



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - May 11-17, 2025 The Audio Bulletin Board 8489

Sunday, May 11

Mother's Day

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

2:00 pm Chapel Service - Card Room

Rev. Leonard Finn

3:00 pm Sit & Fit Strength Class - Channel 950

HAPPY
Mother's Day

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, May 12

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

3:00 pm Sit & Fit Strength Class - Channel 950

4:00 pm Aquacize - Swimming Pool

6:30 pm Monday Night Bridge - Lobby

Tuesday, May 13

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

4:00 pm Book Discussion Group - Chapel

Wednesday, May 14

8:15 am Bus to UPMC Passavant Cranberry

9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room

Wednesday, May 14 (Continued)

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

1:30 pm *Memorial Service for Barbara Rankin* ~
Auditorium

2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

2:30 pm Cornhole & Ping-Pong Games - Cranberry
Lake Fitness Center

3:00 pm Sit & Fit Strength Class - Channel 950

3:00 pm **NO** - Knitting with Mary - Lobby

Thursday, May 15

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.

10:30 am St. Ferdinand Confession - Card Room

11:00 am St. Ferdinand Mass - Card Room

11:00 am Stretch & Stability - Cran Lake Fit Ctr.

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

2:00 pm Mah Jongg - Lobby

3:00 pm Sit & Fit Strength Class - Channel 950

4:00 pm Aquacize - Swimming Pool

Friday, May 16

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

1:30 pm *Resident Get Together w/ Mark Bondi* ~
Auditorium & Card Room

3:00 pm Sew & So's - Lobby

3:00 pm Sit & Fit Strength Class - Channel 950

Saturday, May 17

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 Mother's Day **MONDAY** 5/12/2025 **TUESDAY** 5/13/2025 **WEDNESDAY** 5/14/2025 **THURSDAY** 5/15/2025 **FRIDAY** 5/16/2025 **SATURDAY** 5/17/2025

* Open for Lunch Only *
 Dining Room 11:30am-1:30pm
 Takeouts (Café) 11:30am - 1:30pm

**choose (2) Chicken Noodle Soup French Onion Soup Mixed Green Salad Iceberg Salad Prune Cup choose (1) Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flourider CF - Apple Brie Chicken choose (3) Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Washed Potato AA Baked Potato	**choose (2) Potato Leek Chowder Italian Bean & Farro Soup Mixed Green Salad Iceberg Salad Prune Cup choose (1) BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Veal Milanese choose (3) Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Washed Potato AA Baked Potato	**choose (2) Italian Wedding Soup Pumpkin Soup Mixed Green Salad Iceberg Salad Prune Cup choose (1) BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - Pork Potstickers choose (3) Vegetable Rice Steamed Broccoli Parslief Carrots AA Washed Potato AA Baked Potato	**choose (2) Split Pea Soup Lemon Chicken Orzo Soup Mixed Green Salad Iceberg Salad Prune Cup choose (1) Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - Tuna Noodle Casserole choose (3) Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Washed Potato AA Baked Potato	**choose (2) Chili Manhattan Clam Chowder Mixed Green Salad Iceberg Salad Prune Cup choose (1) Apple Glazed Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Calamari choose (3) Soaker Beans Fresh Asparagus Cauliflower au Gratin AA Washed Potato AA Baked Potato	**choose (2) Vegetarian Vegetable Soup Chicken Gumbo Mixed Green Salad Iceberg Salad Prune Cup choose (1) BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Cornell BBQ Chicken choose (3) Roasted Ranch Potatoes Walnut Pesto Green Beans Sweet Corn AA Washed Potato AA Baked Potato	**choose (2) Homemade Cream of Tomato Soup Zuppa Toscano Soup Mixed Green Salad Iceberg Salad Prune Cup choose (1) BeWell Chicken Cacciatore BBQ Beef Brisket Pasta Primavera CF - Tilapia Vera Vera Cruz choose (3) Cheesy Potatoes Steamed Peas Roasted Parsnips AA Washed Potato AA Baked Potato
Vegetable of the Week - Creamed Spinach						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Doughnuts	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)
Chocolate Mint Pie Sweet Potato Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Fudge Torte Cake Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pecan Pie Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tapioca Pudding New York Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Toasted Almond Cake Bourbon Apples w/ice cream Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Fruit of the Forest Pie Olive Oil Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Lemon Mousse Cake Salted Caramel Bar 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

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