

This Week at Sherwood Oaks - August 25-31, 2024 The Audio Bulletin Board 8489

Sunday, August 25

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. Mike Arnold
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
With a Song in my Heart - (Approved)

Monday, August 26

- 8:15 am Bus to Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:00 am Pickleball League - Outdoor Pickleball Court
- 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
- 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, August 27

- 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 ~ Lectures 15 & 16"

Aug. 27 ENCORE - Aug. 29
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

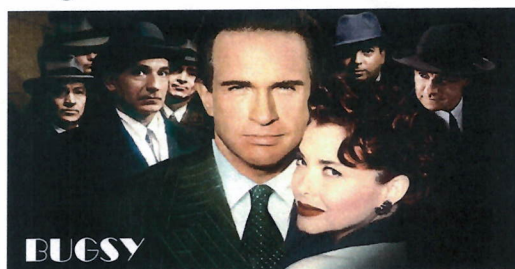
Wednesday, August 28

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:00 am Pickleball League - Outdoor Pickleball Court
- 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

Wednesday, August 28 (Continued)

- 1:30 pm *Scam/Fraud Presentation with Trooper Rocco Gagliardi* - Auditorium & Card Room
- 1:30 pm Birthday Movie - Channel 951
Bugsy - (R)
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Birthday Movie - Channel 951
Bugsy - (R)

Dining Services Birthday Theme Today is



Thursday, August 29

- 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
- 7:00 pm Program Committee Presents ... *Pine Creek Community Band* ~ Auditorium

Friday, August 30

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Pickleball League - Outdoor Pickleball Court
- 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
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951
Electric Dreams (PG)

Saturday, August 31

- 9:00 am Pickleball League - Outdoor Pickleball Court
- 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
Captain Horatio Hornblower (NR)

SUNDAY 8/25/2024 **choose (2)	MONDAY 8/26/2024 **choose (2)	TUESDAY 8/27/2024 **choose (2)	WEDNESDAY "Bugsy" B-Day 8/28/2024 **choose (2)	THURSDAY 8/29/2024 **choose (2)	FRIDAY 8/30/2024 **choose (2)	SATURDAY 8/31/2024 **choose (2)
Lobster Bisque Potato Leek Soup	Cream of Cauliflower Soup Chicken & Rice Soup	Elephant Garlic Soup French Onion Soup	Italian Wedding Soup Zuppa Tuscano	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 - Creamed Turkey & Biscuits	BW Chicken Marsala Montreal Beef Shoulder Eggplant Parmesan CF - Grilled Barramundi	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Wild Mushroom & Bowties	Reuben Sliders Shrimp Scampi Meatballs BBQ Chicken Pizza	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - Breaded Pork Chop	BW Lasagna Roll-ups Apricot Chicken Fried Fish CF - Chip Chopped Ham BBQ	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Cheese Tortellini Bake
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	Angel Hair Pasta Loaded Potato Skins Sauteed Zucchini 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 - Sauteed Eggplant & Garlic						
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 Cream Cake 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

Online ordering at www.sherwoodoaksdining.com

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