



This Week at Sherwood Oaks - March 17 - 23, 2024

The Audio Bulletin Board 8489

Sunday, March 17 *St. Patrick's Day*

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

- 2:00 pm Chapel Service - Card Room
Rev. David Paul
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Finian's Rainbow (G)

Monday, March 18

- 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 - **Chapel**
- 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

Tuesday, March 19 *First Day of Spring*

- 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/Pool Room
- 1:00 pm **SORA Activities Fair** (until 4:00 pm) - Auditorium & Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

Wednesday, March 20 (Continued)

- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
No Appointment Needed Today!
- 1:00 pm Wednesday Bridge - Card Room
- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
The Trial of the Chicago 7 (R)

Thursday, March 21

- 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 Line Dancing - Cran Lake Fit. Ctr.
- 10:30 am Continued Learning: **Ralph Smailer ~ Creating a Legacy: Building a Grandfather - Clock** - Auditorium
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - 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, March 22

- 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
- 1:30 pm **Resident Get Together with Gary Whoric** - Auditorium
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 2:00 pm Craft Group - Craft Room
- 2:30 pm Stations of the Cross - Chapel
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951

"Journey Through China's Cities"

Mar. 19 ENCORE - Mar. 20
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

DAY	TUESDAY 3/19/2024	WEDNESDAY 3/20/2024	THURSDAY 3/21/2024	FRIDAY 3/22/2024	SATURDAY 3/23/2024
Chowder	Italian Wedding Soup	Split Pea Soup	Chili	Vegetarian Vegetable Soup	Homemade Cream of Tomato Soup
Salad	BeWell Hearty Lentil Soup	Wonton Soup	Mushroom Barley Soup	Zucchini & Rice Soup	Ham & Cabbage Soup
Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad
Cup	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup
Choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Garlic Chicken	BeWell Chicken Marsala	BeWell Lemon Pepper Haddock	Veggie Stuffed Portobello	BeWell Pecan Crusted Tilapia	BeWell Baked Seasoned Perch
Back Ribs	Corned Beef	Pork Tenderloin w/Apple Chutney	Rodeo Burger	Taco Salad	Chicken Tenders
Salad	Baked Trout w/Lemon Butter	Stuffed Peppers	Creamy Chicken Pasta Bake	Sweet Italian Sausage Hoagie	Pot Roast
Salad	CF - Braised Lamb Shanks	CF - Tuscan Chicken	CF - Red Snapper	CF - Broccoli & Cheese Chicken	CF - Cheese Tortellini
Choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
& Cheese	Parslified Potatoes	Potato Pancakes	Onion Rings	Halushki	Mashed Potatoes
Okra	Steamed Cabbage	Sauteed Spinach	Lemon Butter Broccoli	Steamed Corn	Green Bean Casserole
Tomatoes	Carrots	Harvard Beets	Normandy Vegetables	Tri-Colored Peppers	Yellow Squash
Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato
Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato

Vegetable of the Week - Sautéed Zucchini and Onions

Choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
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)
Cheesecake	Apple Cobbler	Chocolate Chip Cookies	Chocolate Peanut Butter Cake	Coconut Cake	Apple Streusel Cake
Covers Bar	Chocolate Éclair	Caramel Apple Walnut Pie	Oatmeal Cranberry Walnut Cookie	French Silk Pie	Cherry Pie
Apple, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange
Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup
Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day

Large Printed Menus are available on request. Call Jesse at #8505

Large daily

up in café or eating in dining room, meal includes 1 soup and the salad bar.

Apple, V-8 Juice, Low Sodium V-8 Juice, Pepsi, Diet Pepsi, Mt. Dew,

Beer, Iced Tea, Lemonade, Bottled Water

Complete AA menu).

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