



This Week at Sherwood Oaks -April 30 - May 6, 2023
The Audio Bulletin Board 8489

Sunday, April 30

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

- 2:00 pm Chapel Service - Auditorium
Rev. Michael Arnold
7:30 pm Sunday Night Movie - Channel 951
Royal Wedding (Approved)
9:03 pm Sunday Night Movie - Channel 951
Top Hat (Approved)

Monday, May 1

- 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 Mindful Stretch - Cran. 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, May 2

- 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 Move & Groove - Cran Lake Fitness Ctr.
1:00 pm Pool/Billiards - Billiards Room
1:30 pm SORA Board Meeting - Auditorium
1:40 pm Bus to VA Clinic Cranberry/Passavant

"The Symphony - Gustav Mahler"

May 2 ENCORE - May 4
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, May 3

- 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 60 Second Circuit - Cran Lake Fitness Ctr.

Wednesday, May 3 (Continued)

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building
1:00 pm Wednesday Bridge - Card Room
2:00 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
4:00 pm Spring Choir Concert: **Down Memory
Lane** - Auditorium & Card Room
7:30 pm Wednesday Night Movie - Channel 951
Irresistible (R)

Thursday, May 4

- 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 Deaner's Farm Market
1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
1:30 pm Duplicate Bridge - Card Room



Blackburn's Scooter Clinic

Thursday, May 4
9:00 am - 2:30 pm

Scooter Room/Gallery
Sign up in the mailroom

Friday, May 5

Cinco de Mayo

- 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
My One and Only (PG-13)

Saturday, May 6

- 9:30 am Bus to Beaver Valley Mall
3:40 pm Bus to St. Ferdinand's Church
6:45 pm Saturday Night Movie - Auditorium
A Chorus Line (PG-13)



SUNDAY 4/30/2023	MONDAY 5/1/2023	TUESDAY 5/2/2023	WEDNESDAY 5/3/2023	THURSDAY 5/4/2023	FRIDAY 5/5/2023	SATURDAY 5/6/2023
**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 Beef Noodle Soup	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 - Cheese Blintz	BeWell Baked Cod Italian Meatballs w/Marinara Impossible Burger CF - Coq Au Vin	BeWell Vegetable Strata Cranberry Chicken Pork & Sauerkraut CF - Seared Arctic Char	BeWell Rotini w/Vegetables Fried Shrimp Black & Bleu Steak Medallions CF - Ranch Chicken Mac & Cheese	Baked Orange Roughy Turkey Divan Baked Ham and Pineapple CF - Beef Stroganoff	BeWell Apricot Chicken Cheese Ravioli Savory Meatloaf CF - Breaded Walleye	Stuffed Pork Chop Lemon Baked Pollock Veal Liver & Onions CF - Pepperoni Pizza
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	Potato Wedges 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 - Garlic Broccoli w/Lemon Butter						
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	Chocolate Brownie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	White Chocolate Raspberry Cake Chocolate Chip 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 (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