



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - December 21-27, 2025

The Audio Bulletin Board 8489



Sunday, December 21

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

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

Monday, December 22

- 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

Tuesday, December 23

- 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: *Holy Land Revealed ~ Lectures 15 & 16* - 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
1:40 pm Bus to VA Clinic Cranberry/Passavant
2:00 pm Backgammon - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, December 24 *Christmas Eve*

- 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
11:45 am Bus to Passavant/Cranberry, 228 Mall & Cranberry Twp. Municipal Building
2:00 pm Bus to Passavant/Cranberry & 228 Mall
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 Bus to St. Ferdinand Church ~ Christmas Eve Service

Wednesday, December 24 (Continued)



Christmas Eve Hours

Main Dining Room

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

Café

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

Takeout meals at Cafe counter
11:30 am - 1:30 pm

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

Thursday, December 25

Christmas Day

- 3:00 pm Sit & Fit Strength Class - Channel 950
3:30 pm Cont. Learning: *Holy Land Revealed ~ Lectures 15 & 16* - Channel 950

Christmas Day Hours

Main Dining Room

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

Café

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

Takeout meals at
Cafe counter
11:30 am - 1:30 pm

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



Friday, December 26

- 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.
1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall
Passavant Main & Passavant Cranberry
2:00 pm Farewell to Gary Whoric - Card Room
3:00 pm Sit & Fit Strength Class - Channel 950

Saturday, December 27

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
9:30 am Bus to Ross Park Mall
3:00 pm Sit & Fit Strength Class - Channel 950
3:30 pm Bus to St. Ferdinand Church
4:00 pm *Stewart & Jeannette Lawrence's 70th Anniversary Party* - Cranberry Lake Grill

SUNDAY 12/21/2025	MONDAY 12/22/2025	TUESDAY 12/23/2025	WEDNESDAY Christmas Eve 12/24/2025 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm Dinner - Closed	THURSDAY Christmas Day 12/25/2025 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm Dinner - Closed	FRIDAY 12/26/2025	SATURDAY 12/27/2025
**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	Split Pea Soup Meatball Stew	Lemon Chicken Orzo 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 - Sausage Gravy w/biscuit	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Philly Cheesesteak Sliders	BeWell Chicken Marsala Corned Beef Baked Trout w/Lemon Butter CF - Smothered Pork Chop	BeWell Lemon Pepper Cod Beef Brisket Apple & Cranberry Brie Chicken CF - Wild Mushroom & Spinach Pasta	Brown Sugar Ham Fried Shrimp Beef Shoulder w/Mushroom CF - Vegetarian Moroccan Stew	BeWell Pecan Crusted Tilapia Stuffed Peppers Sweet Italian Sausage Hoagie CF - Fried Chicken	BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Grilled Vegetable Ravioli
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	Potato Pancakes Sauteed Spinach Roasted Eggplant	Scalloped Potatoes Lemon Butter Broccoli Normandy Vegetables	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 - Cannellini Beans & Greens						
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	Black Forest Cake Caramel Apple Walnut Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Truffle Bomb NY Cheesecake w/Strawberry 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