



This Week at Sherwood Oaks - February 25 -March 2, 2024

The Audio Bulletin Board 8489

Sunday, February 25

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. Ron Brown
3:00 pm Sit & Fit Strength Class - Channel 951
7:30 pm Sunday Night Movie - Channel 951
Pot O' Gold (Approved)

Monday, February 26

- 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 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
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
6:30 pm Bingo - Auditorium

Tuesday, February 27

- 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

"Lost Christianities ~ Volume 1"

Feb. 27 ENCORE - Feb. 29
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, February 28

- 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 28 (Continued)

- 1:00 pm Wednesday Bridge - Card Room
1:30 pm Hand Bell Practice - Auditorium
1:30 pm Birthday Movie - Channel 951
UP! (PG)
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 Birthday Movie - Channel 951
Up! (PG)



Thursday, February 29

- 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

Friday, March 1

- 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 Group Fitness - 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
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
Barefoot in the Park (PG)

Saturday, March 2

- 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
6:45 pm Saturday Night at the Movies - Auditorium
Mr. Holmes (PG)

SUNDAY 2/25/2024	MONDAY 2/26/2024	TUESDAY 2/27/2024	WEDNESDAY "Up" Bday!! 2/28/2024	THURSDAY 2/29/2024	FRIDAY 3/1/2024	SATURDAY 3/2/2024
<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Root Vegetable Soup	Venezuelan Seafood Soup Venezuelan Meat Stew	Chili Tuscan Bean & Tomato Soup	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
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Cheese Blintz	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Country Fried Steak	BeWell Ginger Soy Shrimp Beef Burgundy Roast Duck Breast w/Cherry Sauce CF - Malibu Veggie Burger	Beef Shortribs in Mexican Sauce Cheese & Chorizo Empanada Venezuelan Scrambled Eggs Spanish Style Shrimp in Garlic Sauce	BeWell Orange Pork Medallions General Tso's Chicken Crab Cake CF - Vegetable Lo Mein	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Breaded Pork Chops	Ham Steak Battered Fish Beef Stew CF - Fried Chicken
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
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	Yellow Rice & Black Beans Mexican Style Zucchini Cinnamon Roasted Squash 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 - Corn O'Brien						
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Cinnamon Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
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	Dulce De Leche Cake Flan with Caramel Sauce 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

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