

This Week at Sherwood Oaks -May 7-13, 2023
The Audio Bulletin Board 8489

Sunday, May 7

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

- 2:00 pm Chapel Service - Auditorium
Rev. Jeff Sterling
7:30 pm Sunday Night Movie - Channel 951
The Buddy Holly Story (PG)

Monday, May 8

- 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

**"Fleeing Climate Change - the Real
Environmental Disaster"**

May 8 ENCORE - May 10
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Tuesday, May 9

- 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
1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary
1:40 pm Bus to VA Clinic Cranberry/Passavant
4:00 pm Book Club - Chapel

"Inventions - Lectures 7 & 8"

May 9 ENCORE - May 11
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, May 10

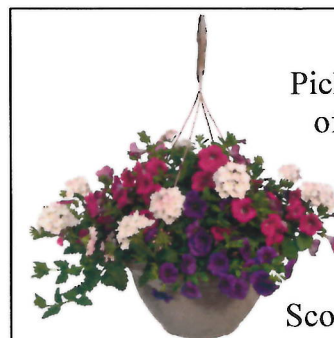
- 8:15 am Bus to UPMC Passavant Cranberry
9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
10:00 am Group Fitness - Cran. Lake Fitness Ctr.
10:00 am Men's Bible Study - Chapel
11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.

Wednesday, May 10 (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 Bus to Rite Aid, Pass. Cran. & 228 Mall
2:00 pm Pickleball - Cran Lake Fitness Center
6:00 pm Wednesday Night Movie - Channel 951
Top Gun (PG-13)
7:50 pm Wednesday Night Movie - Channel 951
Top Gun: Maverick (PG-13)

Thursday, May 11

- 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.
11:00 am Bagpipe Tribute to Catherine Nettelmann -
Lake gazebo
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



Pick up (and delivery)
of hanging baskets
is May 11
starting
at 12:30pm
in the
Scooter Room/Gallery.

Friday, May 12

- 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
Fisherman's Friends (PG-13)

Saturday, May 13

- 9:30 am Bus to Ross Park Mall
3:40 pm Bus to St. Ferdinand's Church
6:45 pm Saturday Night Movie - Auditorium
Ghost (PG-13)

SUNDAY 5/7/2023	MONDAY 5/8/2023	TUESDAY 5/9/2023	WEDNESDAY 5/10/2023	THURSDAY 5/11/2023	FRIDAY 5/12/2023	SATURDAY 5/13/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Navy Bean Soup	Potato Leek Chowder Beef Vegetable Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Split Pea Soup Wonton Soup	Chili Mushroom Barley Soup	Vegetarian Vegetable Soup Zucchini & Rice Soup	Homemade Cream of Tomato Soup Seafood Bisque
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 Herb Roasted Salmon Beef Tenderloin Cheese Quiche CF - Sausage Gravy & Biscuits	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Zucchini Parmesan	BeWell Chicken Cilantro Corned Beef & Cabbage Baked Trout w/Lemon Butter CF - Cajun Pork Tenderloin	BW Lemon Pepper Haddock Pork Tenderloin w/Apple Chutney Stuffed Peppers CF - Fried Shrimp	BeWell Stuffed Sweet Potato Baked Country Fried Steak Creamy Chicken Pasta Bake CF - Whiting Fish	BeWell Pecan Crusted Tilapia Turkey Pot Pie Sweet Italian Sausage Hoagie CF - Grilled Flank Steak	BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Cheese Manicotti
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Almondine Fresh Cauliflower AA Mashed Potato AA Baked Potato	Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	Parslied Potatoes Steamed Cabbage Acorn Squash AA Mashed Potato AA Baked Potato	Mashed Potatoes Sauteed Spinach Harvard Beets AA Mashed Potato AA Baked Potato	Onion Rings Lemon Butter Broccoli German Vegetable Blend AA Mashed Potato AA Baked Potato	Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Roasted Sweet Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Roasted Asparagus						
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)
Caramel Apple Walnut Pie Boston Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Lava Cake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Autumn Cobbler Chocolate Éclair Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Soft pumpkin chocolate chip cookie Strawberry Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Cake Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Coconut Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Spice Cake Cherry Pie 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 - 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