



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - December 28, 2025 - January 3, 2026

The Audio Bulletin Board 8489

Sunday, December 28

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

- 10:30 am Friends (Quaker) Service - Chapel
- 2:00 pm Chapel Service ~ Card Room
- In House Carols, Prayer & Meditation*
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, December 29

- 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 30

- 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: *Alaska's Winter* ~ 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 31 *New Year's 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
- 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
- 2:00 pm Bus to Passavant/Cranberry & 228 Mall
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 8:00 pm **New Year's Eve Party** (until 11 pm) ~ Auditorium & Card Room - Must have a ticket to attend ~ See channel 950 for details.

Wednesday, December 31 (Continued)

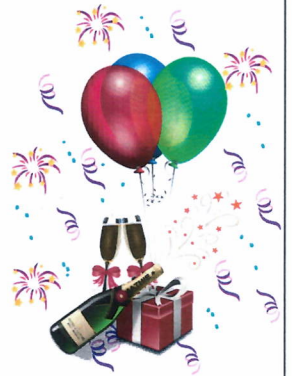
New Years Hours

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, January 1 *New Year's Day*

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Continued Learning: *Alaska's Winter* ~ Channel 950

New Year's Day Hours

2026

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, January 2

- 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
- 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 3

- 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
- 3:30 pm Bus to St. Ferdinand Church

SUNDAY 12/28/2025	MONDAY 12/29/2025	TUESDAY 12/30/2025	WEDNESDAY New Year's Eve 12/31/2025	THURSDAY Happy New Year! 1/1/2026	FRIDAY 1/2/2026	SATURDAY 1/3/2026
**choose (2) * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Cafe) 11:30am - 1:30pm Dinner - Closed **choose (2) * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Cafe) 11:30am - 1:30pm Dinner - Closed						
**choose (2) Chicken Noodle Soup French Onion Soup	**choose (2) Potato Leek Chowder Italian Bean & Farro Soup	**choose (2) Italian Wedding Soup Root Vegetable	**choose (2) Split Pea Soup Lemon Chicken Orzo Soup	**choose (2) Chili Manhattan Clam Chowder	**choose (2) Vegetarian Vegetable Soup Chicken Gumbo	**choose (2) Homemade Cream of Tomato Soup Zuppa Toscana Soup
choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup
choose (3) Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flounder CF - Creamed Chipped Beef	choose (3) BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Turkey Sloppy Joes	choose (3) BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - Bratwurst w/Caramelized Onion	choose (3) Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - Garlic Butter Orange Roughy	choose (3) Apple Glazed Chicken Pork & Sauerkraut Beef Burgandy CF - Seafood Newberg	choose (3) BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - BBQ Chicken Pizza	choose (3) BeWell Chicken Cacciatore BBQ Beef Brisket Butternut Squash Ravioli CF - Baked Catfish Creole
choose (3) Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	choose (3) Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	choose (3) Vegetable Rice Steamed Broccoli Parslied Carrots AA Mashed Potato AA Baked Potato	choose (3) French Fries Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	choose (3) Mashed Potatoes Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	choose (3) Soaker Beans Walnut Pesto Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	choose (3) Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
Vegetable of the Week - Garlic Parmesan Spinach						
choose (1) Muffins	choose (1) Breadstick	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Cornbread	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Chocolate Mint Pie Apple Tart Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Oreo Sundae Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Peanut Butter Cake Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Cinnamon Streusel Cake New York Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Toasted Almond Cake Baked Apples w/Ice cream Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Fruit of the Forest Pie Olive Oil Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) 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

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