



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - February 15-21, 2026 The Audio Bulletin Board 8489

Sunday, February 15

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

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

Monday, February 16

- 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 17

- 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: *The Most Amazing
PLaces in England* ~ 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
- 3:00 pm Pickleball Clinic - Cran Lake Fitness Center

Wednesday, February 18 *Ash Wednesday*

- 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.
- 11:30 am Distribution of Ashes (until 12:30) - Chapel
- 11:45 am Bus to Passavant/Cranberry, 228 Mall &
Cranberry Twp. Municipal Building
- 1:00 pm **NO** - Hand Bell Practice - Auditorium

Wednesday, February 18 (Continued)

- 2:00 pm Bus to Passavant/Cranberry & 228 Mall
- 2:30 pm Indoor Games - Cran. Lake Fitness Ctr.
- 2:30 pm **NO** - Chorus Practice
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 4:00 pm Ash Wednesday Service - Auditorium

Thursday, February 19

- 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 St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - 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 **NO** - Mah Jongg
- 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: *The Most Amazing
PLaces in England* ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 4:30 pm Drama Club Dinner Theater (SOLD OUT) ~
Auditorium

Friday, February 20

- 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 Health Affairs Committee - Conf. Room
- 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
- 4:00 pm Stations of the Cross - Chapel

Saturday, February 21

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:30 am Bus to Beaver Valley Mall
- 1:00 pm Drama Club Matinee Show ~ Auditorium -
(Tickets are required and are available at the
Reception Desk)
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

SUNDAY 2/15/2026	MONDAY 2/16/2026	TUESDAY 2/17/2026	WEDNESDAY 2/18/2026	THURSDAY 2/19/2026	FRIDAY 2/20/2026	SATURDAY 2/21/2026
**choose (2) Chicken Noodle Soup Butternut Squash Bisque	**choose (2) Potato Leek Chowder Zucchini & Rice Soup	**choose (2) Italian Wedding Soup Beef Barley Soup	**choose (2) Split Pea Soup Cream of Mushroom Soup	**choose (2) Chili Chicken Cordon Bleu Soup	**choose (2) Vegetarian Vegetable Soup Lobster Bisque	**choose (2) Homemade Cream of Tomato Minestrone 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
choose (1) BeWell Trout w/Pears & Bacon Carved Turkey w/Stuffing Balsamic Glazed Pork Loin CF - Cheesy Scrambled Eggs	choose (1) Cheese Pizza Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - Baked Cod	choose (1) BeWell Garlic Pork Loin Roast Tilapia Mediterranean Veal Marsala CF - Mardi Gras Jambalaya	choose (1) BeWell BBQ Chicken Thighs Mushroom Ravioli Hot Roast Beef Sandwich CF - Roasted Barramundi	choose (1) BeWell Beef & Broccoli House Smoked Salmon Vegetable Stir Fry CF - Mojo Pork	choose (1) BeWell Lemon Pepper Flounder Swedish Meatballs Chicken a la King CF - Eggplant Parmesan	choose (1) Pterogies Kielbasa & Sauerkraut Beef Short Ribs CF - Baked Cajun Catfish
choose (3) Mashed Potatoes Green Bean Casserole Creamed Corn AA Mashed Potato AA Baked Potato	choose (3) Wild Rice Pilaf Peas and Carrots Midori Vegetable Blend AA Mashed Potato AA Baked Potato	choose (3) Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	choose (3) French Fries Sautéed Zucchini Sliced Carrots AA Mashed Potato AA Baked Potato	choose (3) Rice Pilaf Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	choose (3) Buttered Egg Noodles Steamed Peas Broccoli and Cheese AA Mashed Potato AA Baked Potato	choose (3) Garlic Mashed Potatoes Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato
Vegetable of the Week - Lemon Garlic Cauliflower						
choose (1) Cinnamon Rolls	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Breadstick	choose (1) Cornbread	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Pumpkin Pie Jumbo Chocolate Chip Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Toffee Butter Cake Cookies & Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Peanut Butter Silk Pie Homemade Peach Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Mandarin Orange Cake Bourbon Caramel Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Pumpkin Bar Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Peanut Butter Mousse Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Cherry Jubilee Sundae Red Velvet 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 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

4:30-6:30 pm

Corner Market
8 am - 6:30 pm