



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - April 20-26, 2025 The Audio Bulletin Board 8489

Sunday, April 20

Easter

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

- 8:00 am Easter Sunrise Service - SO Park Pavilion
Rev. Jean Henderson
- 2:00 pm Easter Service - Auditorium
Rev. Ron Hoellein
- 3:00 pm Sit & Fit Strength Class - Channel 950

Easter Hours

Main Dining Room

Lunch - 11:30 am - 1:30 pm
Dinner - Closed

Café

Breakfast - 8-10:30 am
Lunch & Dinner - Closed
Takeout meals - 11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 4:00 pm



Monday, April 21

- 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
- 10:45 am Women's Bible Study - Card Room
- 11:00 am Mindful Stretch - Cran. Lake Fit. Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/
Passavant Cranberry & Main Campus
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, April 22

- 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
- 2:00 pm Ladies Pickleball League - Cran. Lake. Fit. Ctr.
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, April 23

- 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

Wednesday, April 23 (Continued)

- 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 **NO** - Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm **NO** - 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 24

- 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 - **Lobby**
- 2:00 pm Mah Jongg - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, April 25

Last Day of Spring Hanging Basket Sale ~ Order Forms and Checks (payable to SORA) to Cubby #312

- 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 *Celebration of Life ~ Thomas Risch -
Cranberry Lake Grill*

Saturday, April 26

- 9:30 am Bus to Ross Park 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
- 7:00 pm *Entertainment Committee: Steinway
Scholars - Auditorium*

EASTER SUNDAY 4/20/2025	MONDAY 4/21/2025	TUESDAY 4/22/2025	WEDNESDAY 4/23/2025	THURSDAY 4/24/2025	FRIDAY 4/25/2025	SATURDAY 4/26/2025
* Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Cafe) 11:30am - 1:30pm						
**choose (2) Chicken Noodle Soup Carrot Bisque	**choose (2) Potato Leek Chowder Zucchini & Rice Soup	**choose (2) Italian Wedding Soup Beef Barley Soup	**choose (2) Split Pea Soup Cream of Mushroom Soup	**choose (2) Chili Chicken Cordon Bleu Soup	**choose (2) Vegetarian Vegetable Soup Lobster Bisque	**choose (2) Homemade Cream of Tomato Minestrone 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
choose (1) Trout w/Pears & Bacon Carved Brown Sugar Ham Stuffed Shells w/Spinach Artichoke Sauce Vegetable Quiche	choose (1) Cheese Pizza Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - Baked Tilapia	choose (1) BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Chicken & Broccoli Alfredo	choose (1) BeWell BBQ Chicken Thighs Mushroom Ravioli Hot Roast Beef Sandwich CF - Orange Roughy	choose (1) BeWell Pepper Steak House Smoked Salmon Vegetable Stir Fry CF - Pork Egg Roll	choose (1) BeWell Lemon Pepper Flounder Swedish Meatballs Chicken a la King CF - Ham Loaf	choose (1) BeWell Pesto Chicken Breast Kielbasa & Sauerkraut Cheeseburger Pie CF - Cajun Catfish
choose (3) Scalloped Potatoes Roasted Brussels Sprouts Creamed Corn	choose (3) Wild Rice Pilaf Peas and Carrots Midori Vegetable Blend AA Mashed Potato AA Baked Potato	choose (3) Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	choose (3) French Fries Sauteed Zucchini Sliced Carrots AA Mashed Potato AA Baked Potato	choose (3) Vegetable Fried Rice Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	choose (3) Buttered Egg Noodles Steamed Peas Broccoli and Cheese AA Mashed Potato AA Baked Potato	choose (3) Pierogies Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato
Vegetable of the Week - Cauliflower & Cheese Sauce						
choose (1) Mini Doughnuts	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) Lemon Meringue Pie Tuxedo Torte Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Triple Chocolate Cheesecake Cookies & Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Peanut Butter Silk Pie Homemade Peach Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Mandarin Orange Cake Bourbon Caramel Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Pumpkin Bar Southern Pecan Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Peanut Butter Mousse Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Cherry Jubilee Sundae Red Velvet 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 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 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

4:30-6:30 pm

Corner Market

8 am - 6:30 pm