



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - November 2 - 8, 2025

The Audio Bulletin Board 8489

Sunday, November 2 *Daylight Savings Ends*

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

2:00 pm Chapel Service ~ Card Room

Rev. James Shoucair

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

Monday, November 3

8:15 am Bus to Passavant Cranberry

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

9:00 am Mixed Pickleball League - Sherwood Oaks Park

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, November 4

Election Day



Bus to Vote

9:30am 11:45am

2:00pm 4:00pm

Sign up on the bulletin board!

8:15 am Bus to Passavant Cranberry

9:30 am Bus to VA Clinic in Cranberry, Passavant
Cranberry & Pittsburgh/Oakland

10:00 am **NO** - Tai Chi - Cranberry Lake Fitness Center

10:00 am Continued Learning: **BBC Great Composers ~**
Wagner - Channel 950

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 Monthly Board Meeting** - Card Room

1:30 pm How to Write Your Life Story - Conf. Rm.
(Seating is limited - RSVP to Rita Bean)

1:40 pm Bus to VA Clinic Cranberry/Passavant

2:00 pm Backgammon - Lobby

2:00 pm Living with Loss: **Grief Support with Rev.**
Sam Blair (Bridges Hospice) - Chapel

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

Wednesday, November 5

8:15 am Bus to UPMC Passavant Cranberry

9:00 am Mixed Pickleball League - Sherwood Oaks Park

Wednesday, November 5 (Continued)

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

9:30 am Bus to Passavant/Cranberry & 228 Mall

10:00 am Group Fitness - Cran. Lake Fitness Ctr.

11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.

11:45 am Bus to Passavant/Cranberry, 228 Mall &
Cranberry Twp. Municipal Building

1:00 pm Hand Bell Practice - Auditorium

2:00 pm Bus to Passavant/Cranberry & 228 Mall

2:30 pm Chorus Practice - Auditorium

2:30 pm Indoor Games - Cran. Lake Fitness Ctr.

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

3:00 pm Knitting with Mary - Lobby

Thursday, November 6

7:00 am Bus to Passavant Cranberry & Main

9:00 am Clergy Gathering - Chapel

9:00 am Blackburn's Scooter Repairs (until 2:30pm)
Sign-up Sheet is Posted in Mailroom!

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

1:00 pm Mah Jongg - Lobby

1:30 pm Duplicate Bridge - Lobby

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

3:30 pm Continued Learning: **BBC Great Composers**
Wagner - Channel 950

4:00 pm Aquacize - Swimming Pool

Friday, November 7

7:00 am Bus to Passavant Cranberry & Main

9:00 am Ladies Pickleball - Sherwood Oaks Park

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

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

Saturday, November 8

9:00 am Mixed Pickleball League - Sherwood Oaks Park

9:30 am Bus to Ross Park Mall

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

3:25 pm Bus to St. Ferdinand Church

SUNDAY 11/2/2025	MONDAY 11/3/2025	TUESDAY 11/4/2025	WEDNESDAY 11/5/2025	THURSDAY 11/6/2025	FRIDAY 11/7/2025	SATURDAY 11/8/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Lobster Bisque Potato Leek Soup	BW Cauliflower Bisque Chicken & Rice Soup	Elephant Garlic Soup Chili	Chilled Vichyssoise Vegetarian Vegetable Soup	Lentil Soup Italian Wedding Soup	Beef Barley Tomato Basil Soup	Yankee Bean Soup Chicken Noodle
Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - Creamed Chipped Beef	BW Ginger Citrus Chicken Montreal Beef Shoulder Bourbon Cherry Pork CF - Cajun Crawfish Pasta	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Breaded Pork Chops	Eggplant Parmesan Chicken Marsala Meatballs CF - Shrimp Scampi	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - National Nacho Day	BW Lasagna Roll-ups Apricot Chicken Fried Cat Fish w/Hushpuppies CF - Country Fried Steak	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Cheese Tortellini
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash AA Mashed Potato AA Baked Potato	Scalloped Potatoes Sauteed Green Beans Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Dijon Roasted Potatoes Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato	Angel Hair Marinara Roasted Mushrooms Sauteed Zucchini AA Mashed Potato AA Baked Potato	Sweet Potato Fries Creamed Spinach Corn on the Cob AA Mashed Potato AA Baked Potato	Pierogies w/Onions Peas & Peppers Asparagus AA Mashed Potato AA Baked Potato	Parslied New Potatoes Sauteed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Mushroom Fricassee						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Rolls	Garlic Breadstick	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Herbed Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Peach Melba Sundae Banana Choc Marble Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Pie Butter Toffee Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Olive Oil Cake Orange Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Rhubarb Pie Cookies & Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Cream Pie Lemon Blueberry Mousee Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Hot Fudge Sundae Strawberry Shortcake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Banana Cream Pie Almond Joy Parfait Fresh Fruit Cup Apple, Banana, or Orange Ice Cream 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: 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

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 - 10:30 am-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