



This Week at Sherwood Oaks - February 19-25, 2023
The Audio Bulletin Board 8489

Sunday, February 19

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

- 2:00 pm Chapel Service - Auditorium
Rev. Dean Ziegler
- 7:30 pm Sunday Night Movie - Channel 951
Birth of the Blues (Passed)
- 8:57 pm Sunday Night Movie - Channel 951
Down Argentine Way (Approved)

Monday, February 20 *Presidents' Day*

- 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
- 10:45 am Women's Bible Study - Auditorium
- 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
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, February 21 *Mardi Gras*



- 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
- 10:30 am Farm Gardens Meeting - Great Room
- 11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.
- 1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary
- 1:30 pm Drama Club - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

**"National Geographic: Extreme Alaska - Denali
National Park"**

February 21

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

Wednesday, February 22 *Ash Wednesday*



- 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.
- 11:30 am Ash Distribution until 12:30pm - Chapel

Wednesday, February 22 (Continued)

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building
- 12:00 pm Granny's Attic Annex #156 - until 2:30 pm
No Appointment Needed!
- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm **NO** Handbell Practice
- 1:30 pm Wednesday Movie - Channel 951
Ghostbusters (PG)
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm **NO** Chorus Practice
- 4:15 pm Ash Wednesday Service - Auditorium
- 7:30 pm Wednesday Night Movie - Channel 951
Ghostbusters (PG)

Dining Service's Birthday Theme today is



Thursday, February 23

- 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
- 7:00 pm Program Committee Presents: *Artists from
the Pittsburgh Opera* - Auditorium

Friday, February 24

- 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 Pickleball - Cran Lake Fitness Center
- 2:00 pm Craft Group - Craft Room
- 3:00 pm Sew & So's - Fireplace Lounge
- 7:30 pm Friday Night Movie - Channel 951
Hope Springs (PG-13)

Saturday, February 25

- 9:30 am Bus to Ross Park Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Auditorium
Up in the Air (R)

SUNDAY 2/19/2023		MONDAY 2/20/2023		TUESDAY 2/21/2023		WEDNESDAY Ghostbusters! 2/22/2023		THURSDAY 2/23/2023		FRIDAY 2/24/2023		SATURDAY 2/25/2023	
**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)	
Chicken Noodle Soup Cream of Broccoli Soup		Potato Leek Chowder BW Shrimp and Corn Soup		Italian Wedding Soup Cream of Celery Soup		Split Pea Soup Manhattan Clam Chowder		Chili Chicken Florentine Soup		Vegetarian Vegetable Soup New England Clam Chowder		Homemade Cream of Tomato Soup Chicken Vegetable Soup	
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 Chicken Piccata Rack of Lamb Crab Cakes CF - Hash and Eggs		BeWell Baked Cod Italian Meatballs w/Marinara Impossible Burger CF - Chicken Romano		BeWell Vegetable Strata Cranberry Chicken Pork & Sauerkraut CF - Fat Tuesday Jambalaya		Shrimp Fra Diavlo Beef on Weck (sandwich) Stuffed Shells w/Spinach Cream NY Style Cheese Pizza		Baked Orange Roughy Turkey Divan Baked Ham and Pineapple CF - Sloppy Joes		BeWell Apricot Chicken Cheese Ravioli Savory Meatloaf CF - Sockeye Salmon		Stuffed Pork Chop Lemon Baked Pollock Veal Liver & Onions CF - Chicken & Broccoli Alfredo	
choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)	
Parmesan Risotto Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato		Penne Pasta Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato		Mashed Potatoes Green Beans Cauliflower AA Mashed Potato AA Baked Potato		Crispy Wedge Potatoes Sauteed Spinach Button Mushrooms AA Mashed Potato AA Baked Potato		Fresh Baked Yam Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato		Mashed Potatoes Sauteed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato		Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato	
Vegetable of the Week - Broccoli w/Lemon Butter & Parmesan													
choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)	
Cinnamon Roll		Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll	
choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)		choose (1)	
Lemon Meringue Pie Chocolate Decadent Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day		Tiramisu Caramel Apple Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day		Fruit of the Forest Pie Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day		S'mores Pie Big Twinkie Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day		White Chocolate Raspberry Cake Turtle Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day		Pumpkin Bar Carrot Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day		Peach Pie Triple Berry Crumble 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 pm

Dinner - 4:30-6:30 pm

Café

Ext. 8236 (724-776-8236)

Breakfast - 8-10:30

Lunch - Pick up Only. No in room Dining

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