



This Week at Sherwood Oaks - December 24-30, 2023

The Audio Bulletin Board 8489

Sunday, December 24 *Christmas Eve*

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

- 2:00 pm Chapel Service - Card Room
In House - Service of Prayers, Carols & Meditation
- 7:30 pm Sunday Night Movie - Channel 951
White Christmas (Approved)

Christmas Eve Hours



Main Dining Room

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

Café

Breakfast - Closed
Lunch & Dinner - Closed
Takeout meals at Cafe counter
11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 6:00 pm

Monday, December 25 *Christmas Day*

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 - 6:00 pm



Tuesday, December 26

- 8:15 am Bus to Passavant Cranberry
9:30 am Bus to VA Clinic in Cranberry, Passavant Cranberry & Pittsburgh/Oakland
10:00 am No - Tai Chi - Cranberry Lake Fitness Center
11:00 am No - Move & Groove - Cran Lake Fit. Ctr.
1:00 pm Pool/Billiards - Billiards Room
1:40 pm Bus to VA Clinic Cranberry/Passavant
3:00 pm Sit & Fit Strength Class - Channel 951

"Comparative Religions - Lessons 23 & 24"

Dec. 26 ENCORE - Dec. 28
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, December 27 (Continued)

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

"Living Soil Film"

Dec. 21 ENCORE - Dec. 27
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Thursday, December 28

- 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 Fit. 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
3:00 pm Sit & Fit Strength Class - Channel 951
7:00 pm Program Committee Presents: **Yoga Ball Bass Band** - Auditorium

Friday, December 29

- 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 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 Hudsucker Proxy (PG)

Saturday, December 30

- 9:30 am NO Mall Bus Today
3:00 pm Sit & Fit Strength Class - Channel 951
3:30 pm Bus to St. Ferdinand's Church
6:45 pm Saturday Night at the Movies - Auditorium
Downton Abbey (PG)

SUNDAY Christmas Eve 12/24/2023 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm		MONDAY Christmas Day 12/25/2023 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm		TUESDAY 12/26/2023	WEDNESDAY 12/27/2023	THURSDAY 12/28/2023	FRIDAY 12/29/2023	SATURDAY 12/30/2023
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Butternut Squash Bisque	Potato Leek Chowder Tomato Basil Soup	Italian Wedding Soup Beef Barley Soup	Split Pea Soup Cream of Mushroom Soup	Chili Chicken Cordon Bleu Soup	Vegetarian Vegetable Soup Lobster Bisque	Homemade Cream of Tomato Minestrone 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		
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Trout w/Pears & Bacon Carved Turkey w/Stuffing Ham & Cheese Quiche CF - Cheese Blintz	Brown Sugar Baked Ham Cranberry Brie Chicken Fisherman's Seafood Platter CF - Lemon Honey Chicken	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Lemon Honey Chicken	BeWell Pesto Marinated Chick Breast Mushroom Ravioli Hot Roast Beef Sandwich CF - Beer Battered Fish	BeWell Pepper Steak House Smoked Salmon Cheese Pizza CF - Lasagna Rolls	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken A La King CF - Cajun Honey Pork Tenderloin	BBQ Chicken Thighs Kielbasa & Sauerkraut Cheeseburger Pie CF - Coconut Shrimp		
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Bean Casserole Creamed Corn	Scalloped Potatoes Peas and Carrots Midori Vegetable Blend	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	French Fries Sauteed Zucchini Sliced Carrots AA Mashed Potato AA Baked Potato	Vegetable Fried Rice Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	Buttered Egg Noodles Steamed Peas Harvard Beets AA Mashed Potato AA Baked Potato	Pierogies Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato		
Vegetable of the Week - Roasted Tri-colored Carrots								
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Specialty Bread	Assorted Dinner Roll	Assorted Dinner 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)	choose (1)	choose (1)
Pumpkin Pie Tuxedo Torte Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Truffle Bomb Cake Lemon Meringue Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Silk Pie Blueberry Buckle Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Cheesecake Bourbon Caramel Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Cobbler Chocolate Peanut Butter Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Southern Pecan Pie Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tapioca Pudding Red Velvet 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, 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 (ask your server for the complete AA menu)

BW notes 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 (Mon-Fri)
Lunch - Closed
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