



This Week at Sherwood Oaks -April 23 - 29, 2023

The Audio Bulletin Board 8489

Sunday, April 23

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. Tom Parkinson
- 7:30 pm Sunday Night Movie - Channel 951
Viva Las Vegas (Approved)
- 8:55 pm Sunday Night Movie - Channel 951
Kid Galahad (Approved)

Monday, April 24

- 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 Art Studio - All Welcome! - Lower Level Beside Craft Room
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, April 25

- 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 Pool/Billiards - Billiards Room
- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

"Comparative Religion - Lectures 7 & 8"

April 25 ENCORE - April 27
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, April 26

- 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 to make an appointment

Wednesday, April 26 (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
- 1:30 pm Birthday Theme Movie - Channel 951
The Legend of The Lone Ranger (PG)
- 7:30 pm Birthday Theme Movie - Channel 951
The Legend of The Lone Ranger (PG)

*Dining
Service's
Birthday Theme
today is The
Lone Ranger*



Thursday, April 27

- 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 - **Double Play: Flute and Tuba - "Tunes for Two"** - Auditorium



**Hanging Basket Order
Forms Are Due TODAY!
(Cubby #269)**



Friday, April 28

- 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
Monkey Business - 1952 (Approved)
- 9:07 pm Friday Night Movie - Channel 951
Monkey Business - 1931 (Passed)

Saturday, April 29

- 9:30 am No Mall Bus Today
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Auditorium
Green Zone (R)

SUNDAY 4/23/2023		MONDAY 4/24/2023		TUESDAY 4/25/2023		WEDNESDAY Lone Ranger! 4/26/2023		THURSDAY 4/27/2023		FRIDAY 4/28/2023		SATURDAY 4/29/2023	
**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	Chuckwagon Chili Creamy Southwest Chicken 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							
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 - Corned Beef Hash & Eggs	BeWell Vegetarian Stir Fry Baked Lemon Chicken Beef & Chili Mac Casserole CF - Grilled Barramundi (fish)	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Asiago Chicken	Grilled Steak w/Cowboy Butter Chicken Con Queso Casserole Ranchero Shrimp Kansas City Style BBQ Ribs	BeWell Pepper Steak House Smoked Salmon Vegetable Quesadilla CF - General Tso Chicken	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken A La King CF - Pork Paprikash	BeWell Grilled Chicken Salad Kielbasa & Sauerkraut Cheeseburger Pie CF - Sole English							
	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	Baked Potato Corn on the Cob Baked Beans 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 - Southern Style Green Beans												
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	Texas Tornado Cake Lemon Chiffon Pie 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							
	Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll		Assorted Dinner Roll		

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

4:30-6:30 pm

Corner Market

8 am - 6:30 pm