



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - November 30 - December 6, 2025

The Audio Bulletin Board 8489

Sunday, November 30

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, December 1

- 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, December 2

- 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: *How to Look at & Understand
Great Art ~ Lectures 19 & 20* - 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 *SORA Board Meeting* - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Backgammon - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 7:00 pm Entertainment Committee: *Cranberry Men's
Chorus* ~ Auditorium & Card Room

Wednesday, December 3

- 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 3 (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

Thursday, December 4

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Repairs (until 2:30pm)
Sign-up Sheet is Posted in Mailroom!
- 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.
- 1:00 pm *Holiday Plant Pickup (until 3pm)* - Card Room
Note: IL Residents - please arrange for pick up
if you are unable to arrive before 3pm.
- 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: *How to Look at & Understand
Great Art ~ Lectures 19 & 20* - Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, December 5

- 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
- 4:30 pm *Eggnog Party* ~ Auditorium, Card Room &
Lobby - Residents only (no guests) ~ No
admission before 4:30pm. Buses will run
continuously from 4:00-6:30pm.

REMINDER

The Dining Room and Cafe
have limited hours on
Friday, December 5 due to
the Eggnog Party. See
channel 951 for details.



Saturday, December 6

- 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 11/30/2025	MONDAY 12/1/2025	TUESDAY 12/2/2025	WEDNESDAY 12/3/2025	THURSDAY 12/4/2025	FRIDAY **Eggnog Party ** 12/5/2025	SATURDAY 12/6/2025
Lunch in Dining Room - 11:45am-1pm Lunch pick up in Cafe - 11:30am-1pm Dining Room & Cafe closed for dinner Dinner pick up in Cafe 4:30-6:00pm						
<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>	<i>choose (2)</i>
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Beer Cheese	Split Pea Soup Cream Of Cauliflower Soup	Chili Wonton	Vegetarian Vegetable Soup Black Bean Soup	Homemade Cream of Tomato Soup Turkey Rice 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
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Cheesy Scrambled Eggs	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Florentine Ravioli	Tuscan Pork Loin Beef Burgundy Chicken Pot Pie CF - Halibut w/Ginger Sauce	Turkey Cobb Salad Meatloaf Seasoned Snapper CF - Vegetable Pasta	Orange Pork Medallions General Tso's Chicken Ginger Soy Shrimp CF - Korean Beef Bulgogi	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Monterey Chicken	Chicken Penne Alfredo Battered Fish Beef Stew CF - Roasted Pork Tenderloin
<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>	<i>choose (3)</i>
Roasted Tri-color Potatoes Creamed Spinach Sauteed Mushrooms AA Mashed Potato AA Baked Potato	Corn Soufflé Sauteed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	Egg Noodles Garlic Chalet Vegetable Blend Warm Chunky Applesauce AA Mashed Potato AA Baked Potato	Mashed Potatoes Tri Colored Carrots Peas AA Mashed Potato AA Baked Potato	Vegetable Fried Rice Edamame Broccoli & Cauliflower AA Mashed Potato AA Baked Potato	Sweet Potato Fries Fresh Asparagus Spaghetti Squash AA Mashed Potato AA Baked Potato	Roasted Fingerling Potatoes Root Vegetable Medley Green Beans w/Bacon AA Mashed Potato AA Baked Potato
Vegetable of the Week - Wax Beans w/Tomato & Garlic						
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Doughnuts	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Cornbread	Breadstick	Assorted Dinner Roll
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Strawberry Layer Cake Butterfinger Hot Fudge Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cherry Swirl Cake Apple Cheesecake Scoop Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Maple Bourbon Bread Pudding White Cake w/Coconut Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Cake w/Choc Icing Tapioca Pudding Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Orange Cream Cake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Apple Crisp Egg Custard 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 pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8, 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 pm
Corner Market
8 am - 6 pm