



A part of UPMC Senior Communities  
Managed by Presbyterian SeniorCare Network

## This Week at Sherwood Oaks - April 26 - May 2, 2026 The Audio Bulletin Board 8489

### Sunday, April 26

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- 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. Dean Ziegler*
  - 3:00 pm Sit & Fit Strength Class - Channel 950

### Monday, April 27

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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
- 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
- 6:30 pm Bingo! (until 7:30pm) - Auditorium

### Tuesday, April 28

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- 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 23 & 24** - Channel 950
- 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 Swim Pool Committee - Sherwood 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, April 29

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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
- 10:00 am Group Fitness - Cran. Lake Fitness 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, April 29 (Continued)

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- 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 meal today is...*



### Thursday, April 30

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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 Men's Pool - Pool Table Room
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 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: **Holy Land Revealed - Lectures 23 & 24** - Channel 950
- 4:00 pm Aquacize - Swimming Pool

### Friday, May 1

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- 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, May 2

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

SUNDAY 4/26/2026	MONDAY 4/27/2026	TUESDAY 4/28/2026	WEDNESDAY Prom Bday 4/29/2026	THURSDAY 4/30/2026	FRIDAY 5/1/2026	SATURDAY 5/2/2026
**choose (1) Chicken Noodle Soup Butternut Squash Bisque <b>choose (1)</b>	**choose (1) Potato Leek Chowder Zucchini & Rice Soup <b>choose (1)</b>	**choose (1) Italian Wedding Soup Beef Barley Soup <b>choose (1)</b>	**choose (1) Beef Vegetable Soup Butternut Squash Soup <b>choose (1)</b>	**choose (1) Chili Chicken Cordon Bleu Soup <b>choose (1)</b>	**choose (1) Vegetarian Vegetable Soup Lobster Bisque <b>choose (1)</b>	**choose (1) Homemade Cream of Tomato Minestrone Soup <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>
BeWell Trout w/Pears & Bacon Carved Turkey w/Stuffing Balsamic Glazed Pork Loin CF - Cheesy Scrambled Eggs <b>choose (3)</b>	Cheese Pizza Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - New England Baked Cod <b>choose (3)</b>	BeWell Garlic Pork Loin Roast Tilapia Mediterranean Veal Marsala CF - Smothered Chicken <b>choose (3)</b>	Garlic Butter Steak Bites Rigatoni w/Sweet Sausage Cheese Baked Catfish Tuscan Chicken <b>choose (3)</b>	BeWell Beef & Broccoli House Smoked Salmon Vegetable Stir Fry CF - Pork Egg Rolls <b>choose (3)</b>	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken a la King CF - Eggplant Parmesan <b>choose (3)</b>	Pierogies Kielbasa & Sauerkraut Beef Short Ribs CF - Linguini w/Clam Sauce <b>choose (3)</b>
Mashed Potatoes Green Bean Casserole Creamed Corn AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Peas and Carrots Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	Creamy Mushroom Risotto Glazed Carrots Green Beans Almondine AA Mashed Potato AA Baked Potato	Rice Pilaf Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	Buttered Egg Noodles Steamed Peas Broccoli and Cheese AA Mashed Potato AA Baked Potato	Garlic Mashed Potatoes Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Mushroom Fricassee with Fresh Herbs</b>						
<b>choose (1)</b> Cinnamon Rolls	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Breadstick	<b>choose (1)</b> Cornbread	<b>choose (1)</b> Assorted Dinner Roll	<b>choose (1)</b> Assorted Dinner Roll
<b>choose (1)</b> Pumpkin Pie Jumbo Chocolate Chip Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Toffee Butter Cake Cookies & Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Peanut Butter Silk Pie Homemade Peach Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Strawberry Cheesecake Parfait Assorted Dessert Bar Bites Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Pumpkin Bar Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Chocolate Peanut Butter Mousse Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<b>choose (1)</b> Cherry Jubilee Sundae Red Velvet Cake 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 pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8 Juice, Pepsi, Diet Pepsi, Mt. Dew,

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 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

4:30-6:30 pm

**Corner Market**

8 am - 6:30 pm