



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - November 23 - 29, 2025

The Audio Bulletin Board 8489

Sunday, November 23

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

- 10:30 am Quaker (Friends) Meeting - Chapel
- 2:00 pm Chapel Service ~ Card Room
Rev. Dena Roy
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, November 24

- 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
- 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
- 6:30 pm Bingo! (until 7:30 pm) - Auditorium

Tuesday, November 25

- 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: **Holy Land Revealed: Lectures 13 & 14** - 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 Swim Pool Committee - Sherwood Mtg. Rm.
- 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 26

- 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.

Wednesday, November 26 (Continued)

- 11:45 am Bus to Passavant/Cranberry, 228 Mall & Cranberry Twp. Municipal Building
- 1:00 pm **NO** - Hand Bell Practice - Auditorium
- 2:00 pm Bus to Passavant/Cranberry & 228 Mall
- 2:30 pm **NO** - 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 27

Thanksgiving

- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Continued Learning: **Holy Land Revealed: Lectures 13 & 14** - Channel 950

Thanksgiving Day Dining Hours



Main Dining Room

- Lunch - 11:30 am - 1:30 pm
- Dinner - Closed

Café

- Breakfast - 8-10:30 am
- Lunch - Closed
- Dinner - Closed

Takeout meals are available at the
Café counter from 11:30 am - 1:30 pm.

Home delivered meals will occur between
11:30 am - 12:30 pm.

Reception Desk Hours - 8:00 am - 4:00 pm

Friday, November 28

- 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 **NO** - Tai Chi - Cran. Lake Fitness Ctr.
- 11:00 am **NO** - 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 29

- 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 11/23/2025	MONDAY 11/24/2025	TUESDAY 11/25/2025	WEDNESDAY 11/26/2025	THURSDAY Thanksgiving 11/27/2025	FRIDAY 11/28/2025	SATURDAY 11/29/2025
**choose (2)						
Chicken Noodle Soup French Onion Soup	Potato Leek Chowder Italian Bean & Farro Soup	Italian Wedding Soup Root Vegetable	Split Pea Soup Lemon Chicken Orzo Soup	Corn Chowder Tuscan Bean & Tomato	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana 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)						
Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flounder CF - French Toast	BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Chicago Hash (resident submitted)	BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - BBQ Rib Sandwich	Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - Tuna Noodle Casserole	Carved Turkey Butternut Squash Ravioli Cod English W/Garlic Butter	BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Sweet & Sour Chicken	BeWell Chicken Cacciatore BBQ Beef Brisket Butternut Squash Ravioli CF - Cajun Tilapia
choose (3)						
Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	Vegetable Rice Steamed Broccoli Parsiled Carrots AA Mashed Potato AA Baked Potato	Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	Bread Stuffing Mashed Potatoes Sweet Potatoes Green Bean Casserole	Soaker Beans Walnut Pesto Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
choose (1)						
Muffin	Breadstick	Assorted Dinner Roll	Assorted Dinner Roll	Cornbread	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)						
Chocolate Mint Pie Apple Tart Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Oreo Sundae Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Cake Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cinnamon Streusel Coffee Cake New York Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pumpkin Pie Chocolate Cake w/Choc Icing 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 Banana Pudding Parfait 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