



This Week at Sherwood Oaks - May 1-7, 2022

The Audio Bulletin Board 8489

Sunday, May 1

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

2:00 pm NO - Chapel Service - Auditorium
7:30 pm Sunday Night Movie - Channel 901
Bathing Beauty (Passed)

Monday, May 2

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 NO - Group Fitness
10:00 am NO - Aquacize - Swimming Pool
11:00 am NO - Stretch & Stability
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
6:30 pm NO - Monday Night Bridge - Card Room

Tuesday, May 3

8:15 am Bus to Passavant Cranberry
9:30 am Bus to VA Clinic in Cranberry, Passavant
Cranberry & Pittsburgh/Oakland
10:00 am NO - Tai Chi
11:00 am NO - Take a Walk with a Friend - Meet outside
the Scooter Room/Gallery entrance
1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary
1:40 pm Bus to VA Clinic Cranberry/Passavant
2:00 pm **Agnes Peebles' Memorial Service** - view
online by visiting calvinchurchzelie.org -
click on the "Watch Live Service" link

"The Symphony - Schubert"
May 3

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

Wednesday, May 4

8:15 am Bus to UPMC Passavant Cranberry
9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
10:00 am NO - Group Fitness
10:00 am NO - Men's Bible Study - Chapel
11:00 am NO - Yoga
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 NO - Wednesday Bridge - Card Room

Wednesday, May 4 (continued)

1:30 pm NO - Handbell Practice - Auditorium
2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
7:30 pm Wednesday Night Movie - Channel 901
The Great Race (Passed)

Thursday, May 5

Cinco de Mayo

7:00 am Bus to Passavant Cranberry & Main
9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
10:00 am NO - Aquacize - Swimming Pool
10:00 am NO - Move & Groove
11:00 am NO - Punch Fitness Boxing Class - Cran
Lake Fitness Center
1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
1:30 pm NO - Duplicate Bridge - Card Room



Blackburn's Scooter Clinic

Thursday, May 5
Scooter Room/Gallery
9:00 am - 2:30 pm
Sign up in the mailroom

Friday, May 6

7:00 am Bus to Passavant Cranberry & Main
9:30 am Bus to Shop 'n Save/Passavant Cranberry
& Passavant Main
10:00 am NO - Tai Chi
11:00 am NO - On the Move
1:00 pm Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry
2:00 pm Sew & So's - Card Room
2:00 pm Craft Group - Craft Room
7:15 pm Friday Night Movie - Channel 901
Robots (Rated PG)

Saturday, May 7

9:30 am NO Mall Bus Today
3:40 pm Bus to St. Ferdinand's Church
7:00 pm NO - Saturday Night Movie - Auditorium



SUNDAY 5/1/2022	MONDAY 5/2/2022	TUESDAY 5/3/2022	WEDNESDAY 5/4/2022	THURSDAY 5/5/2022	FRIDAY 5/6/2022	SATURDAY 5/7/2022
**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	Chili Mushroom Barley Soup	Vegetarian Vegetable Soup Zucchini & Rice Soup	Homemade Cream of Tomato Soup Seafood Bisque
Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad 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 CF - French Toast Sticks	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Bratwurst	BeWell Chicken Cilantro Corned Beef & Cabbage Baked Trout w/Lemon Butter CF - Stuffed Shells	BeWell Lemon Pepper Haddock Parmesan Breaded Pork Chop Stuffed Peppers CF - Beef Stroganoff	BeWell Stuffed Sweet Potato Baked Country Fried Steak Creamy Chicken Pasta Bake CF - NOLA BBQ Shrimp	BeWell Pecan Crusted Tilapia Turkey Pot Pie Sweet Italian Sausage Hoagie CF - Tacos	BeWell Baked Seasoned Perch House Battered Chicken Tenders Pot Roast CF - Herb Roasted Pork Loin
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	Macaroni & Cheese Braised Greens Stewed Tomatoes AA Mashed Potato AA Baked Potato	Parsled Potatoes Steamed Cabbage Acorn Squash AA Mashed Potato AA Baked Potato	Mashed Potatoes Sauteed Spinach Harvard Beets AA Mashed Potato AA Baked Potato	Onion Rings Lemon Butter Broccoli German Vegetable Blend AA Mashed Potato AA Baked Potato	Halushki Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Roasted Sweet Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
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 Fresh Fruit Cup Cookie of the Day	Chocolate Lava Cake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Autumn Cobbler Chocolate Éclair Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Cake Strawberry Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Orange Cream Cake Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Coconut Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Gingerbread Mousse Parfait Cherry Pie 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

Meal Pick Ups Only

Ext. 8234 (724-776-8234)

Lunch - 11:45 am-1 pm

Dinner - 4:30-6:30 pm

Café

Ext. 8236 (724-776-8236)

Breakfast - Closed

Lunch - Closed

Dinner - Closed

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6 pm

Corner Market

8 am - 6 pm