



This Week at Sherwood Oaks - May 14 - 20, 2023
The Audio Bulletin Board 8489

Sunday, May 14

Mother's Day

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

2:00 pm Chapel Service - Auditorium

Rev. Graham Standish

7:30 pm Sunday Night Movie - Channel 951

The Gang's All Here (Passed)

HAPPY

Mother's Day

Main Dining Room
 Lunch - 11:30 am - 1:30 pm
 Dinner - Closed

Café
 Breakfast - 8-10:30 am
 Lunch & Dinner - Closed
 Takeout meals - 11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 6:00 pm

Monday, May 15

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 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 16

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

1:40 pm Bus to VA Clinic Cranberry/Passavant

6:30 pm Bluegrass Band - Auditorium

"National Geographic - Secret Yellowstone"

May 16 ENCORE - May 17
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, May 17

8:15 am Bus to UPMC Passavant Cranberry

9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall

Wednesday, May 17 (Continued)

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.

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 Bus to Rite Aid, Pass. Cran. & 228 Mall

2:00 pm Pickleball - Cran Lake Fitness Center

7:30 pm Wednesday Night Movie - Channel 951

Cyrano (PG-13)

Thursday, May 18

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.

10:30 am St. Ferdinand Confession - Auditorium

11:00 am St. Ferdinand Mass - Auditorium

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

"Comparative Religion - Lectures 9 & 10"

May 18 ENCORE - May 19
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Friday, May 19

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 Annette
 McPeck** - 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

Play the Game (PG-13)

Saturday, May 20

9:30 am Bus to Beaver Valley Mall

3:00 pm **Pittsburgh Chinese Culture Performance** -
 Auditorium

3:40 pm Bus to St. Ferdinand's Church

6:45 pm Saturday Night Movie - Auditorium

The Russians are Coming (Approved)

SUNDAY Mother's Day 5/14/2023		MONDAY 5/15/2023		TUESDAY 5/16/2023		WEDNESDAY 5/17/2023		THURSDAY 5/18/2023		FRIDAY 5/19/2023		SATURDAY 5/20/2023	
**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)	
American Bounty Vegetable Potato Leek Soup	Chilled Peach Soup Chicken Rice Soup	Navy Bean Soup French Onion Soup	Creole Crab Soup Vegetarian Vegetable Soup	Cream of Asparagus Soup Chicken Noodle Soup	Wonton Soup Tomato Basil Soup	Split Pea Soup Italian Wedding Soup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup
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)
BW Seasoned Snapper Stuffed Peppers Carved Turkey w/Stuffing	BW Zucchini Ricotta Boats Pineapple Ham Honey Mustard Chicken CF - Cape Hake (fish)	BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Pot Stickers	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Broccoli and Cheese Stuffed Chicken	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Pasta Primavera	Manicotti Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Breaded Walleye	BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade CF - Eggplant Parmesan	Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Cheesy Risotto Sauteed Spinach Succotash AA Mashed Potato AA Baked Potato	Garden Wild Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	Roasted Sweet Potato Wedges Balsamic Brussels Sprouts Parmesan Baked Tomato AA Mashed Potato AA Baked Potato	Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	Pierogies with Onions Sauteed Zucchini Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Steamed White Rice Edamame Ginger Carrots AA Mashed Potato AA Baked Potato
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Vegetable of the Week - Stir Fried Broccolini													
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)
Pumpkin Pie Chocolate Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Berry Cake w/amaretto icing Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Poundcake w/Berries Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Cherry Cobbler Tiramisu Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup							

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 - temporarily 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