



This Week at Sherwood Oaks - December 8-14, 2024
The Audio Bulletin Board 8489

Sunday, December 8

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

- 2:00 pm Chapel Service - Card Room
Rev. Ben Robbins
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Spirited (PG-13)

Monday, December 9

- 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 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

"Polar Extremes: Ice Worlds"

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

Tuesday, December 10

- 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.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
- 1:00 pm Ladies' Pool - Pool Table 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
- 7:00 pm SORA Quarterly Meeting - Auditorium

"Connections ~ Fire from the Sky"

Dec. 10 ENCORE - Dec. 12
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, December 11

- 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

Wednesday, December 11 (Continued)

- 1:30 pm Birthday Movie - Channel 951
How the Grinch Stole Christmas (PG)
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Birthday Movie - Channel 951
How the Grinch Stole Christmas (PG)



Thursday, December 12

- 7:00 am Bus to Passavant Cranberry & Main
- 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
- 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
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm **The Cranberry Men's Chorus** - Auditorium

REMINDER

The Dining Room and Cafe are closed for lunch on Thursday, Dec. 12 for the employee holiday party ~ see channel 950 for full details.

Friday, December 13

- 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
The Holdovers (R)

Saturday, December 14

- 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 Holiday (PG-13)

| SUNDAY 12/8/2024 | MONDAY 12/9/2024 | TUESDAY 12/10/2024 | WEDNESDAY "The Grinch!" 12/11/2024 | THURSDAY Employee Party 12/12/2024 | FRIDAY 12/13/2024 | SATURDAY 12/14/2024 |
|---------------------|---------------------|-----------------------|---------------------------------------|---------------------------------------|----------------------|------------------------|
|---------------------|---------------------|-----------------------|---------------------------------------|---------------------------------------|----------------------|------------------------|

| **choose (2) | **choose (2) | **choose (2) | **choose (2) | **choose (2) | **choose (2) | **choose (2) |
|--|---|---|--|--|---|---|
| Chicken Noodle Soup Cream of Broccoli Soup | Potato Leek Chowder BW Shrimp and Corn Soup | Italian Wedding Soup Elephant Garlic Soup | Tortellini Soup Cauliflower & Gouda Cheese Bisque | Chili Chicken Florentine Soup | Vegetarian Vegetable Soup New England Clam Chowder | Cream of Tomato Soup Chicken Vegetable Soup |
| Mixed Green Salad Iceberg Salad Prune Cup | Mixed Green Salad Iceberg Salad Prune Cup | Mixed Green Salad Iceberg Salad Prune Cup | Mixed Green Salad Iceberg Salad Prune Cup | Mixed Green Salad Iceberg Salad Prune Cup | Mixed Green Salad Iceberg Salad Prune Cup | Mixed Green Salad Iceberg Salad Prune Cup |
| choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) |
| Rotisserie Chicken Rack of Lamb Crab Cake CF - French Toast | BeWell Baked Cod Ham & Pineapple Malibu Burger CF - Beef Tortellini Bake | Vegetable Quiche Cranberry Chicken Pork & Sauerkraut CF - Parmesan Crusted Perch | Prime Rib Fried Shrimp Butternut Squash Ravioli w/Sage Cream Herb Roasted Chicken | BeWell Baked Orange Roughy Turkey Devonshire Italian Meatballs CF - Roasted Pork Loin | BeWell Apricot Chicken Cheese Ravioli Savory Meatloaf CF - Calamari | Stuffed Pork Chop Flounder Amandine Veal Liver & Onions CF - Fried Chicken |
| choose (3) | choose (3) | choose (3) | choose (3) | choose (3) | choose (3) | choose (3) |
| Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato | Wild Rice Pilaf Balsamic Roasted Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato | German Potato Salad Green Beans Cauliflower AA Mashed Potato AA Baked Potato | Garlic Mashed Potatoes Broccoli w/Roasted Red Pepper Button Mushrooms AA Mashed Potato AA Baked Potato | Angel Hair Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato | Loaded Mashed Potatoes Sautéed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato | Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato |

| Vegetable of the Week - Mashed Rutabaga w/Butter | | | | | | |
|---|---|--|---|---|---|--|
| 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 |
| choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) |
| Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day | Tiramisu Caramel Apple Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day | Gingerbread Cheesecake Mousse Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day | Grinch Brownie Peppermint Stick Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day | Gingerbread Cake w/Whipped Cream Turtle Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day | Dutch Apple Pie Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day | Chocolate Brownie Carrot Cake 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, 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

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

WEEK ONE