



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

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

Sunday, March 8

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

- 2:00 pm Chapel Service - Card Room
Rev. Jeff Sterling
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, March 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: *Antartica's Alarming
Changes* - 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
- 1:30 pm Continued Learning presents: *Dr. Tracy
Viitale (Seneca Valley Schools)* ~ 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 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: *Solar System -
Wandering Worlds* ~ 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 *David Soloman (WQED)* ~ **CRESSON:**
Remembering Life at The San - Audit.
- 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
- 7:00 pm *SORA Quarterly Meeting* - Auditorium

Wednesday, March 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.

Wednesday, March 11 (Continued)

- 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
- 3:30 pm Focus on the World: *Antartica's Alarming
Changes* - Channel 950

Thursday, March 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 Baptised 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 - 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: *Solar System -
Wandering Worlds* ~ Channel 950
- 4:00 pm **NO** - Aquacize - Swimming Pool

Friday, March 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
- 4:00 pm Stations of the Cross - Card Room

Saturday, March 14

- 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 3/8/2026	MONDAY 3/9/2026	TUESDAY 3/10/2026	WEDNESDAY 3/11/2026	THURSDAY 3/12/2026	FRIDAY 3/13/2026	SATURDAY 3/14/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Chicken Noodle Soup French Onion Soup	Potato Leek Chowder Italian Bean & Farro Soup	Italian Wedding Soup Root Vegetable	Split Pea Soup Lemon Chicken Orzo Soup	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana Soup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flounder CF - Creamed Chipped Beef	BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Sloppy Joe	BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - National Crabmeat Day**	Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - MTO Pasta Station	Apple Glazed Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Grilled Barramundi	BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Cheese Tortellini	BeWell Chicken Cacciatore BBQ Beef Brisket Butternut Squash Ravioli CF - Bordeaux-Style Fish Gratin
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	Vegetable Rice Steamed Broccoli Parshied Carrots AA Mashed Potato AA Baked Potato	Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	French Fries Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	Soaker Beans Walnut Pesto Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Muffins	Breadstick	Assorted Dinner Roll	Assorted Dinner Roll	Cornbread	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Chocolate Mint Pie Apple Tart Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Oreo Sundae Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Cake Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cinnamon Streusel Cake New York Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Toasted Almond Cake Bourbon Apples w/Ice cream Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Fruit of the Forest Pie Olive Oil Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Lemon Mousse Cake Banana Pudding Parfait Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Vegetable of the Week - Smashed Rutabaga

Large Printed Menus are available on request. Call Jesse at #8505

**Breaded Pork Cutlets w/lemon, capers, & Crabmeat butter sauce

**Choices for delivery. No Substitutions. 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.

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