



This Week at Sherwood Oaks - April 28 - May 4, 2024
The Audio Bulletin Board 8489

Sunday, April 28

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. Karen Slusser
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Pin Up Girl (Passed)

Monday, April 29

- 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 (until 7:30) - Auditorium

Tuesday, April 30

- 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.
- 1:30 pm Calligraphy Class - Art Studio (Lower Level)
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Pool - Billiards/Pool Room
- 2:00 pm Marketing Presents: *Gangs & Outlaws of Western PA* - Auditorium - RSVP to 1-800-642-2217
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm Program Committee: *The North Allegheny Strolling Strings* - Auditorium

"Intelligent Trees"

April 30 ENCORE - May 2
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, May 1

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room

Wednesday, May 1 (Continued)

- 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
- 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 Birthday Movie - Channel 951
Edie (Not Rated)

Thursday, May 2

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Clinic (until 2:30pm) Sign up on Bulletin Board in Mailroom
- 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.
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Deener's Farm Market
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:30 pm Duplicate Bridge - Card Room
- 1:30 pm **Resident Budget Meeting with Annette McPeck** - Auditorium & Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, May 3

- 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
- 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 Stork Club (Passed)

Saturday, May 4

- 9:30 am Bus to Beaver Valley 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
Lee Daniels' - The Butler (PG-13)



SUNDAY 4/28/2024 **choose (2)	MONDAY 4/29/2024 **choose (2)	TUESDAY 4/30/2024 **choose (2)	WEDNESDAY 5/1/2024 **choose (2)	THURSDAY 5/2/2024 **choose (2)	FRIDAY 5/3/2024 **choose (2)	SATURDAY 5/4/2024 **choose (2)
Chicken Noodle Soup French Onion Soup	Potato Leek Chowder Italian Bean & Farro Soup	Italian Wedding Soup Pumpkin Soup	Spli Pea Soup Wonton 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 choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)
Roasted Turkey Breast w/Gravy Brown Sugar Baked Ham Baked Stuffed Flounder CF - Sausage Gravy & Biscuits choose (3)	BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Salisbury Steak choose (3)	BeWell Baked Salmon Pepperoni Pizza Beef Teriyaki CF - Vegetable Eggs Rolls choose (3)	BeWell Lemon Pepper Haddock Pork Tenderloin w/Apple Chutney Stuffed Peppers CF - Baked Scallops choose (3)	BeWell Caribbean Grilled Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Creole Jambalaya choose (3)	BeWell Pork Chops w/Apples & Thyme House Breaded Fish Beef Tenderloin CF - Smothered Chicken choose (3)	BeWell Chicken Cacciatore Beef Brisket Pasta Primavera CF - Shrimp Ravioli 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	Potato Pancakes Sauteed Spinach Harvard Beets 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 - Pesto & Parmesan Baked Tomato						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread 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)
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	Chocolate Chip Cookies Caramel Apple Walnut Pie 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