



This Week at Sherwood Oaks - March 5 - 11, 2023

The Audio Bulletin Board 8489

Sunday, March 5

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

- 2:00 pm Chapel Service - Auditorium
Rev. Ron Hoellein
- 7:30 pm Sunday Night Movie - Channel 951
Lullabye of Broadway (Passed)

Monday, March 6

- 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, March 7

- 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 SORA Board Meeting - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

*"The Symphony - Brahms, Buckner, and the
Viennese Symphony" March 7*

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

Wednesday, March 8

- 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 - Call #8154
for an appointment
- 1:00 pm Wednesday Bridge - Card Room

Wednesday, March 8 (Continued)

- 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
Born Yesterday (Approved)
- 9:14 pm Wednesday Night Movie - Channel 951
Three on a Match (Passed)

Thursday, March 9

- 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 *The Death and Resurrection of Jesus Christ:
Virtual Tour of the Holy Sepulchre in
Jerusalem* - Auditorium

Friday, March 10

- 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
The Trouble with Harry (Approved)
- 9:09 pm Friday Night Movie - Channel 951
Zelig (PG)

Saturday, March 11

- (Turn Your Clocks Ahead One Hour Tonight Before Bed)
- 9:30 am Bus to Ross Park Mall
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Auditorium
The King's Speech (R)



SUNDAY 3/5/2023	MONDAY 3/6/2023	TUESDAY 3/7/2023	WEDNESDAY 3/8/2023	THURSDAY 3/9/2023	FRIDAY 3/10/2023	SATURDAY 3/11/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup French Onion Soup	Potato Leek Chowder Italian Bean & Farro Soup	Italian Wedding Soup Pumpkin Soup	Split Pea Soup Lemon Chicken Orzo Soup	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana (Tuscan 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	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 Turkey Meatloaf Brown Sugar Baked Ham Baked Stuffed Flounder CF - Wild Mushroom Scr. Eggs	BeWell Garlic Baked Shrimp Baked Chicken Parmesan Shepherd's Pie CF - Veal Piccata	BeWell Baked Salmon Cajun Pork Tenderloin Beef Teriyaki CF - Moo Shu Chicken	Chicken Alfredo Penne Stuffed Cabbage Roll Pork Osso Bucco CF - Barramundi	BeWell Caribbean Grilled Chicken Bratwurst w/Caramelized Onions Impossible Burger CF - Tuna Noodle Casserole	BeWell Pork Chops w/Apples & Thyme Breaded Fish Sandwich Beef Tenderloin CF - Fried Chicken	BeWell Chicken Cacciatore Beef Brisket Pasta Primavera CF - Scallops
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Steamed Broccoli Parslied Carrots AA Mashed Potato AA Baked Potato	Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	Soaker Beans Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	French Fries Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	Mashed Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
Vegetable of the Week - Succotash						
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)
Chocolate Mint Pie Lemon Blueberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Fudge Torte Cake Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pecan Pie Cinnamon Pecan Coffee Cake Muffin Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Triple Mousse Dessert Cherries Jubilee Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Toasted Almond Cake Salted Caramel Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Bourbon Baked Apples w/Ice Cream Sweet Potato Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Lemon Mousse Cake Salted Caramel Bar 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 - temporarily 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