



A part of UPMC Senior Communities  
Managed by Presbyterian SeniorCare Network

## This Week at Sherwood Oaks - February 1-7, 2026 The Audio Bulletin Board 8489

### Sunday, February 1

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

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

### Monday, February 2 *Groundhog Day*

- 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, February 3

- 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: *How to Look at and Understand Great Art ~ Lectures 21 & 22 - 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 **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
- 3:00 pm Pickleball Clinic - Cran Lake Fitness Center

### Wednesday, February 4

- 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, February 4 (Continued)

- 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 Indoor Games - Cran. Lake Fitness Ctr.
- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby

### Thursday, February 6

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Clinic (until 2:30pm)  
Sign 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 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 - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Pickleball Clinic - Cran Lake Fitness Center
- 3:30 pm Continued Learning: *How to Look at and Understand Great Art ~ Lectures 21 & 22 - Channel 950*
- 4:00 pm Aquacize - Swimming Pool

### Friday, February 7

- 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.
- 10:00 am Health Affairs Committee - Conference Rm.
- 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

### Saturday, February 8

- 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
- 3:25 pm Bus to St. Ferdinand Church



SUNDAY 2/1/2026 **choose (2)	MONDAY 2/2/2026 **choose (2)	TUESDAY 2/3/2026 **choose (2)	WEDNESDAY 2/4/2026 **choose (2)	THURSDAY 2/5/2026 **choose (2)	FRIDAY 2/6/2026 **choose (2)	SATURDAY 2/7/2026 **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	Chili Manhattan Clam Chowder	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
<b>choose (1)</b> Cheese Quiche Brown Sugar-Baked Ham Baked Stuffed Flounder CF - Blueberry Pancakes	<b>choose (1)</b> BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Sloppy Joe	<b>choose (1)</b> BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - Pork Bulgogi	<b>choose (1)</b> Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - Tuna Noodle Casserole	<b>choose (1)</b> Apple Glazed Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Lemon Pepper Sole	<b>choose (1)</b> BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Sweet & Sour Chicken	<b>choose (1)</b> BeWell Chicken Cacciatore BBQ Beef Brisket Butternut Squash Ravioli CF - Cajun Tilapia
<b>choose (3)</b> Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Vegetable Rice Steamed Broccoli Parslied Carrots AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	<b>choose (3)</b> French Fries Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Soaker Beans Walnut Pesto Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	<b>choose (3)</b> Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Garlic &amp; Parmesan Spinach</b>						
<b>choose (1)</b> Muffins	<b>choose (1)</b> Breadstick	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Cornbread	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll
<b>choose (1)</b> Chocolate Mint Pie Apple Tart Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Oreo Sundae Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Chocolate Peanut Butter Cake Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Cinnamon Streusel Cake New York Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Toasted Almond Cake Bourbon Apples w/Ice cream Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Fruit of the Forest Pie Olive Oil Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> 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 am

Lunch - 10:30am-4:30 pm

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