



**This Week at Sherwood Oaks - January 14-20, 2024**  
**The Audio Bulletin Board 8489**

**Sunday, January 14**

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- Bus to Local Churches - Check bulletin board & Channel 950 for times**  
 2:00 pm Chapel Service - Card Room  
*Rev. Dean Ziegler*  
 7:30 pm Sunday Night Movie - Channel 951  
 New York, New York (PG)

**Monday, January 15** *Martin Luther King Day*

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- 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, January 16**

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- 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.  
 11:00 am Marketing Event: **Tom Madden - Hollywood's Biggest Scandals, Lies & Cover-Ups** ~ Auditorium - Call 1-800-624-2217 to RSVP  
 1:00 pm Pool/Billiards - Billiards Room  
 1:30 pm No - Drama Club Meeting  
 1:40 pm Bus to VA Clinic Cranberry/Passavant  
 3:00 pm Sit & Fit Strength Class - Channel 951

***"A Wintery Journey to the Arctic Circle"***

Jan. 16                      ENCORE - Jan. 18  
 10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm  
 TV Channel 951

**Wednesday, January 17**

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- 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

**Wednesday, January 17 (Continued)**

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- 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  
**Schindler's List (R)**

***"The Elements & Benefits of Walking"***

Jan. 17                      ENCORE - Jan. 19  
 10:00 am, 3:30 pm, 7:00 pm    10:00 am & 3:30 pm  
 TV Channel 951

**Thursday, January 18**

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- 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  
 3:00 pm Sit & Fit Strength Class - Channel 951  
 7:00 pm Focus on the World Presents: **Rev. Ralph Lowe ~ Racism in 2024** - Auditorium

**Friday, January 19**

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- 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 Stork Club (Passed)**

**Saturday, January 20**

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- 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  
**Allan Quatermain and the Lost City of Gold (PG)**



SUNDAY 1/14/2024	MONDAY 1/15/2024	TUESDAY 1/16/2024	WEDNESDAY 1/17/2024	THURSDAY 1/18/2024	FRIDAY 1/19/2024	SATURDAY 1/20/2024
**choose (2) Chicken Noodle Soup French Onion Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Potato Leek Chowder Italian Bean & Farro Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Italian Wedding Soup Pumpkin Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Split Pea Soup Lemon Chicken Orzo Soup Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Chili Manhattan Clam Chowder Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Vegetarian Vegetable Soup Chicken Gumbo Mixed Green Salad Iceberg Salad Prune Cup	**choose (2) Homemade Cream of Tomato Soup Zuppa Toscana Soup Mixed Green Salad Iceberg Salad Prune Cup
choose (1) Roasted Turkey Breast w/Gravy Brown Sugar Baked Ham Baked Stuffed Flounder CF - Roast Beef Hash	choose (1) BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Veal Marsala	choose (1) BeWell Baked Salmon Pepperoni Pizza Beef Teriyaki	choose (1) Chicken Alfredo Penne Stuffed Cabbage Roll Pork Osso Bucco CF - Garlic Scallops	choose (1) BeWell Caribbean Grilled Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Shrimp Lo Mein	choose (1) BeWell Pork Chops w/Apples & Thyme House Breaded Fish Beef Tenderloin CF - BBQ Chicken Thighs	choose (1) BeWell Chicken Cacciatore Beef Brisket Pasta Primavera CF - Fried Clam Strips
choose (3) Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	choose (3) Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	choose (3) Vegetable Rice Steamed Broccoli Parslled Carrots AA Mashed Potato AA Baked Potato	choose (3) Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	choose (3) Soaker Beans Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	choose (3) Roasted Ranch Potatoes Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	choose (3) Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Creamy Parmesan Bacon Mushrooms</b>						
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) Chocolate Mint Pie Lemon Blueberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Fudge Torte Cake Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Pecan Pie Salted Caramel Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Triple Mousse Dessert Raspberry Almond Shortbread Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Toasted Almond Cake Cinnamon Pecan Coffee Cake Muffin Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Baked Apples w/Ice Cream Sweet Potato Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Lemon Mousse Cake Salted Caramel Bar 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 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.

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

<p><b>Main Dining Room</b> Ext. 8234 (724-776-8234) Lunch - 11:45 am-1 pm Dinner - 4:30-6:30 pm</p>	<p><b>Café</b> Ext. 8236 (724-776-8236) **Breakfast - 8-10:30 **Lunch - 10:30am-4:30pm Dinner - 4:30-6:30 pm</p>	<p><b>Café Meal Pick Ups</b> 11:30 am - 1 pm 4:30-6:30 pm <b>Corner Market</b> 8 am - 6:30 pm</p>
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