



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - May 4 - 10, 2025 The Audio Bulletin Board 8489

Sunday, May 4

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

- 2:00 pm Chapel Service - Card Room
Rev. Karen Slusser
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, May 5

Cinco de Mayo

- 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
- 1:30 pm Cont. Learning/Health Affairs presents...
*Antione Douaihy: Medical Marijuana
for Seniors* ~ Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, May 6

- 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 SORA Board Meeting - Card 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
- 7:00 pm Entertainment Committee presents... *BEO
String Quartet* ~ Auditorium & Card Room

Wednesday, May 7

- 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.
- 11:30 am *Spring Flower Pick up (until 1:00pm)* ~
Scooter Room Entrance (Outside Patio)
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building

Wednesday, May 7 (Continued)

- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm Cornhole & Ping-Pong Games - Cranberry
Lake Fitness Center
- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 4:00 pm *Chorus & Bells Spring Concert* - Aud. &
Card Room

Thursday, May 8

- 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.
- 11:00 am Holy Communion, Episcopal Rite - Chapel
All baptized persons welcome!
- 1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
- 1:00 pm Bus to Deener's Farm Market
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Card Room
- 1:30 pm *Sherwood Oaks Park Dedication Party
(Rain Date - May 15)* - Residents & Staff
are invited! ~ Sherwood Oaks Pavilion
- 2:00 pm *Pickleball Demonstration (Rain Date -
May 15)* ~ Sherwood Oaks Park
- 2:00 pm Mah Jongg - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, May 9

- 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

Saturday, May 10

- 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

SUNDAY 5/4/2025	MONDAY 5/5/2025	TUESDAY 5/6/2025	WEDNESDAY 5/7/2025	THURSDAY 5/8/2025	FRIDAY 5/9/2025	SATURDAY 5/10/2025
**choose (2) Chicken Noodle Soup Navy Bean Soup	**choose (2) Potato Leek Chowder Beef Vegetable Soup	**choose (2) Italian Wedding Soup BeWell Hearty Lentil Soup	**choose (2) Split Pea Soup Wonton Soup	**choose (2) Chili Mushroom Barley Soup	**choose (2) Vegetarian Vegetable Soup Meatball Stew	**choose (2) Homemade Cream of Tomato Soup Ham & Cabbage 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) BeWell Herb Roasted Salmon Beef Tenderloin Stuffed Shells CF - Ham & Cheese Scramble	choose (1) BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Beef Enchiladas	choose (1) BeWell Chicken Marsala Corned Beef Baked Trout w/ Lemon Butter CF - Penne w/ Mushroom & Spinach	choose (1) BeWell Lemon Pepper Haddock Pork Tenderloin w/ Apple Chutney Taco Salad CF - Smothered Chicken	choose (1) Vegetable Stuffed Portobello Rodeo Burger Creamy Chicken Pasta Bake CF - Black Kingfish	choose (1) BeWell Pecan Crusted Tilapia Stuffed Peppers Sweet Italian Sausage Hoagie CF - Turkey Sloppy Joes	choose (1) BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Grilled Vegetable Ravioli
choose (3) Roasted Dijon Potatoes Green Beans Amandine Parmesan Roasted Cauliflower AA Mashed Potato AA Baked Potato	choose (3) Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	choose (3) Parslied Potatoes Steamed Cabbage Carrots AA Mashed Potato AA Baked Potato	choose (3) Potato Pancakes Sauteed Spinach Roasted Eggplant AA Mashed Potato AA Baked Potato	choose (3) Onion Rings Lemon Butter Broccoli Normandy Vegetables AA Mashed Potato AA Baked Potato	choose (3) Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	choose (3) Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Southern Style Collard Greens						
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) Strawberry Sundae Boston Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Cookie Butter Cheesecake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Cake w/ choc icing Oatmeal Cran Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Black Forest Cake Caramel Apple Walnut Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Peanut Butter Cake Blueberry Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Hummingbird Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Apple Streusel Cake Cherry 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 delivery or pick-up: 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

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