



A part of UPMC Senior Communities

This Week at Sherwood Oaks - January 16 - 22, 2022

The Audio Bulletin Board 8489

Sunday, January 16

Bus to Local Churches - check bulletin board & Channel 900 for times

2:00 pm Chapel Service - Auditorium

Rev. William Pugliese

7:30 pm Sunday Night Movie - Channel 901
Hairspray (Rated PG)

Monday, January 17 *Martin Luther King Jr. Day*

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 - Cranberry Lake Fitness Ctr.

10:00 am Aquacize - Swimming Pool

10:45 am Women's Bible Study - Auditorium

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

1:30 pm Drama Club Meeting - Auditorium

6:30 pm Monday Night Bridge - Card Room

Tuesday, January 18

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 Fitness Ctr.

1:40 pm Bus to VA Clinic Cranberry/Passavant

"Norway: Land of Fjords, Islands & Vikings"

January 18

10:00 am, 4:00 pm, 7:30 pm - TV Channel 901

Wednesday, January 19

8:15 am Bus to UPMC Passavant Cranberry

9:30 am Bus to Rite Aid, Passavant Cranberry &
228 Mall

10:00 am Group Fitness - Cranberry Lake Fitness Ctr.

10:00 am Men's Bible Study - Chapel

11:00 am Yoga - Cranberry Lake Fitness Center

11:15 am Bus to Rite Aid, Passavant Cranberry &
228 Mall

12:00 pm Granny's Attic Annex #156 - Appointment
Only - Call Frank or Joanne - Ext. 8154

Wednesday, January 19 (Continued)

1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary

1:00 pm Wednesday Bridge - Card Room

1:30 pm Handbell Practice - Auditorium

2:00 pm Bus to Rite Aid, Passavant Cranberry &
228 Mall

7:30 pm Wednesday Night Movie - Channel 901
The Cotton Club (Rated R)

Thursday, January 20

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 Fit. Ctr.

11:00 am Punch Fitness Boxing Class - Cranberry
Lake Fitness Center

1:30 pm Duplicate Bridge - Card Room

7:15 pm Focus on the World: **Erik Wiesemann - Light
in My City** - Auditorium & Card Room

Friday, January 21

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 Ctr.

11:00 am On the Move - Cranberry Lake Fitness Ctr.

1:00 pm Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry

2:00 pm Sew & So's - Card Room

Saturday, January 22

9:30 am Bus to Ross Pak Mall

3:40 pm Bus to St. Ferdinand's Church

7:00 pm Saturday Night Movie - Auditorium
The Freshman - (PG)

Gleaners' Quarterly Food Drive

January 16 - 22

See Mail Room Bulletin
Board for Details



WEEKEND PHYSICIANS ON CALL
Call the Community Nurse for assistance at
ext. 8496. Call 412-931-3066
for doctor on call information.

SUNDAY 1/16/2022	MONDAY 1/17/2022	TUESDAY 1/18/2022	WEDNESDAY 1/19/2022	THURSDAY 1/20/2022	FRIDAY 1/21/2022	SATURDAY 1/22/2022
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Apple Cheddar Curry Soup	Potato Leek Chowder Beef Vegetable Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Split Pea Soup Wonton Soup	Chilli Mushroom Barley Soup	Vegetarian Vegetable Soup Zucchini & Rice Soup	Homemade Cream of Tomato Soup Seafood Bisque
Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Herb Roasted Salmon Prime Rib au Jus Cheese Quiche Chef's Feature	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish Chef's Feature	BeWell Chicken Cilantro Corned Beef & Cabbage Baked Trout w/Lemon Butter Chef's Feature	BeWell Lemon Pepper Haddock Parmesan Breaded Pork Chop Stuffed Peppers Chef's Feature	BeWell Stuffed Sweet Potato Baked Country Fried Steak Creamy Chicken Pasta Bake Chef's Feature	BeWell Pecan Crusted Tilapia Turkey Pot Pie Sweet Italian Sausage Hoagie Chef's Feature	BeWell Baked Seasoned Perch House Battered Chicken Tenders Pot Roast Chef's Feature
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Fresh Cauliflower AA Mashed Potato AA Baked Potato Vegetable of the Week	Macaroni & Cheese Braised Greens Stewed Tomatoes AA Mashed Potato AA Baked Potato Vegetable of the Week	Parried Potatoes Steamed Cabbage Acorn Squash AA Mashed Potato AA Baked Potato Vegetable of the Week	Mashed Potatoes Sautéed Spinach Harvard Beets AA Mashed Potato AA Baked Potato Vegetable of the Week	Onion Rings Lemon Butter Broccoli German Vegetable Blend AA Mashed Potato AA Baked Potato Vegetable of the Week	Halushki Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato Vegetable of the Week	Roasted Sweet Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato Vegetable of the Week
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Assorted Breakfast Breads	Hawaiian Roll	Dutch Crunch Roll	Sweet Dough Dinner Roll	Blueberry Muffin	Sour Dough Roll	Buttermilk Biscuit
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Caramel Apple Walnut Pie Boston Cream Pie Apple, Banana, or Orange Cookie of the Day	Chocolate Lava Cake Lemon Lovers Bar Apple, Banana, or Orange Cookie of the Day	Autumn Cobbler Chocolate Éclair Apple, Banana, or Orange Cookie of the Day	Chocolate Peanut Butter Cake Strawberry Sundae Apple, Banana, or Orange Cookie of the Day	Orange Cream Cake Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Cookie of the Day	Cocunut Cake French Silk Pie Apple, Banana, or Orange Cookie of the Day	Gingerbread Mousse Parfait Cherry Pie Apple, Banana, or Orange Cookie of the Day

Hershey's Hand Scooped Ice Cream: Vanilla, Chocolate, Butter Pecan, NSA Option, Sorbet or Sherbet

****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

Main Dining Room

Ext. 8243 (724-776-8234)

Lunch - 11:45 am-1 pm

Dinner - 4:30-6:30 pm

Café (Closed for in-person dining)

Ext. 8236 (724-776-8236)

Meal Pick Ups

11:30 am - 1 pm

4:30-6:30 pm

Corner Market

8 am - 6 pm