



This Week at Sherwood Oaks - May 15-21, 2022

The Audio Bulletin Board 8489

Sunday, May 15

Bus to Local Churches - Canceled

2:00 pm NO - Chapel Service - Auditorium
7:30 pm Sunday Night Movie - Channel 901
Singin' in the Rain (Approved)

Monday, May 16

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 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 Monday Night Bridge - Card Room

Tuesday, May 17

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 SORA Board Meeting - Auditorium
1:40 pm Bus to VA Clinic Cranberry/Passavant
3:00 pm Drama Club Meeting - Auditorium

"The Magnificent Megacity of Dubai"
May 17

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

Wednesday, May 18

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 Ctr.
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

Wednesday, May 18 (continued)

7:30 pm Wednesday Night Movie - Channel 901
Benjamin Button (PG-13)

Thursday, May 19

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 - Cranberry Lake Fitness 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 NO - Duplicate Bridge - Card Room
7:00 pm Focus on the World: **Closing the Food
Loop** - Speaker Canceled



Independent Living Residents
2nd Dose Booster Schedule
Auditorium
Thursday, May 19

* Patio Homes 101-137	9:00 am
* Patio Homes 138-188	9:30 am
* Patio Homes 189-233	10:00 am
* Patio Homes 237-275	10:30 am
* Patio Homes 276-328	11:00 am
* Patio Homes 329-360	11:30 am
* Patio Homes 601-619	1:00 pm
* Apartments 711-739	1:30 pm

Bring Your Vaccination Card!

Friday, May 20

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 Center
11:00 am On the Move - Cranberry Lake Fitness Center
1:00 pm Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry
1:30 pm **Resident Get Together with Annette
McPeck** - Auditorium & Card Room
2:00 pm Sew & So's - Fireplace Lounge
2:00 pm Craft Group - Craft Room
7:15 pm Friday Night Movie - Channel 901
Raising Arizona (PG-13)

Saturday, May 21

9:30 am NO Mall Bus Today
3:40 pm Bus to St. Ferdinand's Church
7:00 pm Saturday Night Movie - Auditorium
Finding Forrester (PG-13)

SUNDAY 5/15/2022	MONDAY 5/16/2022	TUESDAY 5/17/2022	WEDNESDAY 5/18/2022	THURSDAY 5/19/2022	FRIDAY 5/20/2022	SATURDAY 5/21/2022
<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Root Vegetable Soup	Split Pea Soup Cream of Cauliflower Soup	Chili Tuscan Bean & Tomato Soup	Vegetarian Vegetable Soup Black Bean Soup	Homemade Cream of Tomato Soup Turkey Rice 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
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
BeWell Braised Cod Peperanata Beef Tenderloin Baked Manicotti w/Marinara Ham, Leek & Gruyere Quiche	BeWell Chicken Balsamic Pulled Pork on Onion Roll Seafood Newburg CF - Italian Roast Beef	Ginger Soy Shrimp Beef Stew Roast Duck Breast w/Cherry Sauce CF - Broccoli & Chicken Noodle Casserole	BeWell Grilled Chicken Tenders Savory Meatloaf Seafood Salad Croissant CF - Be Well Turkey Avacado Wrap	BeWell Orange Pork Medallions Turkey Cobb Entrée Salad Jumbo Lump Crab Cakes CF - Steak Fajitas	BeWell Rosemary Grilled Salmon Hamburger Three Cheese Lasagna (Vegetarian) CF - Pittsburgh Chicken Salad	Baked Pork Chop Fish & Chips English Style Beef Burgundy CF - Roasted Herb Chicken
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
Roasted Tri-color Potatoes Artichokes Parmesan Sauteed Mushrooms AA Mashed Potato AA Baked Potato	Corn Cheddar Casserole Sauteed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	Creamy Risotto Garlic Chalet Vegetable Blend Warm Chunky Applesauce AA Mashed Potato AA Baked Potato	Mashed Potatoes Tri-Color Carrots White Corn w/Peppers AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Edamame Broccoli & Cauliflower AA Mashed Potato AA Baked Potato	Sweet Potato Fries Fresh Asparagus Spaghetti Squash AA Mashed Potato AA Baked Potato	Buttered Egg Noodles Green Beans w/Bacon Root Vegetable Medley AA Mashed Potato AA Baked Potato
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Assorted Breakfast Breads	Hawaiian Roll	Dutch Crunch Roll	Sweet Dough Dinner Roll	Banana Muffin	Sour Dough Roll	Buttermilk Biscuit
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Blackberry Cobbler Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Tart Coconut Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Black Forest Cake Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Maple Bourbon Bread Pudding Hot Fudge Butterfinger Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Mini Carrot Cake White Choc Cranberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cookie Butter Cheesecake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Homemade Apple Crisp Double Chocolate 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

AA = Always Available

VOW = Vegetable of the Week

Main Dining Room (Reopens 5/16)

Ext. 8234 (724-776-8234)

Lunch - 11:45 am-1 pm

Dinner - 4:30-6:30 pm

Café (Reopens 5/16)

Ext. 8236 (724-776-8236)

Breakfast - Closed

Lunch - 10:30 am-4 pm

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