



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - May 10-16, 2026 The Audio Bulletin Board 8489

Sunday, May 10


Mother's Day

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

2:00 pm Chapel Service - Card Room

Rev. Nate Glover

3:00 pm Sit & Fit Strength Class - Channel 950



HAPPY Mother's Day

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, May 11

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 Focus on the World : *Global Warming ~
Into the Storm* - Channel 950

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 Taizé Service - Auditorium

3:00 pm Sit & Fit Strength Class - Channel 950

4:00 pm Aquacize - Swimming Pool

6:30 pm Monday Night Bridge - Lobby

Tuesday, May 12

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: *The Brain - What
is Reality?* - Channel 950

11:00 am Stretch & Stability - Cran Lake Fitness 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

1:40 pm Bus to VA Clinic Cranberry/Passavant

2:00 pm Backgammon - Lobby

3:00 pm Sit & Fit Strength Class - Channel 950

3:30 pm Book Club - Oak Lodge Great Room

7:00 pm Entertainment Committee: *Ring Pittsburgh* -
Auditorium & Card Room

Wednesday, May 13 (Continued)

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

2:00 pm Bus to Passavant/Cranberry & 228 Mall

2:00 pm *Dale Cinski (Guitarist)* - Auditorium

2:30 pm Indoor Games - Cran. Lake Fitness Ctr.

3:00 pm Sit & Fit Strength Class - Channel 950

3:00 pm Knitting with Mary - Lobby

3:30 pm Focus on the World : *Global Warming ~
Into the Storm* - Channel 950

Thursday, May 14

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 Group Walk - Meet outside Scooter Entrance

11:00 am Stretch & Stability - Cran Lake Fitness Ctr.

11:00 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 Bus to Deener's Farm Market

1:00 pm Mah Jongg - Lobby

1:30 pm Duplicate Bridge - Card Room

3:00 pm Sit & Fit Strength Class - Channel 950

3:30 pm Continued Learning: *The Brain - What
is Reality?* - Channel 950

4:00 pm Aquacize - Swimming Pool

Friday, May 15

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 Committee Mtg - Conf. 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

Saturday, May 16

9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.

10:00 am Pickleball Clinic - Cran Lake Fitness Center

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 Mother's Day! 5/10/2026 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm Dinner - Closed	MONDAY 5/11/2026	TUESDAY 5/12/2026	WEDNESDAY 5/13/2026	THURSDAY 5/14/2026	FRIDAY 5/15/2026	SATURDAY 5/16/2026
**choose (1) Chicken Noodle Soup Navy Bean Soup	**choose (1) Potato Leek Chowder Beef Vegetable Soup	**choose (1) Italian Wedding Soup BeWell Hearty Lentil Soup	**choose (1) Split Pea Soup Meatball Stew	**choose (1) Chili Mushroom Barley Soup	**choose (1) Vegetarian Vegetable Soup Tuscan Bean & Tomato	**choose (1) Homemade Cream of Tomato Soup Ham & Cabbage Soup
choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup	choose (1) Mixed Green Salad Iceberg Salad Prune Cup
choose (1) BeWell Herb Roasted Salmon Beef Tenderloin Stuffed Shells CF - Blueberry Pancakes/Sausage	choose (1) BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Stuffed Cabbage	choose (1) BeWell Chicken Marsala Corned Beef Baked Trout w/Lemon Butter CF - Penne & Sausage	choose (1) BeWell Lemon Pepper Cod Pork Tenderloin w/Apple Chutney Taco Salad CF - Turkey Sloppy Joes	choose (1) Vegetable Stuffed Portobello Rodeo Burger Creamy Chicken Pasta Bake CF - Baked Orange Roughy	choose (1) BeWell Pecan Crusted Tilapia Stuffed Peppers Sweet Italian Sausage Hoagie CF - BBQ Chicken Pizza	choose (1) BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Spinach & Cheese Ravioli
choose (3) Roasted Dijon Potatoes Green Beans Amandine Fresh Cauliflower	choose (3) Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	choose (3) Parslied Potatoes Steamed Cabbage Carrots AA Mashed Potato AA Baked Potato	choose (3) Potato Pancakes Sautéed Spinach Roasted Eggplant AA Mashed Potato AA Baked Potato	choose (3) Onion Rings Lemon Butter Broccoli Normandy Vegetables AA Mashed Potato AA Baked Potato	choose (3) Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	choose (3) Loaded Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
choose (1) Doughnuts	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Cornbread	choose (1) Breadstick	choose (1) Assorted Dinner Roll
choose (1) Strawberry Sundae Boston Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Banana Cake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Pecan Pie Spice Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Black Forest Cake Caramel Apple Walnut Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Coffee I.C. Hot Fudge Sundae Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Hummingbird Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Apple Streusel Cake Cherry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Vegetable of the Week - Smashed Rutabaga

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