



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - May 17-23, 2026 The Audio Bulletin Board 8489

Sunday, May 17

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

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

Monday, May 18

- 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
- 2:00 pm Pinocle (single deck) - Lobby
- 2:30 pm Pinocle (double deck) - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, May 19

- 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: *Patagonia ~ Bottom
of the World* - 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

Wednesday, May 20 (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
- 2:30 pm Outdoor Games - Sherwood Oaks Park
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby

Thursday, May 21

- 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
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 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: *Patagonia ~ Bottom
of the World* - Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, May 22

- 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
- 2:00 pm Pool Picnic - Swimming Pool Area
- 3:00 pm Sit & Fit Strength Class - Channel 950

Saturday, May 23

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 10:00 am Pickleball Clinic - Cran Lake Fitness Center
- 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

Garage Floor Cleaning May 18 - 22



Check your mailroom
cubbie for detailed
memo or tune into
channel 950 for
detailed schedule.

Questions? Call ext. 8477.

SUNDAY 5/18/2026 **choose (1)		MONDAY 5/19/2026 **choose (1)		TUESDAY 5/20/2026 **choose (1)		WEDNESDAY 5/21/2026 **choose (1)		THURSDAY 5/22/2026 **choose (1)		FRIDAY 5/23/2026 **choose (1)		SATURDAY 5/24/2026 **choose (1)	
Chicken Noodle Soup	French Onion Soup	Mixed Green Salad Iceberg Salad Prune Cup	BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Vegetable Casserole	Italian Wedding Soup Root Vegetable	Mixed Green Salad Iceberg Salad Prune Cup	Split Pea Soup Lemon Chicken Orzo Soup	Manhattan Clam Chowder	Chili	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)	choose (1)	choose (1)	choose (1)	choose (1)			
Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - Pork Potstickers	Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - Quiche Lorraine	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)	choose (1)	choose (1)	choose (1)	choose (1)			
Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flounder CF - Creamed Chipped Beef	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 Parslied Carrots AA Mashed Potato AA Baked Potato	BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - Pork Potstickers	Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - Quiche Lorraine	Apple Glazed Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Breaded Scallops	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	BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Honey Buffalo Chicken	BeWell Chicken Cacciatore BBQ Beef Brisket Butternut Squash Ravioli CF - Cajun Tilapia			
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)			
Muffins	choose (1)	choose (1)	choose (1)	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	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll			
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)			

Vegetable of the Week - Sauteed Zucchini w/Garlic & Lemon

** 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.

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