



A part of UPMC Senior Communities  
Managed by Presbyterian SeniorCare Network

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

### Sunday, March 15

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

- 2:00 pm Chapel Service - Card Room  
*Rev. Jim Gascoine*
- 3:00 pm Sit & Fit Strength Class - Channel 950

### Monday, March 16

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- 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
- 1:30 pm Continued Learning: *Sid Baxendale & Shirley Poduslo ~ Artificial Intelligence* - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm **NO** - Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

### Tuesday, March 17

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*St. Patrick's Day*



- 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 Presents: *Steel Links* - 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 Drama Club Meeting - Auditorium
- 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, March 18

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- 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

### Wednesday, March 18 (Continued)

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- 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
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 7:00 pm Entertainment Committee: *Thomas Wendt Trio* ~ Auditorium

### Thursday, March 19

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- 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 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
- 3:30 pm Continued Learning Presents: *Steel Links* - Channel 950
- 4:00 pm **NO** - Aquacize - Swimming Pool

### Friday, March 20

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*First Day of Spring*

- 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 Meeting - Conference 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 - Card Room

### Saturday, March 21

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- 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 3/15/2026	MONDAY 3/16/2026	TUESDAY St. Patrick's Day! 3/17/2026	WEDNESDAY 3/18/2026	THURSDAY 3/19/2026	FRIDAY 3/20/2026	SATURDAY 3/21/2026
**choose (1) Chicken Noodle Soup Crabby Swiss Soup <b>choose (1)</b>	**choose (1) Potato Leek Chowder Stuffed Pepper Soup <b>choose (1)</b>	**choose (1) Beef Barley Soup Beer Cheese Soup <b>choose (1)</b>	**choose (1) Split Pea Soup Cream of Cauliflower Soup <b>choose (1)</b>	**choose (1) Chili Wonton <b>choose (1)</b>	**choose (1) Vegetarian Vegetable Soup Black Bean Soup <b>choose (1)</b>	**choose (1) Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>
Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <b>choose (1)</b>
<b>choose (1)</b> BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Cheese Blintz <b>choose (3)</b>	<b>choose (1)</b> Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Beef Tacos <b>choose (3)</b>	<b>choose (1)</b> Irish Stew Chicken & Leek Pie Bangers & Onion Gravy Battered Fish <b>choose (3)</b>	<b>choose (1)</b> Turkey Cobb Salad Meatloaf Seasoned Snapper CF - Bowties New Orleans <b>choose (3)</b>	<b>choose (1)</b> Orange Pork Medallions General Tso's Chicken Ginger Soy Shrimp CF - Vegetable Egg Roll <b>choose (3)</b>	<b>choose (1)</b> BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Honey Buffalo Wings <b>choose (3)</b>	<b>choose (1)</b> Chicken Penne Alfredo Battered Fish Beef Stew CF - Eggplant Napoleon <b>choose (3)</b>
Roasted Tri-color Potatoes Creamed Spinach Sauteed Mushrooms AA Mashed Potato AA Baked Potato	Corn Soufflé Sauteed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	Champ Potatoes Roasted Rutabaga 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
<b>Vegetable of the Week - Honey Sesame Green Beans</b>						
<b>choose (1)</b> Doughnuts <b>choose (1)</b>	<b>choose (1)</b> Assorted Dinner Roll <b>choose (1)</b>	<b>choose (1)</b> Assorted Dinner Roll <b>choose (1)</b>	<b>choose (1)</b> Assorted Dinner Roll <b>choose (1)</b>	<b>choose (1)</b> Cornbread <b>choose (1)</b>	<b>choose (1)</b> Breadstick <b>choose (1)</b>	<b>choose (1)</b> Assorted Dinner Roll <b>choose (1)</b>
Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Strawberry Layer Cake Butterfinger Hot Fudge Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Irish Apple Cake Chocolate Mint Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Maple Bourbon Bread Pudding White Cake w/Coconut Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Cake w/Choc Icing Tapioca Pudding Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Orange Cream Cake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Apple Crisp Egg Custard Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Hershey's Hand Scooped Ice Cream: Options change daily

\*\*Choices to be made for delivery. No Substitutions. If picking up in café or eating in dining room, meal includes 1 soup and the salad bar. No Substitutions.

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