



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - April 19-25, 2026 The Audio Bulletin Board 8489

Sunday, April 19

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

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

Monday, April 20

- 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: *Bruce Cooper: Earth
Day - How Are We Doing?* - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, April 21

- 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: *Ecuador: The Most
Impossible Country on Earth* - 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
- 1:00 pm Rummikub - Lobby
- 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, April 22

- 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.
- 10:30 am St. Ferdinand Confession - Card Room

Wednesday, April 22 (Continued)

- 11:00 am St. Ferdinand Mass - Card Room
- 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 **NO** - 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 **NO** - Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby

Thursday, April 23

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Men's Pool - Pool Table Room
- 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 Mah Jongg - Lobby
- 1:00 pm *Farewell Reception for Mark Bondi
(until 2:30pm)* ~ Card Room
- 1:30 pm **NO** - Duplicate Bridge
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Pickleball Clinic - Cran Lake Fitness Center
- 3:30 pm Continued Learning: *Ecuador: The Most
Impossible Country on Earth* - Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, April 24

- Last Day of Spring Hanging Basket Sale ~ Order
Forms and Checks (payable to SORA) to Cubby #312*
- 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, April 25

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:30 am Bus to Ross Park Mall
- 12:30 pm Rummikub - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church



SUNDAY 4/19/2026 **choose (1)	MONDAY 4/20/2026 **choose (1)	TUESDAY 4/21/2026 **choose (1)	WEDNESDAY 4/22/2026 **choose (1)	THURSDAY 4/23/2026 **choose (1)	FRIDAY 4/24/2026 **choose (1)	SATURDAY 4/25/2026 **choose (1)
Chicken Noodle Soup Crabby Swiss Soup <i>choose (1)</i>	Potato Leek Chowder Stuffed Pepper Soup <i>choose (1)</i>	Italian Wedding Soup Beer Cheese <i>choose (1)</i>	Split Pea Soup Cream Of Cauliflower Soup <i>choose (1)</i>	Chili Wonton <i>choose (1)</i>	Vegetarian Vegetable Soup Black Bean Soup <i>choose (1)</i>	Homemade Cream of Tomato Soup Turkey Rice Soup <i>choose (1)</i>
Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <i>choose (1)</i>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <i>choose (1)</i>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <i>choose (1)</i>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <i>choose (1)</i>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <i>choose (1)</i>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <i>choose (1)</i>	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup <i>choose (1)</i>
BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Scrambled Egg Whites <i>choose (3)</i>	Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Liver & Balsamic Onions <i>choose (3)</i>	Tuscan Pork Loin Beef Burgundy Chicken Pot Pie CF - Flounder Mediterranean <i>choose (3)</i>	Turkey Cobb Salad Meatloaf Seasoned Snapper CF - Mustard Glazed Pork <i>choose (3)</i>	Orange Pork Medallions General Tso's Chicken Ginger Soy Shrimp CF - Mongolian Beef <i>choose (3)</i>	BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Garlic Parm Chicken Pizza <i>choose (3)</i>	Chicken Penne Alfredo Battered Fish Beef Stew CF - Primavera Ravioli <i>choose (3)</i>
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 - Lemon Garlic Artichoke Hearts						
<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>	<i>choose (1)</i>
Doughnuts <i>choose (1)</i>	Assorted Dinner Roll <i>choose (1)</i>	Assorted Dinner Roll <i>choose (1)</i>	Assorted Dinner Roll <i>choose (1)</i>	Cornbread <i>choose (1)</i>	Breadstick <i>choose (1)</i>	Assorted Dinner Roll <i>choose (1)</i>
Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Strawberry Layer Cake Butterfingers Hot Fudge Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cherry Swirl Cake Apple Cheesecake Scoop 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
 Corner Market
 8 am - 6 pm