



This Week at Sherwood Oaks - April 14-20, 2024 The Audio Bulletin Board 8489

Sunday, April 14

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

- 2:00 pm Chapel Service - Card Room
Rev. James Benson
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Anchors Aweigh (Passed)

Monday, April 15

- 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 - Card Room
- 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 16

- 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

"A Voyage Through Germnay's Majestic River Moselle"

April 16 ENCORE - April 18
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, April 17

- 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
- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

Wednesday, April 17 (Continued)

- 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
Finding Altamira (Not Rated)

Thursday, April 18

- 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
- 7:00 pm Continued Learning: **Bruce Cooper** ~
A Brief History of Earth Day - Auditorium

Friday, April 19

- 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 Cowboy and the Lady (Passed)

Saturday, April 20

- 8:45 am **Bus to Memorial Service for James Bouwkamp** - Christ Episcopal Church - Sign up in Mailroom
- 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
Stardust (PG-13)



SUNDAY 4/14/2024	MONDAY 4/15/2024	TUESDAY 4/16/2024	WEDNESDAY 4/17/2024	THURSDAY Nat'l Steak Day! 4/18/2024	FRIDAY 4/19/2024	SATURDAY 4/20/2024
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Cream of Broccoli Soup	Potato Leek Chowder BW Shrimp and Corn Soup	Italian Wedding Soup Elephant Garlic Soup	Split Pea Soup Beef Noodle Soup	Chili Chicken Florentine Soup	Vegetarian Vegetable Soup New England Clam Chowder	Cream of Tomato Soup Chicken Vegetable 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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Chicken Piccata Rack of Lamb Crab Cake CF - Scrambled Egg Whites	BeWell Baked Cod Ham & Pineapple Impossible Burger CF - Moroccan Lamb Stew	BeWell Vegetable Quiche Cranberry Chicken Pork & Sauerkraut CF - Salmon Cakes	Vegetable Lasagna Fried Shrimp Black & Bleu Steak Medallions CF - Grilled Sweet & Sour Chicken	BeWell Baked Orange Roughy Turkey Devonshire Meatballs CF - Mustard Glazed Pork Tenderloin	BeWell Apricot Chicken Cheese Ravioli Savory Meatloaf CF - Cilantro Lime Cobia Fish	Stuffed Pork Chop Lemon Baked Walleye Veal Liver & Onions CF - Stuffed Shells w/Artichoke Cream
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	Wile Rice Pilaf Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	German Potato Salad Green Beans Cauliflower AA Mashed Potato AA Baked Potato	Seasoned Potato Wedges Sauteed Spinach Button Mushrooms AA Mashed Potato AA Baked Potato	Linguini & Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	Loaded Mashed Potatoes Sauteed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
Vegetable of the Week - Broccoli w/ Lemon & Garlic Butter						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Roll	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)
Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tiramisu Caramel Apple Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Fruit of the Forest Pie Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Brownie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	White Chocolate Raspberry Cake Turtle Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pumpkin Swirl Cheesecake Triple Berry Crumble Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Pie Carrot Cake 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