



This Week at Sherwood Oaks - December 31, 2023 - January 6, 2024

The Audio Bulletin Board 8489

Sunday, December 31

New Year's Eve

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

10:30 am Quaker (Friends) Meeting - Chapel

2:00 pm No Chapel Service Today

7:30 pm Sunday Night Movie - Channel 951

That's Entertainment (G)

9:00 pm **New Year's Eve Party** (until 12:01 am) ~ Auditorium & Card Room - Must have a ticket to attend ~ See channel 950 for details.

New Year's Eve Hours

Main Dining Room

Lunch - 11:30 am - 1:00 pm

Dinner - Closed

Café

Breakfast - 8-10:30am

Lunch & Dinner - Closed

Takeout meals at Cafe counter 11:30 am - 1:00 pm

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



Monday, January 1

New Year's Day

8:15 am Bus to Passavant Cranberry

9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall

New Year's Day Hours

2024

Main Dining Room

Lunch - 11:30 am - 1:00 pm

Dinner - Closed

Café

Breakfast - 8-10:30 am

Lunch & Dinner - Closed

Takeout meals at Cafe counter
11:30 am - 1:00 pm

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

Tuesday, January 2

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.

1:00 pm Pool/Billiards - Billiards Room

1:40 pm Bus to VA Clinic Cranberry/Passavant

3:00 pm Sit & Fit Strength Class - Channel 951

"Leonard Bernstein - The Art of Conducting"

Jan. 2

ENCORE - Jan. 4

10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, January 3 (Continued)

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.

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

Oppenheimer (R)

Thursday, January 4

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



Blackburn's Scooter Clinic

Thursday, January 4

9:00 am - 2:30 pm -

Scooter Room/Gallery

Sign up in the mailroom

Friday, January 5

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

Meet the Parents (PG-13)

Saturday, January 6

9:30 am Bus to Beaver Valley Mall

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
Silver Linings Playbook (R)

SUNDAY New Year's Eve 12/31/2023		MONDAY New Year's Day 1/1/2024		TUESDAY 1/2/2024		WEDNESDAY 1/3/2024		THURSDAY 1/4/2024		FRIDAY 1/5/2024		SATURDAY 1/6/2024	
* Open for Lunch Only * Dining Room 11:30am-1:00pm Takeouts (Café) 11:30am - 1:00pm		* Open for Lunch Only * Dining Room 11:30am-1:00pm Takeouts (Café) 11:30am - 1:00pm		* Open for Lunch Only * Dining Room 11:30am-1:00pm Takeouts (Café) 11:30am - 1:00pm		* Open for Lunch Only * Dining Room 11:30am-1:00pm Takeouts (Café) 11:30am - 1:00pm		* Open for Lunch Only * Dining Room 11:30am-1:00pm Takeouts (Café) 11:30am - 1:00pm		* Open for Lunch Only * Dining Room 11:30am-1:00pm Takeouts (Café) 11:30am - 1:00pm		* Open for Lunch Only * Dining Room 11:30am-1:00pm Takeouts (Café) 11:30am - 1:00pm	
**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	Potato Leek Chowder	Italian Wedding Soup	Split Pea Soup	Chili	Vegetarian Vegetable Soup	Vegetarian Vegetable Soup	Chili	Chicken Florentine Soup	Vegetarian Vegetable Soup	Vegetarian Vegetable Soup	Vegetarian Vegetable Soup	Cream of Tomato Soup	Cream of Tomato Soup
Cream of Broccoli Soup	BW Shrimp and Corn Soup	Elephant Garlic Soup	Beef Noodle Soup	Beef Noodle Soup	Beef Noodle Soup	Beef Noodle Soup	Beef Noodle Soup	Beef Noodle Soup	Beef Noodle Soup	Beef Noodle Soup	Beef Noodle Soup	Chicken Vegetable Soup	Chicken Vegetable Soup
Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad
Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Chicken Piccata	Pork & Sauerkraut	BeWell Vegetable Quiche	Vegetable Lasagna	BeWell Baked Orange Roughy	BeWell Apricot Chicken	BeWell Apricot Chicken	BeWell Baked Orange Roughy	BeWell Baked Orange Roughy	BeWell Apricot Chicken	BeWell Apricot Chicken	BeWell Apricot Chicken	Stuffed Pork Chop	Stuffed Pork Chop
Rack of Lamb	Cranberry Chicken	Ham & Pineapple	Fried Shrimp	Turkey Devonshire	Cheese Ravioli	Cheese Ravioli	Turkey Devonshire	Turkey Devonshire	Cheese Ravioli	Cheese Ravioli	Cheese Ravioli	Lemon Baked Walleye	Lemon Baked Walleye
Crab Cake	Baked Cod	Impossible Burger	Black & Bleu Steak Medallions	Meatballs	Savory Meatloaf	Savory Meatloaf	Black & Bleu Steak Medallions	Meatballs	Savory Meatloaf	Savory Meatloaf	Savory Meatloaf	Veal Liver & Onions	Veal Liver & Onions
CF - Cheesy Ham & Eggs		CF - Baked Covina	CF - Coq Au Vin	CF - Old Fashion Ham Loaf	CF - Tuna Noodle Casserole	CF - Tuna Noodle Casserole	CF - Baked Covina	CF - Old Fashion Ham Loaf	CF - Tuna Noodle Casserole	CF - Tuna Noodle Casserole	CF - Tuna Noodle Casserole	CF - Asiago Chicken	CF - Asiago Chicken
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Baked Potato	Mashed Potatoes	German Potato Salad	Seasoned Potato Wedges	Linguini & Marinara	Loaded Mashed Potatoes	Loaded Mashed Potatoes	German Potato Salad	Linguini & Marinara	Loaded Mashed Potatoes	Loaded Mashed Potatoes	Loaded Mashed Potatoes	Home Fried Potatoes	Home Fried Potatoes
Fresh Asparagus	Brussels Sprouts	Green Beans	Sauteed Spinach	Buttered Green Peas	Sauteed Zucchini	Sauteed Zucchini	Green Beans	Buttered Green Peas	Sauteed Zucchini	Sauteed Zucchini	Sauteed Zucchini	Vegetable Medley	Vegetable Medley
Sliced Carrots	Butternut Squash	Cauliflower	Button Mushrooms	Baked Tomato Half	Creamed Corn	Creamed Corn	Cauliflower	Baked Tomato Half	Creamed Corn	Creamed Corn	Creamed Corn	Roasted Beets	Roasted Beets
AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato
AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato
Vegetable of the Week - Southern Style Collard Greens													
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	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	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)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Lemon Meringue Pie	Tiramisu	Fruit of the Forest Pie	Chocolate Brownie	White Chocolate Raspberry Cheesecake	Pumpkin Swirl Cheesecake	Pumpkin Swirl Cheesecake	Tiramisu	Turtle Cookie	Triple Berry Crumble	Triple Berry Crumble	Triple Berry Crumble	Peach Pie	Peach Pie
German Chocolate Cake	Caramel Apple Bar	Triple Chocolate Cheesecake	Bananas Foster Sundae	Bananas Foster Sundae	Bananas Foster Sundae	Bananas Foster Sundae	Caramel Apple Bar	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Carrot Cake	Carrot Cake
Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange
Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup
Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	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 CLOSED ON SATURDAYS & SUNDAYS FOR BREAKFAST & LUNCH

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