



This Week at Sherwood Oaks - January 7-13, 2024 The Audio Bulletin Board 8489

Sunday, January 7

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

- 2:00 pm Chapel Service - Card Room
Rev. Dena Roy
- 7:30 pm Sunday Night Movie - Channel 951
Brigadoon (Passed)

Monday, January 8

- 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
- 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
- 1:30 pm SORA Board Meeting - Card 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

"Climate Change ~ Averting Catastrophe"

Jan. 8 ENCORE - Jan. 10
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Tuesday, January 9

- 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
4:00 pm Book Club - Chapel

"Inventions ~ Lectures 23 & 24"

Jan. 9 ENCORE - Jan. 11
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, January 10

- 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.

Wednesday, January 10 (Continued)

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building
- 12:00 pm Granny's Attic Annex #156 - (until 2:30pm)
No appointments needed today!
- 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
Maestro (R)

Thursday, January 11

- 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

Friday, January 12

- 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
Swing Shift (PG)

Saturday, January 13

- 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
- 6:45 pm Saturday Night at the Movies - Auditorium
Jersey Boys (R)



SUNDAY 1/7/2024	MONDAY 1/8/2024	TUESDAY 1/9/2024	WEDNESDAY 1/10/2024	THURSDAY 1/11/2024	FRIDAY 1/12/2024	SATURDAY 1/13/2024
**choose (2) Chicken Noodle Soup Navy Bean Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Potato Leek Chowder Beef Vegetable Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Italian Wedding Soup BeWell Hearty Lentil Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Split Pea Soup Wonton Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Chili Mushroom Barley Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Vegetarian Vegetable Soup Zucchini & Rice Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Homemade Cream of Tomato Soup Ham & Cabbage Soup Mixed Green Salad Iceberg Salad Prune Cup
choose (1) BeWell Herb Roasted Salmon Beef Tenderloin Cheese Quiche CF - Creamed Chicken & Biscuits	choose (1) BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Mushroom & Caramelized Onion Pizza	choose (1) BeWell Chicken Marsala Corned Beef Baked Trout w/Lemon Butter CF - Pasta Bolognese	choose (1) BeWell Lemon Pepper Haddock Pork Tenderloin w/Apple Chutney Stuffed Peppers CF - Smothered Chicken Thighs	choose (1) Veggie Stuffed Portobello Rodeo Burger Creamy Chicken Pasta Bake CF - Honey-Dijon Arctic Char	choose (1) BeWell Pecan Crusted Tilapia Taco Salad Sweet Italian Sausage Hoagie CF - Maple Garlic Chicken	choose (1) BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Florentine Ravioli
choose (3) Roasted Dijon Potatoes Green Beans Amandine Fresh Cauliflower AA Mashed Potato AA Baked Potato	choose (3) Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	choose (3) Parried Potatoes Steamed Cabbage Carrots AA Mashed Potato AA Baked Potato	choose (3) Potato Pancakes Sauteed Spinach Harvard Beets AA Mashed Potato AA Baked Potato	choose (3) Onion Rings Lemon Butter Broccoli Normandy Vegetables AA Mashed Potato AA Baked Potato	choose (3) Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	choose (3) Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Roasted Asparagus						
choose (1) Specialty Bread	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) Apple Cobbler Chocolate Éclair Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Chip Cookies Caramel Apple Walnut Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Peanut Butter Cake Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Coconut 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

Large Printed Menus are available on request. Call Jesse at #8505

**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 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.

****CAFÉ CLOSED ON SATURDAYS & SUNDAYS FOR BREAKFAST & LUNCH****

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
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