



This Week at Sherwood Oaks - April 17 - 23, 2022

The Audio Bulletin Board 8489

Sunday, April 17

Happy Easter

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

2:00 pm Chapel Service - Auditorium

Rev. Liddy Barlow

7:30 pm Sunday Night Movie - Channel 901

Easter Parade (Approved)

Easter Dining Hours

Main Dining Room -

Lunch Only

11:45 am - 2:00 pm

Café - Closed

Takeout meals available
from 11:45 am - 2:00 pm.



Monday, April 18

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 Let's Talk - Auditorium

6:30 pm Monday Night Bridge - Card Room

Tuesday, April 19

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

1:30 pm Drama Club Meeting - Auditorium

1:40 pm Bus to VA Clinic Cranberry/Passavant

"WQED - Kennywood Memories"

April 19

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

Wednesday, April 20

8:15 am Bus to UPMC Passavant Cranberry

9:30 am Bus to Rite Aid, Pass. Cran. & 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

11:45 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

1:30 pm Handbell Practice - Auditorium

2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

7:30 pm Wednesday Night Movie - Channel 901

The Adventures of Robin Hood (Approved)

Thursday, April 21

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

1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry

1:30 pm Duplicate Bridge - Card Room

7:00 pm Focus on the World - *Afghan & Ukrainian
Refugees - Dana Gold* - Auditorium

Friday, April 22

Earth Day

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

1:30 pm Resident Get Together - Mark Nord, Becky
McGinnis, Roberta Breninghouse, Megan
Szymanski & Bill Burtner - Auditorium

2:00 pm Sew & So's - Fireplace Lounge

2:00 pm Craft Group - Lower Level Craft Room

7:15 pm Friday Night Movie - Channel 901

Bringing Up Baby (Passed)

Saturday, April 23

9:30 am Bus to Ross Park Mall

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

7:00 pm Saturday Night Movie - Auditorium
Nomadland (Rated R)



SUNDAY 4/17/2022 (Easter)	MONDAY 4/18/2022	TUESDAY 4/19/2022	WEDNESDAY 4/20/2022	THURSDAY 4/21/2022	FRIDAY 4/22/2022	SATURDAY 4/23/2022
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Butternut Squash Soup	Potato Leek Chowder Tomato Basil Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Split Pea Soup Cream of Mushroom Soup	Chili Chicken Cordon Bleu Soup	Vegetarian Vegetable Soup Lobster Bisque	Homemade Cream of Tomato Minestrone Soup
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)
Black Oak Ham Roasted Vegetable Quiche Trout w/Pears & Bacon	BeWell Vegetarian Stir Fry Baked Lemon Chicken Beef & Chili Mac Casserole CF - Lobster Ravioli	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Beef Shoulder	BeWell Pesto Marinated Chick Breast Angel Hair Pasta Marinara Hot Roast Beef Sandwich CF - Tuna Noodle Casserole	BeWell Pepper Steak House Smoked Salmon Vegetable Quesadilla CF - Pork Goulash	BeWell Lemon Pepper Flounder Swedish Meatballs Oven Fried Chicken CF - Sauerbraten	BeWell Grilled Chicken Salad Kielbasa & Sauerkraut Cheeseburger Pie CF - Gyros
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Scalloped Potatoes Tri-Colored Carrots Warm Chunky Applesauce	Brown Rice Pilaf Snow Peas Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	Mashed Potatoes Sauteed Zucchini Carrots AA Mashed Potato AA Baked Potato	Vegetable Fried Rice Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	Buttered Egg Noodles Steamed Peas Harvard Beets AA Mashed Potato AA Baked Potato	Pierogies Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato
Vegetable of the Week - Balsamic Glazed Asparagus						
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	Chocolate Chip Muffin	Sour Dough Roll	Buttermilk Biscuit
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Lemon Cake Tuxedo Torte Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	German Chocolate Cake Red Raspberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Silk Pie Angel Food Cake w/Fruit Sauce Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	S'mores Cheesecake Bourbon Caramel Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Cobbler Chocolate Peanut Butter Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Southern Pecan Pie Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tapioca Pudding Red Velvet Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Large Printed Menus are available on Request. Call Jesse at #8505

****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**

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

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 = Chef's Feature

VOW = Vegetable of the Week

AA = Always Available

Main Dining Room

Ext. 8243 (724-776-8234)

Lunch - 11:45 am-1 pm

Dinner - 4:30-6:30 pm

Café

Ext. 8236 (724-776-8236)

Breakfast - 8:00am - 10:30 am

Lunch - Closed

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