



This Week at Sherwood Oaks - January 1-7, 2023

The Audio Bulletin Board 8489

Sunday, January 1 *New Year's Day*

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

2:00 pm Chapel Service - Auditorium

7:30 pm Sunday Night Movie - Channel 951

An American in Paris (Passed)

New Year's Day Hours

Main Dining Room

Lunch - 11:45 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, January 2

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 NO - Group Fitness - Cran Lake Fit. Ctr.

10:00 am Aquacize - Swimming Pool

11:00 am NO -Yoga - Cranberry Lake Fitness Center

1:00 pm Bus to Shop 'n Save/CVS Pharmacy/
Passavant Cranberry & Main Campus

1:00 pm Painting Class - Novice or Pro -
Painting Studio - Lower Level

6:30 pm Monday Night Bridge - Card Room

Tuesday, January 3

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 60 Second Circuit - Cran Lake Fitness Ctr.

1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary

1:40 pm Bus to VA Clinic Cranberry/Passavant

7:00 pm Program Committee Presents: **BEO String
Quartet** - Auditorium

"The Symphony - Nationalism & The Symphony"

January 3

10:00 am, 3:30 pm, 7:00 pm - TV Channel 951

Wednesday, January 4

8:15 am Bus to UPMC Passavant Cranberry

9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall

10:00 am Group Fitness - Cran. Lake Fitness Ctr.

Wednesday, January 4 (Continued)

10:00 am Men's Bible Study - Chapel

11:00 am Stretch & Stability - Cran Lake Fitness Ctr.

11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building

12:00 pm Granny's Attic Annex #156 - Appointment
Only - Call Frank or Joanne - Ext. 8154

1:00 pm Wednesday Bridge - Card Room

2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

7:30 pm Wednesday Night Movie - Channel 951

Downtown Abbey - A New Era (PG)

Thursday, January 5

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 Move & Groove - Cran Lake Fitness Ctr.

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

Blackburn's Scooter Clinic

Thursday, January 5

9:00 am - 2:30 pm -



Scooter Room/Gallery
Sign up in the mailroom

Friday, January 6

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 On the Move - Cran. Lake Fitness Ctr.

1:00 pm Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry

2:00 pm Craft Group - Craft Room

2:00 pm Sew & So's - Card Room

7:30 pm Friday Night Movie - Channel 951

Queen Bees (PG-13)

Saturday, January 7

9:30 am Bus to Beaver Valley Mall

3:40 pm Bus to St. Ferdinand's Church

6:45 pm Saturday Night Movie - Auditorium

Porgy and Bess (Not Rated)



SUNDAY New Year's Day 1/1/2023 ** Open for Lunch Only Dining Room 11:45am-1:30pm Takeouts (Cafe) 11:30am - 1:30pm	MONDAY 1/2/2023	TUESDAY 1/3/2023	WEDNESDAY 1/4/2023	THURSDAY 1/5/2023	FRIDAY 1/6/2023	SATURDAY 1/7/2023
<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Root Vegetable Soup	Split Pea Soup Cream Of Cauliflower Soup	Chili Tuscan Bean & Tomato Soup	Vegetarian Vegetable Soup Black Bean Soup	Homemade Cream of Tomato Soup Turkey Rice 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
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Braised Cod Peperanato Roasted Pork Baked Manicotti w/Marinara	BeWell Chicken Balsamic Pulled Pork on Onion Roll Seafood Newburg CF - Beef Hot Dogs	Ginger Soy Shrimp Beef Stew Roast Duck Breast w/Cherry Sauce CF - Breaded Pork Chops	BeWell Grilled Chicken Tenders Savory Meatloaf Salmon Cake CF - Spaghetti ala Carbonara	BeWell Orange Pork Medallions Turkey Cobb Entrée Salad Jumbo Lump Crab Cakes CF - Beef Enchilada Bake	BeWell Rosemary Grilled Salmon Hamburger Three Cheese Lasagna (Vegetarian) CF - Three Cheese Pizza	Ham Steak Fish & Chips English Style Beef Burgundy CF - Chicken Marsala
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
Mashed Potatoes Artichokes Parmesan Sauerkraut	Corn Souffle Sauteed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	Creamy Risotto Garlic Chalet Vegetable Blend Warm Chunky Applesauce AA Mashed Potato AA Baked Potato	Mashed Potatoes Tri Colored Carrots Peas AA Mashed Potato AA Baked Potato	Rice Pilaf Edamame Broccoli & Cauliflower AA Mashed Potato AA Baked Potato	Sweet Potato Fries Fresh Asparagus Spaghetti Squash AA Mashed Potato AA Baked Potato	Root Vegetable Medley Buttered Noodles Green Beans w/Bacon AA Mashed Potato AA Baked Potato
Vegetable of the Week - Creamy Spinach						
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Cinnamon Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Blackberry Cobbler Black Tie Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Tart Coconut Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Black Forest Cake Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Maple Bourbon Bread Pudding Hot Fudge Butterfinger Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Banana Split Cake White Choc Cranberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cookie Butter Cheesecake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Homemade Apple Crisp Key Lime Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

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: Orange Juice, V-8 Juice, Low Sodium V-8 Juice, Cranberry 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

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 - 10:30 - 4:30

Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6 pm

Corner Market

8 am - 6 pm