

**This Week at Sherwood Oaks - December 22-28, 2024**  
**The Audio Bulletin Board 8489**

**Sunday, December 22**

**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  
*In House - Service of Prayers, Carols & Meditation*
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951  
**Nutcracker (G)**

**Monday, December 23**

- 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 **NO** - Mindful Stretch - Cran. Lake Fit. 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby

**Tuesday, December 24** *Christmas Eve*

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry, Passavant Cranberry & Pittsburgh/Oakland
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

**Christmas Eve Hours**



**Main Dining Room**

Lunch - 11:30 am - 1:30 pm  
 Dinner - Closed

**Café**

Breakfast - 8 - 10:30 am  
 Lunch & Dinner - Closed

Takeout meals at Cafe counter  
 11:30 am - 1:30 pm

**Reception Desk Hours - 8:00 am - 4:00 pm**

***"Lost Christianities - Lectures 23 & 24"***

Dec. 24                      ENCORE - Dec. 26  
 10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm  
 TV Channel 951

**Wednesday, December 25** *Christmas Day*

- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951  
**White Christmas (Approved)**

**Christmas Day Hours**

**Main Dining Room**

Lunch - 11:30 am - 1:30 pm  
 Dinner - Closed

**Café**

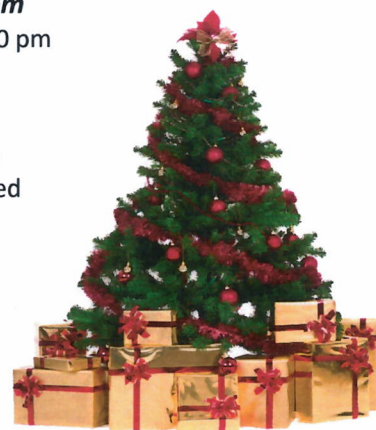
Breakfast - 8-10:30 am  
 Lunch & Dinner - Closed

Takeout meals at  
 Cafe counter

11:30 am - 1:30 pm

**Reception Desk Hours**

**8:00 am - 4:00 pm**



**Thursday, December 26**

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am **NO** - Line Dancing - Cran Lake Fit. Ctr.
- 10:00 am Aquacize - Swimming Pool
- 11:00 am **NO** - Stretch & Stability - Cran Lake Fit
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

**Friday, December 27**

- 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
- 1:00 pm Crazy Crafters - Lower Level Craft Room - Call Joni Pun (8223) to RSVP
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951  
**The Apartment (Approved)**

**Saturday, December 28**

- 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
- 7:30 pm Residents' Request Movie - Channel 951  
**Driving Miss Daisy (PG)**

SUNDAY 12/22/2024		MONDAY 12/23/2024		TUESDAY Christmas Eve 12/24/2024 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm		WEDNESDAY Christmas Day 12/25/2024 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm		THURSDAY 12/26/2024		FRIDAY 12/27/2024		SATURDAY 12/28/2024		
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	
Chicken Noodle Soup French Onion Soup	Potato Leek Chowder Italian Bean & Farro Soup	Italian Wedding Soup Pumpkin Bisque	Split Pea Soup Lemon Chicken Orzo 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	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	
Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flounder CF - Corned Beef Hash	BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Veal Milanese	Baked Salmon Stuffed Cabbage Roll Pork Osso Bucco Cranberry Brie Chicken	Brown Sugar Baked Ham Beef Brisket Fried Shrimp	Apple Glazed Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Mediterranean Barramundi	BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Chicken & Sundried Tomato	BeWell Chicken Cacciatore BBQ Beef Brisket Pasta Primavera CF - Seafood Salad Croissant	Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	Scalloped Potatoes Steamed Broccoli Prince Charles Blend	Soaker Beans Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	Roasted Ranch Potatoes Walnut Pesto Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana Soup
<b>Vegetable of the Week - Sautéed Spinach w/Garlic &amp; Parmesan</b>														
Mini Doughnuts	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
Chocolate Mint Pie Sweet Potato Pie 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 Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Truffle Cake New York Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Toasted Almond Cake Bourbon Apples w/Ice cream Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Fruit of the Forest Pie Olive Oil Cake 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	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana Soup	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana Soup	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo

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