



This Week at Sherwood Oaks - January 22-28, 2023

The Audio Bulletin Board 8489

Sunday, January 22

Bus to Local Churches - Check bulletin board & Channel 950 for times

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Auditorium
Rev. Moni McIntyre
- 7:30 pm Sunday Night Movie - Channel 951
Dance, Girl, Dance (Approved)
- 9:00 pm Sunday Night Movie - Channel 951
On the Avenue (Passed)

Monday, January 23

- 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 - Cran. Lake Fitness Center
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Yoga - Cranberry Lake Fitness Center
- 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, January 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 60 Second Circuit - Cran Lake Fitness Ctr.
- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary
- 1:30 pm **Resident Meeting with Dan Santoro** - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

"Comparative Religion - Lectures 1 & 2"
January 24

10:00 am, 3:30 pm, 7:00 pm - TV Channel 951

Wednesday, January 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 Stretch & Stability - Cran Lake Fitness Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building

Wednesday, January 25 (Continued)

- 12:00 pm Granny's Attic Annex #156 - Walk-ins
Welcome Until 2:30 pm
- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm Wednesday Birthday Movie - Channel 951
Mary Poppins (Approved)
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 7:30 pm Wednesday Birthday Movie - Channel 951
Mary Poppins (Approved)

Dining Services' birthday theme today is



Thursday, January 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 Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:30 pm Duplicate Bridge - Card Room
- 1:30 pm Living with Loss: **Training for End of Life Documents** - Auditorium
- 7:00 pm Program Committee: **The Fantastix** - Auditorium

Friday, January 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 - Cran. Lake Fitness Ctr.
- 11:00 am On the Move - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Craft Group - Craft Room
- 2:00 pm Sew & So's - Card Room
- 7:30 pm Friday Night Movie - Channel 951
Silver Streak (PG)

Saturday, January 28

- 9:30 am Bus to Ross Park Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Auditorium
Sherlock Holmes (PG-13)

SUNDAY 1/22/2023	MONDAY 1/23/2023	TUESDAY 1/24/2023	WEDNESDAY 1/25/2023 Mary Poppins Birthday	THURSDAY 1/26/2023	FRIDAY 1/27/2023	SATURDAY 1/28/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Navy Bean Soup	Potato Leek Chowder Beef Vegetable Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Split Pea Soup Oxtail 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 Beef Tenderloin Cheese Quiche CF - Southwest Scrambled Eggs	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Vegetable Spring Rolls	BeWell Chicken Cilantro Corned Beef & Cabbage Baked Trout w/Lemon Butter CF - Turkey Tetrazzini	Roast Lamb Fish 'n Chips Cornish Pasties Eggs Benedict	BeWell Stuffed Sweet Potato Baked Country Fried Steak Creamy Chicken Pasta Bake CF - English Baked Cod	BeWell Pecan Crusted Tilapia Turkey Pot Pie Sweet Italian Sausage Hoagie CF - Hungarian Beef Goulash	BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Butternut Squash Ravioli
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Almondine Fresh Cauliflower AA Mashed Potato AA Baked Potato	Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	Parslied Potatoes Steamed Cabbage Acorn Squash AA Mashed Potato AA Baked Potato	Baby Potatoes Dill Carrots Brussel Sprouts w/bacon AA Mashed Potato AA Baked Potato	Onion Rings Lemon Butter Broccoli German Vegetable Blend AA Mashed Potato AA Baked Potato	Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Roasted Sweet Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Collard Greens with Bacon						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread	Assorted Dinner Roll	Assorted Dinner Roll	Biscuits	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
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	Spoonful of Sugar Cookie Bread & Butter Pudding Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter 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 Layer Cake Cherry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Hershey's Hand Scooped Ice Cream: Options change daily

**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

CF notes the Chef's Feature of the day

AA = Always Available

BW notes the Be Well recipe option of the day

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

Main Dining Room

Ext. 8234 (724-776-8234)

Lunch - 11:45 am-1:00 pm

Dinner - 4:30-6:30 pm

Café

Ext. 8236 (724-776-8236)

Breakfast - 8-10:30

Lunch - Temporarily Closed

Dinner - 4:30-6:30 pm (closed Fri)

Café Meal Pick Ups

11:30 am - 1:00 pm

4:30-6:00 pm

Corner Market

8:00 am - 6:00 pm