



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - February 8-14, 2026 The Audio Bulletin Board 8489

Sunday, February 8

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

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

Monday, February 9

- 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
- 10:00 am Focus on the World: *Inside the U.S. Heat
Crisis* ~ Channel 950
- 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 10

- 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: *New Scientific
Discoveries About Plants* ~ 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
- 4:00 pm Book Club - Chapel

Wednesday, February 11

- 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, February 11 (Continued)

- 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
- 3:30 pm Focus on the World: *Inside the U.S. Heat
Crisis* ~ Channel 950

Thursday, February 12

- 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.
- 11:00 am Stretch & Stability - Cran Lake Fit Ctr.
- 11:45 am Holy Communion, Episcopal Rite - Chapel
All baptized persons are welcome!
- 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
- 3:00 pm Pickleball Clinic - Cran Lake Fitness Center
- 3:30 pm Continued Learning: *New Scientific
Discoveries About Plants* ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, February 13

- 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

Saturday, February 14

Valentine's Day

- 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 2/8/2026 choose (2)	MONDAY 2/9/2026 choose (2)	TUESDAY 2/10/2026 choose (2)	WEDNESDAY 2/11/2026 choose (2)	THURSDAY 2/12/2026 choose (2)	FRIDAY 2/13/2026 choose (2)	SATURDAY 2/14/2026 choose (2)
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
BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Sausage Gravy & Biscuits	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Cajun Butter Steak	Tuscan Pork Loin Beef Burgundy Chicken Pot Pie CF - Flounder Mediterranean	Turkey Cobb Salad Meatloaf Seasoned Snapper CF - Croque Monsieur** (see below)	Orange Pork Medallions General Tso's Chicken Ginger Soy Shrimp CF - Mongolian Beef	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Fried Chicken Thighs	Chicken Penne Alfredo Battered Fish Beef Stew CF - Valentine Primavera Ravioli
Roasted Tri-color Potatoes Creamed Spinach Sautéed Mushrooms AA Mashed Potato AA Baked Potato	Corn Soufflé Sautéed 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 - Italian Style Wax Beans						
choose (1) Doughnuts	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Cornbread	choose (1) Breadstick	choose (1) Assorted Dinner Roll
choose (1) Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Strawberry Layer Cake Butterfinger Hot Fudge Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Cherry Swirl Cake Apple Cheesecake Scoop Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Maple Bourbon Bread Pudding White Cake w/Coconut Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Chocolate Cake w/Choc Icing Tapioca Pudding Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Orange Cream Cake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Apple Crisp Egg Custard Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

**French Hot Ham & Cheese

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