



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - January 18-24, 2026

The Audio Bulletin Board 8489

Sunday, January 18

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

2:00 pm Chapel Service ~ Card Room

Rev. Greg Cox

3:00 pm Sit & Fit Strength Class - Channel 950

Monday, January 19 *Martin Luther King 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, January 20

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: *Travel Through Central Asia* - 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

3:00 pm Pickleball Clinic - Cran Lake Fitness Center

Wednesday, January 21

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

2:30 pm Indoor Games - Cran. Lake Fitness Ctr.

2:30 pm Chorus Practice - Auditorium

Wednesday, January 21 (Continued)

3:00 pm Sit & Fit Strength Class - Channel 950

3:00 pm Knitting with Mary - Lobby

Thursday, January 22

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 Living with Loss Group ~ *Getting Your Affairs in Order* ~ Auditorium

11:00 am Sherwood Neighbors Volunteer Meeting - Card Room

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

3:00 pm Pool/Swim Party (Pool Walk, Aquacize Demo Beach Ball Volleyball, Swim) ~ Pool

3:30 pm Continued Learning: *Travel Through Central Asia* - Channel 950

4:00 pm Aquacize - Swimming Pool

Friday, January 23

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, January 24

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

Food Drive January 15-22

***Collection boxes
are located in
Scooter Room**

**See Channel 950
for full details.**



SUNDAY 1/18/2026	MONDAY 1/19/2026	TUESDAY 1/20/2026	WEDNESDAY 1/21/2026	THURSDAY 1/22/2026	FRIDAY 1/23/2026	SATURDAY 1/24/2026
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Cream of Broccoli Soup	Potato Leek Chowder BW Shrimp and Corn Soup	Italian Wedding Soup Yankee Bean	Split Pea Soup Beef Noodle Soup	Chili Chicken Florentine Soup	Vegetarian Vegetable Soup New England Clam Chowder	Cream of Tomato Soup Chicken Vegetable 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)
Rotisserie Chicken Rack of Lamb Crab Cake	BeWell Baked Cod Ham & Pineapple Fried Chicken Sandwich	BeWell Vegetable Quiche Cranberry Chicken Pork & Sauerkraut	Vegetable Lasagna Fried Shrimp Black & Bleu Steak Medallions	BeWell Baked Orange Roughy Turkey Devonshire Italian Meatballs	BeWell Apricot Chicken Cheese Ravioli Pork Schnitzel	Stuffed Pork Chop Flounder Amandine Lamb Stew
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
CF - Scrambled Egg Whites	CF - Tortellini in Tomato Vodka Sauce	CF - Baked Haddock	CF - MTO Chili Bar	CF - Cajun Honey Pork Tenderloin	CF - New England Baked Pollock	CF - Fried Chicken
Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Balsamic Roasted Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	Mashed Potatoes Green Beans Cauliflower AA Mashed Potato AA Baked Potato	Seasoned Potato Wedges Succotash Button Mushrooms AA Mashed Potato AA Baked Potato	Angel Hair Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	German Potato Salad Sauteed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
Vegetable of the Week - Broccoli & Cheese						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Scones	Assorted Dinner Roll	Assorted Dinner Roll	Breadsticks	Cornbread	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tiramisu Apple Cranberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Caramel Apple Cake Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Pie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Gingerbread Cake w/Whipped Cream Wild Berry Lemon Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Dutch Apple Pie Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Oreo Dessert Bar Carrot 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 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