



This Week at Sherwood Oaks - March 12 - 18, 2023
The Audio Bulletin Board 8489

Sunday, March 12

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

- 2:00 pm Chapel Service - Auditorium
Rev. David Gieschen
- 7:30 pm Sunday Night Movie - Channel 951
The Pirates of Penzance (Rated G)

Monday, March 13

- 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
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 6:30 pm Monday Night Bridge - Card Room
- 7:00 pm Continued Learning Presents: *Moni McIntyre* -
History & Traditions of Lent - Auditorium

"The Power of Big Oil - Part 2" March 13
10:00 am, 3:30 pm, 7:00 pm
TV Channel 951

Tuesday, March 14

- 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 4:00 pm Book Club - Chapel
- 7:00 pm SORA Quarterly Meeting - Auditorium

"400 Years of Telescopes" March 14
10:00 am, 3:30 pm, 7:00 pm
TV Channel 951

Wednesday, March 15

- 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.

Wednesday, March 15 (Continued)

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building
- 12:00 pm Granny's Attic Annex #156 - Call #8154
for an appointment
- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm Handbell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Chorus Practice - Auditorium
- 7:30 pm Wednesday Night Movie - Channel 951
Elvis (PG-13)

Thursday, March 16

- 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 Focus on the World Presents - *Prime Stage*
Theater - Auditorium

Friday, March 17



- 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
- 1:30 pm *Resident Get Together with Gary*
Whoric - Auditorium & Card Room
- 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
The Luck of the Irish (Not Rated)
- 9:09 pm Friday Night Movie - Channel 951
The Little Giant (Passed)

Saturday, March 18

- 9:30 am Bus to Beaver Valley Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Auditorium
Up (PG)



SUNDAY 3/12/2023		MONDAY 3/13/2023		TUESDAY 3/14/2023		WEDNESDAY 3/15/2023		THURSDAY 3/16/2023		FRIDAY 3/17/2023		SATURDAY 3/18/2023	
choose (2)		choose (2)		choose (2)		choose (2)		choose (2)		choose (2)		choose (2)	
Chicken Noodle Soup Crabby Swiss Soup Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Potato Leek Chowder Stuffed Pepper Soup Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Italian Wedding Soup Root Vegetable Soup Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Split Pea Soup Cream Of Cauliflower Soup Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Chili Tuscan Bean & Tomato Soup Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Vegetarian Vegetable Soup Black Bean Soup Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Homemade Cream of Tomato Soup Turkey Rice Soup Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup							
BeWell Braised Cod Peperanata Prime Rib Au Jus Baked Manicotti w/Marinara CF - Blueberry Pancakes	BeWell Chicken Balsamic Pulled Pork on Onion Roll Seafood Newburg CF - Philly Cheesesteak Pizza	Ginger Soy Shrimp Beef Stew Roast Duck Breast w/Cherry Sauce CF - Sausage & Meatball Tortellini	BeWell Grilled Chicken Tenders Savory Meatloaf Salmon Cake CF - Bacon Cheddar Mac & Cheese	BeWell Orange Pork Medallions Turkey Cobb Entrée Salad Crab Cakes CF - Teriyaki Glazed Chicken Thighs	BeWell Rosemary Grilled Salmon Hamburger Three Cheese Lasagna (Vegetarian) CF - Jambalaya	Ham Steak Fish & Chips English Style Beef Burgundy CF - Gyros							
Roasted Tri-color Potatoes Artichokes Parmesan Sauteed Mushrooms AA Mashed Potato AA Baked Potato	Corn Souffle 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 Colored Carrots Peas AA Mashed Potato AA Baked Potato	Rice Pilaf Edamame Broccoli & Cauliflower AA Mashed Potato AA Baked Potato	Sweet Potato Fries Fresh Asparagus Spaghetti Squash AA Mashed Potato AA Baked Potato	Root Vegetable Medley Buttered Noodles Green Beans w/Bacon AA Mashed Potato AA Baked Potato							
Vegetable of the Week - Green Beans & Pine Nuts													
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	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	Assorted Dinner 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)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
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	Banana Split 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 Key Lime 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 (ask your server for the complete AA men)
 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 - Closed
 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