



This Week at Sherwood Oaks - February 18 - 24, 2024

The Audio Bulletin Board 8489

Sunday, February 18

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

- 2:00 pm Chapel Service - Card Room
Rev. Tom Parkinson
- 7:30 pm Sunday Night Movie - Channel 951
Beach Blanket Bingo (Approved)

Monday, February 19 *President's Day*

- 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 Ctr.
- 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
- 1:30 pm Pitt Presentation: **Dr. Mutasim Makeen -
Aging in Research** - Auditorium
- 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 20

- 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
- 10:00 am Raised Bed/Farm Garden Meeting -
Oak Lodge Great Room
- 11:00 am Move & Groove - Cran Lake Fit. Ctr.
- 1:00 pm Pool/Billiards - Billiards Room
- 1:30 pm Drama Club Meeting - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"Faroe Islands

Feb. 20 ENCORE - Feb. 22
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, February 21

- 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

Wednesday, February 21 (Continued)

- 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
- 3:00 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Silkwood (R)

Thursday, February 22

- 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.
- 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
- 7:00 pm Program Committee Presents : *A Gospel
Concert* - Auditorium

Friday, February 23

- 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
- 1:30 pm **Resident Get Together with Bill Burtner
& Megan Szymanski** - Auditorium
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 2:00 pm Craft Group - Craft Room
- 2:00 pm Stations of the Cross - Chapel
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
The Front Page (Approved)

Saturday, February 24

- 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
The Courier (PG-13)



SUNDAY 2/18/2024	MONDAY 2/19/2024	TUESDAY 2/20/2024	WEDNESDAY 2/21/2024	THURSDAY 2/22/2024	FRIDAY 2/23/2024	SATURDAY 2/24/2024
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup French Onion Soup	Potato Leek Chowder Italian Bean & Farro Soup	Italian Wedding Soup Pumpkin Soup	Split Pea Soup Lemon Chicken Orzo Soup	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana 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)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Roasted Turkey Breast w/Gravy Brown Sugar Baked Ham Baked Stuffed Flounder CF - Hash & Eggs	BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Veal Milanese	BeWell Baked Salmon Pepperoni Pizza Beef Teriyaki CF - Asiago Chicken & Mushrooms	Chicken Alfredo Penne Stuffed Cabbage Roll Pork Osso Bucco CF - Fried Clam Strips	BeWell Caribbean Grilled Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Sea Scallops	BeWell Pork Chops w/Apples & Thyme House Breaded Fish Beef Tenderloin CF - Sweet & Sour Chicken	BeWell Chicken Cacciatore Beef Brisket Pasta Primavera CF - Blackened Tilapia
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	Vegetable Rice Steamed Broccoli Parslied Carrots AA Mashed Potato AA Baked Potato	Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	Soaker Beans Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	Roasted Ranch Potatoes Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
Vegetable of the Week - Baked Tomato w/Pesto & Mozzarella						
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)
Chocolate Mint Pie Lemon Blueberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Fudge Torte Cake Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pecan Pie Salted Caramel Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Triple Mousse Dessert Raspberry Almond Shortbread Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Toasted Almond Cake Cinnamon Pecan Coffee Cake Muffin Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Baked Apples w/Ice Cream Sweet Potato Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Lemon Mousse Cake Salted Caramel Bar 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