



This Week at Sherwood Oaks - May 12-18, 2024
The Audio Bulletin Board 8489

Sunday, May 12

Mother's Day

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

- 2:00 pm Chapel Service - Card Room
Rev. Ben Robbins
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Mother's Day (PG-13)

HAPPY

Main Dining Room
 Lunch - 11:30 am - 1:30 pm
 Dinner - Closed

Café
 Breakfast - 8-10:30 am
 Lunch & Dinner - Closed
 Takeout meals - 11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 6:00 pm

Monday, May 13

- 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 **Guitarist, Dale Cisco** - 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

**"Climate Change ~
 What will our lives look like in 2050?"**

May 13 ENCORE - May 15
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

Tuesday, May 14

- 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 **Farewell Gathering for Annette McPeck (until 3:00pm)** - Card Room
- 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
- 4:00 pm Book Club - Chapel

Wednesday, May 15

- 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
- 1:00 pm Wednesday Bridge - Card Room
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
84 Charing Cross Road (PG)

Thursday, May 16

- 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.
- 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
- 2:00 pm **Doo Wop Concert** - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm Focus on the World: **George Steffey ~ Hunger & Homelessness** - Auditorium

"Connections ~ Faith in Numbers

May 14 ENCORE - May 16
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

Friday, May 17

- 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
Back to the Future (PG)

Saturday, May 18

- 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
The Madness of King George (PG-13)

SUNDAY Happy Mother's Day! 5/12/2024	MONDAY 5/13/2024	TUESDAY 5/14/2024	WEDNESDAY 5/15/2024	THURSDAY 5/16/2024	FRIDAY 5/17/2024	SATURDAY 5/18/2024
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Butternut Squash Bisque	Potato Leek Chowder Tomato Basil Soup	Italian Wedding Soup Beef Barley Soup	Split Pea Soup Cream of Mushroom Soup	Chili Chicken Cordon Bleu Soup	Vegetarian Vegetable Soup Lobster Bisque	Homemade Cream of Tomato Minestrone 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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Trout w/Pears & Bacon Carved Turkey w/Stuffing Ham & Cheese Quiche CF - Cheese Blintz	BeWell Vegetarian Stir Fry Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - Shrimp Etouffee	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Chicken & Broccoli Bake	BeWell Pesto Marinated Chick Breast Mushroom Ravioli Hot Roast Beef Sandwich CF - Grilled Walleye	BeWell Pepper Steak House Smoked Salmon Cheese Pizza CF - Baby Back Ribs	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken A La King CF - Ham & Spinach Casserole	BBQ Chicken Thighs Kielbasa & Sauerkraut Cheeseburger Pie CF - Seafood Salad Croissant
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Bean Casserole Creamed Corn AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Peas and Carrots Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	French Fries Sauteed Zucchini Sliced Carrots AA Mashed Potato AA Baked Potato	Vegetable Fried Rice Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	Buttered Egg Noodles Steamed Peas Harvard Beets AA Mashed Potato AA Baked Potato	Pierogies Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato
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)
Pumpkin Pie Tuxedo Torte Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Orange Cake Cookies & Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Silk Pie Blueberry Buckle Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Cheesecake Bourbon Caramel Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Cobbler Chocolate Peanut Butter Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Southern Pecan Pie Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tapioca Pudding Red Velvet Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Vegetable of the Week - Cauliflower au Gratin

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

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 notes the Be Well recipe option of the day

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