



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

Sunday, March 19

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

- 2:00 pm Chapel Service - Auditorium
Rev. Ron Brown
- 7:30 pm Sunday Night Movie - Channel 951
Pal Joey (Approved)

Monday, March 20 *First Day of Spring*

- 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
- 7:00 pm Continued Learning Presents: *David Setton -
A Close Look at Early Results from the
James Webb Space Telescope* - Auditorium

Tuesday, March 21

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

"National Geographic - Everglades"
March 21

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

Wednesday, March 22

- 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
- 12:00 pm Granny's Attic Annex #156 -
No Appointment Necessary Today!

Wednesday, March 22 (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
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Chorus Practice - Auditorium
- 7:30 pm Wednesday Night Movie - Channel 951
House of Gucci (R)

Thursday, March 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

Friday, March 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
Come Blow Your Horn (Not Rated)
- 9:22 pm Friday Night Movie - Channel 951
Girls' Dormitory (Approved)

Saturday, March 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
News of the World (PG-13)

**Happy Anniversary - Sherman & Oakley
moved to Sherwood Oaks on 3/21/2016**



SUNDAY 3/19/2023	MONDAY 3/20/2023	TUESDAY National Ravioli Day 3/21/2023	WEDNESDAY 3/22/2023	THURSDAY 3/23/2023	FRIDAY 3/24/2023	SATURDAY 3/25/2023
**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	Split Pea Soup Cream of Mushroom Soup	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 - Creamed Chipped Beef	BeWell Vegetarian Stir Fry Baked Lemon Chicken Beef & Chili Mac Casserole CF - Cambodian Ginger Catfish	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Wild Mushroom Ravioli	BeWell Pesto Marinated Chick Breast Spaghetti & Meatballs Hot Roast Beef Sandwich CF - Roasted Monkfish	BeWell Pepper Steak House Smoked Salmon Vegetable Quesadilla CF - Lemon & Honey Chicken	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken A La King CF - Chili Dogs	BeWell Grilled Chicken Salad Kielbasa & Sauerkraut Cheeseburger Pie CF - Lemon Sole
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	BW Wild Rice Pilaf Green Peas Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	Mashed Potatoes Sauteed Zucchini Crinkle Cut Carrots AA Mashed Potato AA Baked Potato	Vegetable Fried Rice Scandinavian 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 Sliced Onions AA Mashed Potato AA Baked Potato

Vegetable of the Week - Roasted Cauliflower						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread	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)
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 Butterscotch Blondie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	S'mores Cheesecake Bourbon Caramel Sundae 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

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 menu)

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