



This Week at Sherwood Oaks - December 17-23, 2023

The Audio Bulletin Board 8489

Sunday, December 17

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
The Nutcracker and the Four Realms

Monday, December 18

- 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 Center
- 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
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Card Room

Tuesday, December 19

- 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

"Scotland ~ Highlands & Islands"

Dec. 19 ENCORE - Dec. 20
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, December 20

- 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
- 12:00 pm Granny's Attic Annex #156 (until 2:30 pm)
Appointments are not needed today!
- 1:00 pm Wednesday Bridge - Card Room

Wednesday, December 20 (Continued)

- 1:30 pm Birthday Movie - Channel 951
A Christmas Story (PG)
- 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 Birthday Movie - Channel 951
A Christmas Story (PG)

Dining Services' Theme Meal is



Thursday, December 21

- 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.
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 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
- 1:30 pm Longest Night Service - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 951

"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

Friday, December 22

- 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
Remember the Night (Passed)

Saturday, December 23

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand's Church

SUNDAY 12/17/2023 <i>choose (2)</i>	MONDAY 12/18/2023 <i>choose (2)</i>	TUESDAY 12/19/2023 <i>choose (2)</i>	WEDNESDAY Bday! 12/20/2023 <i>"A Christmas Story" Movie</i>	THURSDAY 12/22/2023 <i>choose (2)</i>	FRIDAY 12/23/2023 <i>choose (2)</i>	SATURDAY 12/23/2023 <i>choose (2)</i>
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Root Vegetable Soup	Lasagna Soup Turkey Pot Pie 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
<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>
BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Blueberry Pancakes	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Cajun Butter Steak	BeWell Ginger Soy Shrimp Beef Burgundy Roast Duck Breast w/Cherry Sauce CF - Breaded Pork Chop	Meatloaf Smeatloaf Red Ryder BBQ Pork Shanks Duck Lo Mein Seafood Newberg Gratin	BeWell Orange Pork Medallions General Tso's Chicken Crab Cake CF - Country Fried Steak	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Chicken Parmesan	Ham Steak Battered Fish Beef Stew CF - Grilled Vegetable Ravioli
<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>
Roasted Tri-color Potatoes Green Beans Amandine Sautéed Mushrooms AA Mashed Potato AA Baked Potato	Corn Soufflé Sautéed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	Egg Noodles Garlic Chalet Vegetable Blend Warm Chunky Applesauce AA Mashed Potato AA Baked Potato	Mashed Potatoes Veggie Egg Rolls Peas & Carrots 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	Roasted Fingerling Potatoes Root Vegetable Medley Green Beans w/Bacon AA Mashed Potato AA Baked Potato
Vegetable of the Week - Caramelized Cabbage & Onions						
<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>
Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Key Lime Pie Butterfinger Hot Fudge Sundae 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	OH FUDGE Chocolate Cheesecake Ovaltine Malted Milk Ball 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	Strawberry Shortcake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Homemade Apple Crisp Reese's Peanut Butter 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 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
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