



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

Sunday, April 21

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

- 2:00 pm Chapel Service - Card Room
Rev. George Steffey
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The Biggest Little Farm (PG)

Monday, April 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 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

Tuesday, April 23

Last Day of Spring Hanging Basket Sale ~ Order Forms and Checks (payable to SORA) to Cubby #269

- 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.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
No Appointment Needed Today!
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Pool - Billiards/Pool Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

"Lost Christianities - Lectures 7 & 8"

April 23 ENCORE - April 25
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, April 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

Wednesday, April 24 (Continued)

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

Dining Services' Theme Meal Today is
SECRETARIAT



Thursday, April 25

- 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 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, April 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 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 **Pittsburgh Ballroom Dancers** ~ Auditorium and Card 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
Auntie Mame (Approved)

Saturday, April 27

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

SUNDAY 4/21/2024 **choose (2)	MONDAY 4/22/2024 **choose (2)	TUESDAY 4/23/2024 **choose (2)	WEDNESDAY - Secretariat Bday 4/24/2024 **choose (2)	THURSDAY 4/25/2024 **choose (2)	FRIDAY 4/26/2024 **choose (2)	SATURDAY 4/27/2024 **choose (2)
Chicken Noodle Soup Navy Bean Soup	Potato Leek Chowder Beef Vegetable Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Kentucky Burgoo Soup Loaded Baked Potato Soup	Chili Mushroom Barley Soup	Vegetarian Vegetable Soup Zucchini & Rice Soup	Homemade Cream of Tomato Soup Ham & Cabbage 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
BeWell Herb Roasted Salmon Beef Tenderloin Cheese Quiche CF - Blueberry Pancakes	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Wild Mushroom & Onion Pizza	BeWell Chicken Marsala Corned Beef Baked Trout w/Lemon Butter CF - Pasta Bolognese	Kentucky Hot Brown Ham Steak w/Red Eye Gravy 4 Cheese Mac & Cheese Bourbon BBQ Beef	Veggie Stuffed Portobello Rodeo Burger Creamy Chicken Pasta Bake CF - Beer Battered Fish	BeWell Pecan Crusted Tilapia Taco Salad Sweet Italian Sausage Hoagie CF - BBQ Chicken Thighs	BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Ham & Cheese Sliders
Roasted Dijon Potatoes Green Beans Amandine Fresh Cauliflower AA Mashed Potato AA Baked Potato	Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	Parslied Potatoes Steamed Cabbage Carrots AA Mashed Potato AA Baked Potato	Southern Baked Beans Corn on the Cob Honey Ginger Carrots AA Mashed Potato AA Baked Potato	Onion Rings Lemon Butter Broccoli Normandy Vegetables AA Mashed Potato AA Baked Potato	Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Peas & Mushrooms						
Specialty Bread	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
Strawberry Sundae Boston Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cookie Butter Cheesecake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Apple Cobbler Chocolate Éclair Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Derby Pie Mint Julep Brownie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Cake Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Coconut Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Apple Streusel Cake Cherry 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 delivery or pick-up: 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