



This Week at Sherwood Oaks - May 22-28, 2022

The Audio Bulletin Board 8489

Sunday, May 22

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Auditorium
Rev. Graham Standish
- 7:30 pm Sunday Night Movie - Channel 901
Hello Dolly! (Rated G)

Monday, May 23

- 8:15 am Bus to Passavant Cranberry
- 9:00 am No - 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 - Cran 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 - RSVP to Diane Neely #8351
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, May 24

- 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

"Planet Earth II - Jungles"
May 24

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

Wednesday, May 25

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
- 10:00 am Group Fitness - Cran. 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

Wednesday, May 25 (continued)

- 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
Mildred Pierce (Approved)

Dining Services' birthday theme today is



Thursday, May 26

- 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 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 Duplicate Bridge - Card Room

Friday, May 27

- 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
- 2:00 pm Sew & So's - Card Room
- 2:00 pm Craft Group - Lower Level Craft Room
- 7:15 pm Friday Night Movie - Channel 901
Buck Privates (Passed)

Saturday, May 28

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



SUNDAY 5/22/2022	MONDAY 5/23/2022	TUESDAY 5/24/2022	WEDNESDAY California 5/25/2022	THURSDAY 5/26/2022	FRIDAY 5/27/2022	SATURDAY 5/28/2022
**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	Chickwagon Soup Monterey Artichoke	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)
BeWell Trout w/Pears & Bacon Roasted Turkey Glazed Ham Loaf CF - Hash & Eggs	BeWell Vegetarian Stir Fry Baked Lemon Chicken Beef & Chili Mac Casserole CF - Lake Perch	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Boursin Chicken	California Turkey Burger Cobb Salad White Pizza CF - Dodger Dog	BeWell Pepper Steak House Smoked Salmon Vegetable Quesadilla CF - Sausage & Peppers	BeWell Lemon Pepper Flounder Swedish Meatballs Oven Fried Chicken CF - Eggplant Parmesan	BeWell Grilled Chicken Salad Kielbasa & Sauerkraut Cheeseburger Pie CF - Tilapia Fish Tacos
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Glazed Brussels Sprouts Creamed Corn AA Mashed Potato AA Baked Potato	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	Sweet Potato Fries California Veggie Blend Rice a Roni 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
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)
Pumpkin Pie 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	Maple Bar Chiffon Pie 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

AA = Always Available

VOW = Vegetable of the Week

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 pm

Corner Market

8 am - 6 pm