bisque Potato Leek Soup	Cream of Cauliflower Soup Chicken & Rice Soup	Elephant Garlic Soup French Onion Soup	Chilled Vichyssoise Vegetarian Vegetable Soup	Lentil Soup Chicken Noodle Soup	Beef Barley Tomato Basil Soup	Cream of Artichoke 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 Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - Wild Mushroom Scrambled Eggs	BW Chicken Marsala Montreal Beef Shoulder Eggplant Parmesan CF - Baked Swai Fish	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Grilled Vegetable Ravioli	Bourbon Cherry Pork Chicken Quesadilla Meatballs with Angel Hair CF - Shrimp Fra Diavolo	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - Mojo Pork	BW Lasagna Roll-ups Apricot Chicken Fried Fish CF - Veal Chasseur	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Mushroom & Spinach Pasta
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash AA Mashed Potato AA Baked Potato	Penne Pasta w/Marinara Sauteed Green Beans Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Tater Tots Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato	Brown Rice Sauteed Zucchini Roasted Mushrooms AA Mashed Potato AA Baked Potato	Baked Sweet Potato Creamed Spinach Corn AA Mashed Potato AA Baked Potato	Haluski Peas & Peppers Asparagus AA Mashed Potato AA Baked Potato	Parslied New Potatoes Sauteed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Vegetable of the Week - Harvard Beets						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Donuts	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)
Long John Doughnut Black Forest Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Pie New York Cheesecake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Chocolate Peanut Butter Cake Lemon Blueberry Mousse Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Rhubarb Pie Peanut Butter Brownie Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Vanilla Cheesecake Orange Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Peanut Butter Cup Sundae Strawberry Shortcake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Banana Cream Pie Almond Joy Parfait Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day

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

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 - 10:30 am-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