

“For Your Information”

(A periodic publication by Sherwood Oaks)

March 18, 2025

“Step it Up” Results

Congratulations and thank you to all the Sherwood Oaks residents who participated in the Fitness Center “Step it Up Challenge” in February. The thirty-one residents who participated, accumulated a whopping 3,592,725 steps!!! See Channel 950 for detailed information. Keep stepping!

Happy Anniversary!

March 21 marks nine years that our swans, Sherman and Oakley, came to live at Sherwood Oaks.

Resident Get Together

A resident get together will be held on Friday, March 21 at 1:30 p.m. in the Auditorium and Card Room with Mark Bondi & the Management Team. Together, they will give campus updates and answer any questions you may have.

Nutritional Event

Come celebrate National Nutrition Month with us on Monday, March 24 in the Card Room from 2:30 - 3:30 p.m. This year's theme is "Food Connects Us." Stop by to enjoy “Be Well” samples, meet our Registered Dietitian, ask questions to our Director and Executive Chef, and learn about a healthier lifestyle for active adults. Questions? Contact Amanda Anthony at ext. 8495.

Dance Performance

The Pittsburgh Ballroom Dancers will be here on Tuesday, March 25 at 1:30 p.m. for a performance in the Auditorium. All residents are welcome to attend. We hope to see you there!

Cyber Security Event

The North Allegheny high school cyber security club will be here on Friday, March 28 at 1:30 p.m. in the Auditorium to speak about how to protect yourself against cyber security issues. Bring your smart phones and tablets! Questions? Contact Roberta Breninghouse at ext. 8471.

Birthday Celebration

From protests to the Summer of Love, from space disaster to the moon landing, from the British Invasion to the shores of California, to a field in upstate New York, the “60’s” was a decade that changed America. Join us in the Main Dining Room on March 26 as we celebrate this decade of contrast. The menu includes vichyssoise soup, chicken and dumpling soup, steak Diane, coq au vin, pigs in a blanket, sole with leeks and shrimp sauce, dill potatoes, green beans amandine, and glazed carrots. Finish the evening with chocolate fondue, peach melba sundae & birthday cake.

Due to the popularity of our themed events, we highly recommend you make a reservation for lunch and/or dinner in the Dining Room by calling extension 8234 – with your name, number of people in your party and reservation time. Come dressed as your favorite 60’s TV character, favorite band member, or your inner flower child!