



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - November 9 - 15, 2025

The Audio Bulletin Board 8489

Sunday, November 9

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

2:00 pm Chapel Service ~ Card Room

Rev. Ron Brown

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

Monday, November 10

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 Fitness Ctr.

9:30 am Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry/Cranberry Mall

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

10:00 am Focus on the World: **10 Most Impacted
Places by Climate Control** - Channel 950

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

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 11 *Veterans Day*

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

10:00 am Continued Learning: **The Evolution of
Technology** - Channel 950

10:00 am Veterans' Memorabilia Drop off - Lobby

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 **A Patriotic Salute to Sherwood Oaks'
Veterans** ~ Auditorium & Card Room -
Patriotic Piano Music Begins at 1:15pm

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

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

Wednesday, November 12

8:15 am Bus to UPMC Passavant Cranberry

9:00 am Covid-19 Vaccine Clinic (Independent
Living Residents) ~ Card Room - See
Channel 950 for Details - Note: This was an
RSVP Only Clinic - We are unable to accept
walkins.

Wednesday, November 12 (Continued)

9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.

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

3:30 pm Focus on the World: **10 Most Impacted
Places by Climate Control** - Channel 950

Thursday, November 13

7:00 am Bus to Passavant Cranberry & Main

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.

11:45 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 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: **The Evolution of
Technology** - Channel 950

4:00 pm Aquacize - Swimming Pool

Friday, November 14

7:00 am Bus to Passavant Cranberry & Main

9:00 am Ladies Pickleball - Cran. Lake Fitness Ctr.

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 15

9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.

9:30 am Bus to Beaver Valley Mall

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

3:25 pm Bus to St. Ferdinand Church

SUNDAY 11/9/2025	MONDAY 11/10/2025	TUESDAY 11/11/2025	WEDNESDAY 11/12/2025	THURSDAY 11/13/2025	FRIDAY 11/14/2025	SATURDAY 11/15/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Cream of Broccoli Soup	Potato Leek Chowder BW Shrimp and Corn Soup	Italian Wedding Soup Yankee Bean	Split Pea Soup Beef Noodle Soup	Chili Chicken Florentine Soup	Vegetarian Vegetable Soup New England Clam Chowder	Cream of Tomato Soup Chicken Vegetable 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)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Rotisserie Chicken Rack of Lamb Crab Cake	BeWell Baked Cod Ham & Pineapple Fried Chicken Sandwich	BeWell Vegetable Quiche Cranberry Chicken Pork & Sauerkraut	Vegetable Lasagna Fried Shrimp Black & Bleu Steak Medallions	BeWell Baked Orange Roughly Turkey Devonshire Italian Meatballs	BeWell Apricot Chicken Cheese Ravioli Pork Weiner Schnitzel	Stuffed Pork Chop Flounder Amandine Lamb Stew
CF - Scrambled Egg Whites	CF - Grilled Vegetable Ravioli	CF - Artic Char (fish)	CF - Veggie Pizza	CF - Cajun Honey Pork Tenderloin	CF - Baked Scallops	CF - Honey Buffalo Chicken
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Balsamic Roasted Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	Mashed Potatoes Green Beans Cauliflower AA Mashed Potato AA Baked Potato	Seasoned Potato Wedges Succotash Button Mushrooms AA Mashed Potato AA Baked Potato	Angel Hair Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	German Potato Salad Sauteed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
Vegetable of the Week - Broccoli & Lemon Butter						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Scones	Assorted Dinner Roll	Assorted Dinner Roll	Breadsticks	Cornbread	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tiramisu Apple Cranberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Caramel Apple Cake Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Pie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Gingerbread Cake w/Whipped Cream Wild Berry Lemon Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Dutch Apple Pie Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Oreo Dessert Bar Carrot 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 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