



This Week at Sherwood Oaks - December 29, 2024 - January 4, 2025
The Audio Bulletin Board 8489

Sunday, December 29

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

- 2:00 pm Chapel Service - Card Room
Rev. Jean Henderson
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Ocean's Eleven (Approved)

Monday, December 30

- 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 Fit. Ctr.
- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, December 31 *New Year's Eve*

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry, Passavant Cranberry & Pittsburgh/Oakland
- 11:00 am Move & Groove - Cran Lake Fit. Ctr.
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 8:00 pm **New Year's Eve Party (until 11pm)** - Free Tickets at the Reception Desk! Guests are Welcome.

New Year's Eve 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 - 4:00 pm



"Our Seasons ~ The Circle of Life"

Dec. 31 ENCORE - Jan. 2
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, January 1 *New Year's Day*

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

New Year's Day Hours

2025
HAPPY NEW YEAR

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 - 4:00 pm

Thursday, January 2

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburns Scooter Clinic (until 2:30pm) - Sign up sheet is posted in mail room
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Stretch & Stability - Cran Lake Fit Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, January 3

- 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 Group Fitness - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall Passavant Main & Passavant Cranberry
- 1:00 pm Crazy Crafters - Lower Level Craft Room - Call Joni Pun (8223) to RSVP
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951
Mrs. Henderson Presents (R)

Saturday, January 4

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand Church
- 7:30 pm Residents' Request Movie - Channel 951
The Hunt for Red October (PG)

SUNDAY
12/29/2024

MONDAY
12/30/2024

TUESDAY New Year's Eve
12/31/2024

WEDNESDAY Happy New Year!
1/1/2025

THURSDAY
1/2/2025

FRIDAY
1/3/2025

SATURDAY
1/4/2025

* Open for Lunch Only *
Dining Room 11:30am-1:30pm
Takeouts (Café) 11:30am - 1:30pm

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Dining Room 11:30am-1:30pm
Takeouts (Café) 11:30am - 1:30pm

<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Root Vegetable Soup	Split Pea Soup Cream Of Cauliflower 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
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BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Cheese Blintz	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Country Fried Steak	BeWell Ginger Soy Shrimp Beef Burgundy Chicken Pot Pie CF - Eggplant Parmesan	Chicken Penne Alfredo Savory Meatloaf Seasoned Snapper Pork & Sauerkraut	BeWell Orange Pork Medallions General Tso's Chicken Crab Cake CF - Mongolian Beef	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Smothered BBQ Chicken	Ham Steak Battered Fish Beef Stew CF - Spaghetti w/Turkey Meatballs
<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 Creamed Spinach 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	Mashed Potatoes Tri Colored Carrots Peas	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 - Buttered Garlic Wax Beans						
<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	Chocolate Fudge Cake Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Maple Bourbon Bread Pudding White Cake w/Coconut Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Cake w/Choc Icing White Choc Cranberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Orange Cream Cake 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, 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 - 10:30am - 4:30pm

Café Meal Pick Ups
11:30 am - 1 pm

4:30-6 pm

Corner Market
8 am - 6 pm

WEEK FOUR