



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - November 16 - 22, 2025

The Audio Bulletin Board 8489

Sunday, November 16

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

- 2:00 pm Chapel Service ~ Card Room
Rev. Liddy Barlow
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, November 17

- 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
- 10:45 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 18

- 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: *Andrew Carnegie ~
Prince of Steel* - 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 How to Write Your Life Story - Conf. Rm.
(Seating is limited - RSVP to Rita Bean)
- 1:30 pm Drama Club Meeting - Auditorium
- 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 19

- 8:15 am Bus to UPMC Passavant Cranberry
- 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.

Wednesday, November 19 (Continued)

- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby

Dining Services Birthday Theme Today is



Thursday, November 20

- 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.
- 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 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: *Andrew Carnegie ~
Prince of Steel* - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 7:00 pm Entertainment Committee: *Roberta & The
Chameleons (Rock, Funk & Jazz Band)* ~
Auditorium

Friday, November 21

- 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 Health Affairs Committee - Conf. Room
- 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
- 1:30 pm *Resident Get Together ~ Mark Bondi &
The Management Team* - Auditorium and
Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950

Saturday, November 22

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:30 am Bus to Ross Park Mall
- 10:00 am *Memorial Service for Ruth Risch* - Card Rm.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

SUNDAY 11/16/2025	MONDAY 11/17/2025 Breakfast - takout only today! (No in-person dining)	TUESDAY 11/18/2025	WEDNESDAY Italian B-Day! 11/19/2025	THURSDAY 11/20/2025	FRIDAY 11/21/2025	SATURDAY 11/22/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Navy Bean Soup	Potato Leek Chowder Beef Vegetable Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Pasta Fagioli Tomato Basil Soup	Chili Mushroom Barley Soup	Vegetarian Vegetable Soup Tuscan Bean & Tomato	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)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Herb Roasted Salmon Beef Tenderloin Stuffed Shells CF - Egg Strata	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Impossible Burger	BeWell Chicken Marsala Corned Beef Baked Trout w/Lemon Butter CF - Bowties & Sausage	Pork Osso Bucco Eggplant Parmesan Shrimp Scampi Meatballs	Vegetable Stuffed Portobello Rodeo Burger Creamy Chicken Pasta Bake CF - Baked Pollock	BeWell Pecan Crusted Tilapia Stuffed Peppers Sweet Italian Sausage Hoagie CF - Roasted Chicken w/Pears	BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Cheese Manicotti
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Roasted Dijon Potatoes Green Beans Amandine Fresh Cauliflower AA Mashed Potato AA Baked Potato	Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	Parslied Potatoes Steamed Cabbage Carrots AA Mashed Potato AA Baked Potato	Spaghetti Peperonata Sauteed Zucchini AA Mashed Potato AA Baked Potato	Onion Rings Lemon Butter Broccoli Normandy Vegetables AA Mashed Potato AA Baked Potato	Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Loaded Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Honey Butter Parsnips						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Doughnuts	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Cornbread	Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Strawberry Sundae Boston Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Banana Cake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pecan Pie Spice Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Taramisu Italian Lemon Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Coffee I.C. Hot Fudge Sundae Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Hummingbird Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	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