



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - December 7 - 13, 2025

The Audio Bulletin Board 8489

Sunday, December 7

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

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

Monday, December 8

- 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: *A Planet in Peril ~
The Polar Crisis* - Channel 950
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, December 9

- 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 Cont. Learning: *Fusion Power ~ Energy
Source of the Future* - 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)
1:40 pm Bus to VA Clinic Cranberry/Passavant
2:00 pm Backgammon - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950
4:00 pm Book Club - Chapel
7:00 pm *SORA Quarterly Meeting* - Auditorium

Wednesday, December 10

- 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

Wednesday, December 10 (Continued)

- 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: *A Planet in Peril ~
The Polar Crisis* - Channel 950
4:00 pm Bells & Chorus Holiday Concert - Auditorium

Thursday, December 11

- 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.
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 Cont. Learning: *Fusion Power ~ Energy
Source of the Future* - Channel 950
4:00 pm Aquacize - Swimming Pool

REMINDER

The Dining Room is closed for lunch
on Thursday, December 11 due to
the Employee Holiday Party.
See channel 950 for details.

Friday, December 12

- 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
1:30 pm *Memorial Service for David Moon* - Aud.
3:00 pm Sit & Fit Strength Class - Channel 950

Saturday, December 13

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
9:30 am Bus to Ross Park Mall
2:00 pm *Holiday Guitar Music with Dale Cinski* ~
Auditorium
3:00 pm Sit & Fit Strength Class - Channel 950
3:25 pm Bus to St. Ferdinand Church

SUNDAY 12/7/2025	MONDAY 12/8/2025	TUESDAY 12/9/2025	WEDNESDAY Baby it's Cold Outside! 12/10/2025	THURSDAY 12/11/2025 Dining Room closed for lunch due to the Employee Holiday Party. Lunch pickup menu in Cafe is different than the menu listed below ~ see channel 951 for details.	FRIDAY 12/12/2025	SATURDAY 12/13/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Butternut Squash Bisque	Potato Leek Chowder Zucchini & Rice Soup	Italian Wedding Soup Beef Barley Soup	Matzo Ball Soup Cream of Tomato Soup	Chili Chicken Cordon Bleu Soup	Vegetarian Vegetable Soup Lobster Bisque	Homemade Cream of Tomato Minestrone Soup
Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Trout w/Pears & Bacon Carved Turkey w/Stuffing Balsamic Glazed Pork Loin CF - Cheese Blintz	Cheese Pizza Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - Salmon Cakes	BeWell Garlic Pork Loin Roast Tilapia Mediterranean Veal Marsala CF - Chicken & Broccoli Bake	Grilled Cheese Sandwich Turkey Meatloaf Beef Stew Chicken & Stuffing Casserole	BeWell Beef & Broccoli House Smoked Salmon Vegetable Stir Fry CF - Pork Egg Rolls	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken a la King CF - Ham & Cheese Sliders	Pierogies Kielbasa & Sauerkraut Beef Short Ribs CF - Scallops w/ Cognac Cream
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Bean Casserole Creamed Corn AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Peas and Carrots Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	Mashed Potatoes Sauteed Zucchini Sliced Carrots AA Mashed Potato AA Baked Potato	Rice Pilaf Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	Buttered Egg Noodles Steamed Peas Broccoli and Cheese AA Mashed Potato AA Baked Potato	Garlic Mashed Potatoes Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato
Vegetable of the Week - Roasted Mushrooms						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Rolls	Assorted Dinner Roll	Assorted Dinner Roll	Breadstick	Cornbread	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Pumpkin Pie Jumbo Chocolate Chip Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Toffee Butter Cake Cookies & Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Silk Pie Homemade Peach Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Mandarin Orange Cake Bourbon Caramel Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pumpkin Bar Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Mousse Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cherry Jubilee Sundae Red Velvet 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 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 notes 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