



This Week at Sherwood Oaks - February 4 - 10, 2024
The Audio Bulletin Board 8489

Sunday, February 4

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

- 2:00 pm Chapel Service - Card Room
Rev. Amy Wagner
- 7:30 pm Sunday Night Movie - Channel 951
Romance on the High Seas (Approved)

Monday, February 5

- 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 - Card Room
- 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, February 6

- 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
- 1:30 pm SORA Monthly Meeting - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"How to Look at and Understand Great Art ~ Lessons 1 & 2"

Feb. 6 ENCORE - Feb. 8
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, February 7

- 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.

Wednesday, February 7 (Continued)

- 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
- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Gilda (Approved)

"The Elements & Benefits of Walking"

Feb. 7 ENCORE - Feb. 9
 10:00 am & 3:30 pm 10:00 am & 3:30 pm

TV Channel 951

Thursday, February 8

- 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 Fit. Ctr.
- 10:30 am Living with Loss ~ Annual Meeting on Advanced Care & End-of-Life Documents - Card Room
- 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 9

- 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
Rams (PG-13)

Saturday, February 10

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night at the Movies - Auditorium
Gravity (PG-13)

SUNDAY 2/4/2024	MONDAY 2/5/2024	TUESDAY 2/6/2024	WEDNESDAY 2/7/2024	THURSDAY 2/8/2024	FRIDAY 2/9/2024	SATURDAY 2/10/2024
**choose (2) Chicken Noodle Soup Cream of Broccoli Soup	**choose (2) Potato Leek Chowder BW Shrimp and Corn Soup	**choose (2) Italian Wedding Soup Elephant Garlic Soup	**choose (2) Split Pea Soup Beef Noodle Soup	**choose (2) Chili Chicken Florentine Soup	**choose (2) Vegetarian Vegetable Soup New England Clam Chowder	**choose (2) 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) BeWell Chicken Piccata Rack of Lamb Crab Cake CF - Scrambled Egg Whites	choose (1) BeWell Baked Cod Hame & Pineapple Impossible Burger CF - Stuffed Shells	choose (1) BeWell Vegetable Quiche Cranberry Chicken Pork & Sauerkraut CF - Salmon Cakes	choose (1) Vegetable Lasagna Fried Shrimp Black & Bleu Steak Medallions CF - Honey Buffalo Chicken	choose (1) BeWell Baked Orange Roughly Turkey Devonshire Meatballs CF - Mustard Glazed Pork	choose (1) BeWell Apricot Chicken Cheese Ravioli Savory Meatloaf CF - Coconut Snapper	choose (1) Stuffed Pork Chop Lemon Baked Walleye Veal Liver & Onions CF - Eggplant Parmesan
choose (3) Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	choose (3) Wile Rice Pilaf Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	choose (3) German Potato Salad Green Beans Cauliflower AA Mashed Potato AA Baked Potato	choose (3) Seasoned Potato Wedges Sautéed Spinach Button Mushrooms AA Mashed Potato AA Baked Potato	choose (3) Linguini & Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	choose (3) Loaded Mashed Potatoes Sautéed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	choose (3) Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
Vegetable of the Week - Sweet & Sour Cabbage						
choose (1) Cinnamon Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Tiramisu Caramel Apple Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Fruit of the Forest Pie Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Brownie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) White Chocolate Raspberry Cake Turtle Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Pumpkin Swirl Cheesecake Triple Berry Crumble Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Peach Pie Carrot 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 denotes 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 - 10:30am-4:30pm

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