

This Week at Sherwood Oaks - December 15-21, 2024 The Audio Bulletin Board 8489

Sunday, December 15

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

- 2:00 pm Chapel Service - Card Room
Rev. William Dambach
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Meet Me in St. Louis (Approved)

Monday, December 16

- 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
- 1:30 pm Drama Club Meeting - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, December 17

- 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.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
- 1:00 pm Ladies' Pool - Pool Table Room
- 1:30 pm **Longest Night Service** - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"WQED - Holy Pittsburgh!"


Dec. 17 ENCORE - Dec. 19
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, December 18

- 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
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Scrooged (PG-13)

Thursday, December 19

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm **NO** - Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:30 pm **Resident Holiday Party** - Auditorium, Card Room & Lobby - **Please do not arrive earlier than 4:20 PM** ~ Buses will run continuously to/from the center from 4:00-6:00 pm.



REMINDER
The Dining Room and Cafe are closed for dinner on Thursday, December 19 due to the holiday party. See channel 951 for details.

Friday, December 20

- 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
Christmas with the Kranks (PG)

Saturday, December 21

- 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
A Christmas Carol (PG)



SUNDAY 12/15/2024	MONDAY 12/16/2024	TUESDAY 12/17/2024	WEDNESDAY 12/18/2024	THURSDAY Resident Party 12/19/2024 *Dining Room & Cafe closed for Dinner due to the party. See channel 950 for details	FRIDAY 12/20/2024	SATURDAY 12/21/2024
**choose (2) Chicken Noodle Soup Navy Bean Soup	**choose (2) Potato Leek Chowder Beef Vegetable Soup	**choose (2) Italian Wedding Soup BeWell Hearty Lentil Soup	**choose (2) Split Pea Soup Wonton Soup	**choose (2) Chili Mushroom Barley Soup	**choose (2) Vegetarian Vegetable Soup Meatball Stew	**choose (2) Homemade Cream of Tomato Soup Ham & Cabbage 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)
BeWell Herb Roasted Salmon Beef Tenderloin Stuffed Shells CF - Creamed Turkey & Biscuits choose (3)	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Cajun Butter Steak choose (3)	BeWell Chicken Marsala Corned Beef Baked Trout w/Lemon Butter CF - Mustard Glazed Pork choose (3)	BeWell Lemon Pepper Haddock Pork Tenderloin w/Apple Chutney Taco Salad CF - Tuscan Chicken choose (3)	Vegetable Stuffed Portobello Rodeo Burger Creamy Chicken Pasta Bake CF - Baked Swai Fish choose (3)	BeWell Pecan Crusted Tilapia Stuffed Peppers Sweet Italian Sausage Hoagie CF - Honey Buffalo Chicken choose (3)	BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Grilled Vegetable Ravioli choose (3)
Roasted Dijon Potatoes Green Beans Amandine Parmesan Roasted Cauliflower AA Mashed Potato AA Baked Potato	Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	Parsiled Potatoes Steamed Cabbage Carrots AA Mashed Potato AA Baked Potato	Potato Pancakes Sauteed Spinach Roasted Eggplant AA Mashed Potato AA Baked Potato	Onion Rings Lemon Butter Broccoli Normandy Vegetables AA Mashed Potato AA Baked Potato	Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Buttered Peas & Mushrooms						
choose (1) Mini Doughnuts	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) Strawberry Sundae Boston Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Cookie Butter Cheesecake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Cake w/choc icing Oatmeal Cran Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Black Forest Cake Caramel Apple Walnut Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Peanut Butter Cake Blueberry Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Hummingbird Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Apple Streusel Cake Cherry Pie 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 dining room, meal includes 1 soup and the salad bar.

Drinks available for delivery or pick-up: 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