



This Week at Sherwood Oaks - May 19-25, 2024 The Audio Bulletin Board 8489

Sunday, May 19

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

- 2:00 pm Chapel Service - Card Room
Rev. Mike Arnold
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
The Pirate (Approved)

Monday, May 20

- 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
- 3:00 pm **The Golden Age of Radio with Pat Septak, KDKA Radio** - Auditorium
- 6:30 pm Monday Night Bridge - Card Room
- 6:30 pm Bingo (until 7:30pm) - Auditorium

Tuesday, May 21

- 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.
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Pool - Billiards/Pool Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

"Portugal Travel Documentary

May 21 ENCORE - May 23
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, May 22

- 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

Wednesday, May 22 (Continued)

- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
A Million Miles Away (PG)

Thursday, May 23

- 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 **Marketing Presents...That's Osteoporosis** Auditorium - call 1-800-642-2217 to RSVP
- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm **Program Committee Presents...Tom Roberts ~ piano music for silent Charlie Chaplin movies** - Auditorium

Friday, May 24

- 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 Super (R)

Saturday, May 25

- 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
Nebraska (R)



SUNDAY 5/19/2024	MONDAY 5/20/2024	TUESDAY 5/21/2024	WEDNESDAY 5/22/2024	THURSDAY 5/23/2024	FRIDAY 5/24/2024	SATURDAY 5/25/2024
**choose (2) American Bounty Vegetable Potato Leek Soup	**choose (2) Chilled Peach Soup Chicken Rice Soup	**choose (2) Navy Bean Soup French Onion Soup	**choose (2) Creole Crab Soup Vegetarian Vegetable Soup	**choose (2) Cream of Asparagus Soup Chicken Noodle Soup	**choose (2) Wonton Soup Tomato Basil Soup	**choose (2) Split Pea Soup Italian Wedding Soup
Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup
choose (1) BW Seasoned Snapper Stuffed Peppers Carved Turkey w/Stuffing CF - Cornmeal Catfish	choose (1) BW Zucchini Ricotta Boats Pineapple Baked Ham Honey Mustard Chicken CF - Cornmeal Catfish	choose (1) BW Ginger Citrus Chicken Scallops a la Caprese Beef Enchilada Bake CF - Mojo Pork	choose (1) BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Asiago Chicken & Mushrooms	choose (1) BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Sausage Pasta Bake	choose (1) Cheese Manicotti Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Perch Romano	choose (1) BW Beef Broccoli Stir-Fry BBQ Bourbon Chicken Thighs Crab Cake with Remoulade CF - Moo Shu Pork
choose (3) Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	choose (3) Scalloped Potatoes Sautéed Spinach Succotash AA Mashed Potato AA Baked Potato	choose (3) Spanish Rice Steamed Peas Roasted Cauliflower AA Mashed Potato AA Baked Potato	choose (3) Baked Sweet Potato Balsamic Brussels Sprouts Parmesan Baked Tomato AA Mashed Potato AA Baked Potato	choose (3) Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	choose (3) Pierogies with Onions Sautéed Zucchini Tri-Colored Peppers AA Mashed Potato AA Baked Potato	choose (3) Steamed White Rice Edamame Ginger Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Southern Collard Greens						
choose (1) Cinnamon 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) Assorted Dinner Roll
choose (1) Pumpkin Pie Chocolate Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Berry Cake w/amaretto icing Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Poundcake w/Berries Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1) Cherry Cobbler Tiramisu Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup

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: 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	Café	Café Meal Pick Ups
Ext. 8234 (724-776-8234)	Ext. 8236 (724-776-8236)	11:30 am - 1 pm
Lunch - 11:45 am-1 pm	Breakfast - 8-10:30	4:30-6:30 pm
Dinner - 4:30-6:30 pm	Lunch - 10:30am-4:30pm	Corner Market
	Dinner - 4:30-6:30 pm	8 am - 6:30 pm