



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - April 5 - 11, 2026 The Audio Bulletin Board 8489

Sunday, April 5

Easter

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

- 2:00 pm Easter Service - Auditorium
Rev. Richard Mobley
- 3:00 pm Sit & Fit Strength Class - Channel 950

Easter Hours

Main Dining Room

- Lunch - 11:30 am - 1:30 pm
- Dinner - Closed

Café

- Breakfast - 8-10:30 am
- Lunch & Dinner - Closed
- Takeout meals - 11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 4:00 pm



Monday, April 6

- 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: **Carlos Kearns** ~
The Art of Money - 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 7

- 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: **How to Look at & ~**
Understand Great Art - 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 **SORA Board Meeting** - Card 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 8

- 8:15 am Bus to UPMC Passavant Cranberry

Wednesday, April 8 (Continued)

- 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
- 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

Thursday, April 9

- 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.
- 11:45 am Holy Communion, Episcopal Rite - Chapel
All Baptized Persons Welcome
- 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: **How to Look at & ~**
Understand Great Art - Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, April 10

- 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 11

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:30 am Bus to Beaver Valley Mall
- 12:30 pm Rummikub - Lobby
- 1:30 pm **Memorial Service for Marya Bednerik** ~
Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

SUNDAY Happy Easter! 4/5/2026 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm Dinner - Closed	MONDAY 4/6/2026	TUESDAY 4/7/2026	WEDNESDAY 4/8/2026	THURSDAY 4/9/2026	FRIDAY 4/10/2026	SATURDAY 4/11/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Chicken Noodle Soup	Potato Leek Chowder	Matzo Ball Soup	Split Pea Soup	Chili	Vegetarian Vegetable Soup	Homemade Cream of Tomato Soup
Navy Bean Soup	Beef Vegetable Soup	BeWell Hearty Lentil Soup	Meatball Stew	Mushroom Barley Soup	Tuscan Bean & Tomato	Ham & Cabbage Soup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad
Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad
Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Herb Roasted Salmon	BeWell Roasted Garlic Chicken	BeWell Chicken Marsala	BeWell Lemon Pepper Cod	Vegetable Stuffed Portobello	BeWell Pecan Crusted Tilapia	BeWell Baked Seasoned Perch
Beef Tenderloin	BBQ Baby Back Ribs	Corned Beef	Pork Tenderloin w/Apple Chutney	Rodeo Burger	Stuffed Peppers	Chicken Tenders
Stuffed Shells	Fried Catfish	Baked Trout w/Lemon Butter	Taco Salad	Creamy Chicken Pasta Bake	Sweet Italian Sausage Hoagie	Pot Roast
CF - Baked Brown Sugar Ham	CF - Stuffed Cabbage	CF - Roasted Leg of Lamb	CF - Chorizo Empanada	CF - Scallops St. Jaques	CF - Asiago Chicken	CF - Grilled Vegetable Ravioli
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Roasted Dijon Potatoes	Macaroni & Cheese	Parslied Potatoes	Potato Pancakes	Onion Rings	Halushki	Loaded Mashed Potatoes
Green Beans Amandine	Fried Okra	Steamed Cabbage	Sauteed Spinach	Lemon Butter Broccoli	Steamed Corn	Green Bean Casserole
Fresh Cauliflower	Stewed Tomatoes	Carrots	Roasted Eggplant	Normandy Vegetables	Tri-Colored Peppers	Yellow Squash
AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato
AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Doughnuts	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Cornbread	Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Lemon Cream Cake	Banana Cake	Pecan Pie	Black Forest Cake	Coffee i.C. Hot Fudge Sundae	Hummingbird Cake	Apple Streusel Cake
Triple Chocolate Mousse Cake	Lemon Lovers Bar	Spice Cake	Caramel Apple Walnut Pie	Oatmeal Cranberry Walnut Cookie	French Silk Pie	Cherry Pie
Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange
Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup
Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day

Vegetable of the Week - Roasted Asparagus & Mushrooms

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.

Drinks available for delivery or pick-up: 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