



This Week at Sherwood Oaks - January 21-27, 2024 The Audio Bulletin Board 8489

Sunday, January 21

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

- 2:00 pm Chapel Service - Card Room
Rev. Moni McIntyre
- 7:30 pm Sunday Night Movie - Channel 951
Suspended

Monday, January 22

- 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 NO - 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 NO - Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, January 23

- 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 NO - Sit & Fit Strength Class - Channel 951
- 3:00 pm Sit & Fit Strength Class - Channel 951

Wednesday, January 24

- 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
- 12:00 pm Granny's Attic Annex #156 - until 2:30pm - No Appointment Needed Today
- 1:00 pm Wednesday Bridge - Card Room
- 1:30 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center

Wednesday, January 24 (Continued)

- 3:00 pm Chorus Practice - Auditorium
- 3:00 pm NO - Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Suspended

Thursday, January 25

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am NO - 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 NO - Sit & Fit Strength Class - Channel 951
- 7:00 pm Program Committee Presents: *The Cranberry Men's Chorus* - Auditorium

Friday, January 26

- 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.
- 11:00 am *Resident Get Together with Ken Davies* - Auditorium
- 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 NO - Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
Suspended

Saturday, January 27

- 9:30 am Bus to Ross Park Mall
- 3:00 pm NO - Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night at the Movies - Auditorium
The Way Way Back (PG-13)

Attention

All videos, movies, documentaries on Channels 950 and 951 are suspended to determine if they are causing the audio to freeze on both channels.

SUNDAY 1/21/2024		MONDAY 1/22/2024		TUESDAY 1/23/2024		WEDNESDAY 1/24/2024		THURSDAY 1/25/2024		FRIDAY 1/26/2024		SATURDAY 1/27/2024	
choose (2)		choose (2)		choose (2)		choose (2)		choose (2)		choose (2)		choose (2)	
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Root Vegetable Soup	Split Pea Soup Cream Of Cauliflower Soup	Tuscan Bean & Tomato Soup Chili	Vegetarian Vegetable Soup Black Bean Soup	Homemade Cream of Tomato Soup Turkey Rice 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
BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Quiche Lorraine	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Chicken Fried Steak	BeWell Ginger Soy Shrimp Beef Burgundy Roast Duck Breast w/Cherry Sauce CF - Pork Paprikash	BeWell Chicken Pot Pie Savory Meatloaf Seasoned Snapper CF - Sausage Pasta Bake	BeWell Orange Pork Medallions General Tso's Chicken Crab Cake CF - Vegetable Egg Rolls	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Fried Chicken	Ham Steak Battered Fish Beef Stew CF - Brie & Apple Chicken	Roasted Tri-color Potatoes Green Beans Amandine Sauteed Mushrooms AA Mashed Potato AA Baked Potato	Corn Soufflé Sauteed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	Egg Noodles Garlic Chalet Vegetable Blend Warm Chunky Applesauce AA Mashed Potato AA Baked Potato	Mashed Potatoes Tri Colored Carrots Peas AA Mashed Potato AA Baked Potato	Rice Pilaf Edamame Broccoli & Cauliflower AA Mashed Potato AA Baked Potato	Sweet Potato Fries Fresh Asparagus Spaghetti Squash AA Mashed Potato AA Baked Potato	Roasted Fingerling Potatoes Root Vegetable Medley Green Beans w/Bacon AA Mashed Potato AA Baked Potato
Vegetable of the Week - Succotash													
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)
Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Key Lime Pie Butterfinger Hot Fudge Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Black Forest Cake Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Maple Bourbon Bread Pudding Bumbleberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Banana Split Cake White Choc Cranberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Strawberry Shortcake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Homemade Apple Crisp Reese's Peanut Butter 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 for pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8, 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

CAFÉ CLOSED ON SATURDAYS & SUNDAYS FOR BREAKFAST & LUNCH

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 am
**Lunch - 10:30am-4:30pm
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

WEEK FOUR