



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - February 22-28, 2026 The Audio Bulletin Board 8489

Sunday, February 22

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Card Room
Rev. Donna Giver-Johnston
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, February 23

- 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
- 1:30 pm **Fraud Presentation w/ Lt. Matthew Irvin** - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby
- 6:30 pm Bingo! (until 7:30) - Auditorium

Tuesday, February 24

- 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: **Holy Land Revealed~ Lectures 19 & 20** ~ 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 Swim Pool Committee - Sherw. Mtg. 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 25

- 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

Wednesday, February 25 (Continued)

- 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

Dining Services Birthday Theme Today is

Under the Stars

Thursday, February 26

- 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.
- 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: **Holy Land Revealed~ Lectures 19 & 20** ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 7:00 pm Entertainment Committee: **Gospel Singers** featuring **Reed Harvey** ~ Auditorium

Friday, February 27

- 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
- 1:00 pm Writing Your Life's Story - Conference Rm. (Seating is limited - RSVP to Rita Bean)
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Stations of the Cross - Chapel

Saturday, February 28

- 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 2/22/2026	MONDAY 2/23/2026	TUESDAY 2/24/2026	WEDNESDAY 2/25/2026	THURSDAY 2/26/2026	FRIDAY 2/27/2026	SATURDAY 2/28/2026
**choose (2) Chicken Noodle Soup Cream of Broccoli Soup	**choose (2) Potato Leek Chowder BW Shrimp and Corn Soup	**choose (2) Italian Wedding Soup Yankee Bean	**choose (2) French Onion Gnocchi Soup Chicken Pastina Soup	**choose (2) Chili Chicken Florentine Soup	**choose (2) Vegetarian Vegetable Soup New England Clam Chowder	**choose (2) Cream of Tomato Soup Chicken Vegetable Soup
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 (1)
choose (1) Rotisserie Chicken Rack of Lamb Crab Cake CF - French Toast choose (3)	choose (1) BeWell Baked Cod Ham & Pineapple Fried Chicken Sandwich CF - Chili Cheese Hot Dog choose (3)	choose (1) BeWell Vegetable Quiche Cranberry Chicken Pork & Sauerkraut CF - Baked Scallops choose (3)	choose (1) Caprese Quiche (tomato basil) Seafood Salad on Croissant Creamy Chicken Dijon Beef Tenderloin w/red wine sauce choose (3)	choose (1) BeWell Baked Orange Roughy Turkey Devonshire Italian Meatballs CF - Pistachio Crusted Pork choose (3)	choose (1) BeWell Apricot Chicken Cheese Ravioli Pork Schnitzel CF - Salmon Cakes choose (3)	choose (1) Stuffed Pork Chop Flounder Amandine Lamb Stew CF - Pesto Chicken Pasta choose (3)
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	Garlic Herb Yukon Gold Potatoes Honey Sesame Green Beans Roasted Cauliflower AA Mashed Potato AA Baked Potato	Angel Hair Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	German Potato Salad Sautéed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
choose (1) Scones	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Breadsticks	choose (1) Cornbread	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Tiramisu Apple Cranberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Caramel Apple Cake Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Blueberry Lemon Curd Parfait Salted Caramel Pretzel Brownie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Gingerbread Cake w/Whipped Cream Wild Berry Lemon Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Dutch Apple Pie Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Oreo Dessert Bar Carrot Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Vegetable of the Week - Roasted Eggplant

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