



This Week at Sherwood Oaks - January 28 - February 3, 2024

The Audio Bulletin Board 8489

Sunday, January 28

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Card Room
Rev. Greg Cox
- 7:30 pm Sunday Night Movie - Channel 951
There's No Business Like Show Business

Monday, January 29

- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, January 30

- 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 Fit. Ctr.
- 1:00 pm Pool/Billiards - Billiards Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"The Most Powerful Forces on Earth - Polar Vortex"

Jan. 30 ENCORE - Feb. 1
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, January 31

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 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 Fit. Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building
- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm Hand Bell Practice - Auditorium
- 1:30 pm Birthday Movie - Channel 951
The Wizard of Oz
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center

Wednesday, January 31 (Continued)

- 3:00 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Birthday Movie - Channel 951

The Wizard of Oz

Dining Services' Theme Meal Today is



Thursday, February 1

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Repair until 2:30 -
Scooter Room/Gallery - Sign up in Mailroom
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Aquacize - Swimming Pool
- 10:00 am Move & Groove - Cran Lake Fit. 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
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, February 2

Groundhog Day

- 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 Plaza/Cranberry Mall
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 - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951

Groundhog Day

Saturday, February 3

- 9:30 am Bus to Beaver Valley Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand's Church
- 4:00 pm **Memorial Service** - Mabel (Beni) Downing -
Card Room
- 6:45 pm Saturday Night at the Movies - Auditorium
The Way Way Back (PG-13)

Drama Club Matinee Tickets

**Free tickets to the Drama Club's Matinee
Performance on Saturday, February 17 will be
available at the Reception Desk beginning
Monday, January 29 at 9:00 am.**

SUNDAY 1/28/2024		MONDAY 1/29/2024		TUESDAY 1/30/2024		WEDNESDAY Wizard of Oz!! 1/31/2024		THURSDAY 2/1/2024		FRIDAY 2/2/2024		SATURDAY 2/3/2024	
**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)	
Chicken Noodle Soup Butternut Squash Bisque	Potato Leek Chowder Tomato Basil Soup	Italian Wedding Soup Beef Barley Soup	Chicken & Dumpling Soup Kansas City Steak 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	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 Carved Turkey w/Stuffing Ham & Cheese Quiche CF - Creamed Chipped Beef	BeWell Vegetarian Stir Fry Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - Mediterranean Tilapia	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Chicken & Penne Carbonara	Auntie Em's Country Scramble Uncle Henry's Fried Chicken Poppyseed Hot Ham & Cheese Rolls Ruby Red Meatballs	BeWell Pepper Steak House Smoked Salmon Cheese Pizza CF - Sesame Chicken	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken A La King CF - Breaded Pork Chop	BBQ Chicken Thighs Kielbasa & Sauerkraut Cheeseburger Pie CF - Coconut Shrimp							
choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)		choose (3)	
Mashed Potatoes Green Bean Casserole Creamed Corn AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Peas and Carrots Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	Scarecrow Straw Cheesy Potatoes Yellow Brick Road Corn Roasted Country Vegetables AA Mashed Potato AA Baked Potato	Vegetable Fried Rice Venetian 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 Onions AA Mashed Potato AA Baked Potato							
Vegetable of the Week - Broccoli with Cheese Sauce													
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		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	Orange Cake Cookies & Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Silk Pie Blueberry Buckle Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Somewhere Over the Rainbow Cake Emerald City Choc Mint 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							

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 for pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8 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		Café		Café Meal Pick Ups	
Ext. 8234 (724-776-8234)		Ext. 8236 (724-776-8236)		11:30 am - 1 pm	
Lunch - 11:45 am-1 pm		Breakfast - 8-10:30 am		4:30-6 pm	
Dinner - 4:30-6:30 pm		Lunch - 10:30am-4:30pm		<u>Corner Market</u>	
		Dinner - 4:30-6:30 pm		8 am - 6 pm	