

This Week at Sherwood Oaks - July 28 - August 3, 2024 The Audio Bulletin Board 8489

Sunday, July 28

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

- 10:30 am Friends (Quaker) Meeting - Chapel
2:00 pm Chapel Service - Card Room
Rev. James Soucair
3:00 pm Sit & Fit Strength Class - Channel 951

Monday, July 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 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
6:30 pm Bingo! (until 7:30) - Auditorium

Tuesday, July 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 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

***"The Most Powerful Forces on Earth ~
Heat Waves"***

July 30 ENCORE - Aug. 1
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, July 31

- 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.
11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building
1:30 pm Birthday Theme Movie - Channel 951
Batman (PG)

Wednesday, July 31 (Continued)

- 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
7:30 pm Birthday Theme Movie - Channel 951
Batman (PG)

Dining Services Birthday Theme Today is



Thursday, August 1

- 7:00 am Bus to Passavant Cranberry & Main
9:00 am Blackburn's Scooter Clinic (until 2:30pm) - Scooter Room/Gallery - sign up in mailroom
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
7:30 pm Residents' Request Movie - Channel 951
Chariots of Fire (PG)

Friday, August 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 - 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
7:30 pm Funny Fridays Movie - Channel 951
18 Again! (PG)

Saturday, August 3

- 9:30 am Bus to Beaver Valley Mall
3:00 pm Sit & Fit Strength Class - Channel 951
3:30 pm Bus to St. Ferdinand Church
7:30 pm Residents' Request Movie - Channel 951
Jules (PG-13)

SUNDAY 7/28/2024 **choose (2)	MONDAY Nat'l Chicken Wing Day 7/29/2024 **choose (2)	TUESDAY 7/30/2024 **choose (2)	WEDNESDAY Batman Bday!! 7/31/2024 **choose (2)	THURSDAY 8/1/2024 **choose (2)	FRIDAY 8/2/2024 **choose (2)	SATURDAY 8/3/2024 **choose (2)
American Bounty Vegetable Potato Leek Soup	Chilled Peach Soup Chicken & Rice Soup	Navy Bean Soup French Onion Soup	Wayne Manor Lobster Bisque Joker's Jambalaya	Cream of Asparagus Soup Chicken Noodle Soup	Wonton Soup Tomato Basil Soup	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)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Seasoned Snapper Stuffed Peppers Carved Turkey w/Stuffing CF - Quiche Lorraine	BW Zucchini Ricotta Boats Pineapple Baked Ham Honey Mustard Chicken CF - Grilled Chicken Wings	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Jerk Pork Tenderloin	Penguin's Pecan Salmon "Bat"- Manwich Batarang Chicken Tenders Bataroni & Cheese	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Croque Monsieur	Cheese Manicotti Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Tuna Nicoise Salad	BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade CF - Cheese Tortellini
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Scalloped Potatoes Sautéed Spinach Succotash AA Mashed Potato AA Baked Potato	Spanish Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	Riddler's Rings (Onionrings) Gotham Green Beans Poison Ivy's Sautéed Spinach AA Mashed Potato AA Baked Potato	Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	Pierogies with Onions Sautéed Zucchini Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Steamed White Rice Edamame Ginger Carrots AA Mashed Potato AA Baked Potato
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Roll	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)
Pumpkin Pie Chocolate Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Berry Cake w/Amarretto Icing Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Bat Signal Sundae BAM Banana Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Poundcake w/Berries Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Cherry Cobbler Tiramisu Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup

Vegetable of the Week - Ratatouille

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, 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 (ask your server for the complete AA menu).

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 - 10:30am-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

Online Ordering options (begins 7/29/24) - www.sherwoodoaksdining.com / SOapp ("Dining Information" icon, then Online Ordering) / SO website ("For Residents" tab, then "Dining Services-Online Ordering" tab)