



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - April 13 - 19, 2025 The Audio Bulletin Board 8489

Sunday, April 13

Palm Sunday

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

- 2:00 pm Chapel Service w/ Communion - Card Rm.
Rev. Stan Keehlwetter
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, April 14

- 8:15 am Bus to Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:00 am Mixed Pickleball League - Cran. Lake Fit. Ctr.
- 9:30 am Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Center
- 11:00 am Mindful Stretch - Cran. Lake Fit. Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/
Passavant Cranberry & Main Campus
- 1:30 pm Continued Learning: *Thomas Wendt ~
Life & Music of Teddy Wilson* - Aud.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 4:00 pm *Celebration of Life: Barbara Foster* -
Auditorium
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, April 15

- 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
- 1:30 pm Drama Club Meeting - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Ladies Pickleball League - Cran. Lake. Fit. Ctr.
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, April 16

- 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.

Wednesday, April 16 (Continued)

- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building
- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm Chorus Practice - Auditorium
- 2:30 pm Cornhole & Ping-Pong Games - Cranberry
Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby

Thursday, April 17

Maundy Thursday

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Mixed Pickleball League - Cran. Lake Fit. Ctr.
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 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
- 2:00 pm Mah Jongg - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 4:00 pm *Maundy Thursday Service* - Auditorium

Friday, April 18

Good Friday

- 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 950
- 4:00 pm *Good Friday Tenebrae Service* - Aud.

Saturday, April 12

- 9:30 am Bus to Beaver Valley Mall
- 10:00 am Mixed Pickleball League - Cran. Lake Fit. Ctr.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Bus to St. Ferdinand Church



SUNDAY 4/13/2025 <i>choose (2)</i>	MONDAY 4/14/2025 <i>choose (2)</i>	TUESDAY 4/15/2025 <i>choose (2)</i>	WEDNESDAY 4/16/2025 <i>choose (2)</i>	THURSDAY 4/17/2025 <i>choose (2)</i>	FRIDAY 4/18/2025 <i>choose (2)</i>	SATURDAY 4/19/2025 <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
<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>
BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Scrambled Egg Whites	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Beef Brisket	BeWell Ginger Soy Shrimp Beef Burgundy Chicken Pot Pie CF - Roasted Pork Loin	Chicken Penne Alfredo Savory Meatloaf Seasoned Snapper CF - Breaded Pork Chop	BeWell Orange Pork Medallions General Tso's Chicken Crab Cake CF - Vegetable Potstickers	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Garlic Parm Chicken Wings	Ham Steak Battered Fish Beef Stew CF - Monterey Chicken
<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 AA Mashed Potato AA Baked Potato	Mashed Potatoes Tri Colored Carrots Peas AA Mashed Potato AA Baked Potato	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 - Smashed Rutabaga						
<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	Spice Cake 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

Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6 pm

Corner Market

8 am - 6 pm