



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - May 3-9, 2026 The Audio Bulletin Board 8489

Sunday, May 3

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

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

Monday, May 4

- 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
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, May 5

Cinco de Mayo

- 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: *Holst & Vaughan
Williams - Making Music English ~*
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 **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

Wednesday, May 6

- 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.
- 11:30 am **Spring Flower Pick up (until 1:00pm) ~**
Scooter Room Entrance (Outside Patio)
- 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.

Wednesday, May 6 (Continued)

- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 4:00 pm **Ringin' & Singin' Spring Concert ~**
Auditorium & Card Room



Thursday, May 7

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Clinic (until 2:30pm) -
Sign-up sheet is posted in Mailroom!
- 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.
- 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: *Holst & Vaughan
Williams - Making Music English ~*
Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, May 8

- 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.
- 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 9

- 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

SUNDAY 5/3/2026	MONDAY 5/4/2026	TUESDAY 5/5/2026	WEDNESDAY 5/6/2026	THURSDAY 5/7/2026	FRIDAY 5/8/2026	SATURDAY 5/9/2026
**choose (1) Chicken Noodle Soup Cream of Broccoli Soup choose (1)	**choose (1) Potato Leek Chowder BW Shrimp and Corn Soup choose (1)	**choose (1) Italian Wedding Soup Yankee Bean choose (1)	**choose (1) Split Pea Soup Beef Noodle Soup choose (1)	**choose (1) Chili Chicken Florentine Soup choose (1)	**choose (1) Vegetarian Vegetable Soup New England Clam Chowder choose (1)	**choose (1) Cream of Tomato Soup Chicken Vegetable Soup choose (1)
choose (1) Mixed Green Salad Iceberg Salad Prune Cup choose (1)	choose (1) Mixed Green Salad Iceberg Salad Prune Cup choose (1)	choose (1) Mixed Green Salad Iceberg Salad Prune Cup choose (1)	choose (1) Mixed Green Salad Iceberg Salad Prune Cup choose (1)	choose (1) Mixed Green Salad Iceberg Salad Prune Cup choose (1)	choose (1) Mixed Green Salad Iceberg Salad Prune Cup choose (1)	choose (1) Mixed Green Salad Iceberg Salad Prune Cup choose (1)
choose (3) Rotisserie Chicken Rack of Lamb Crab Cake CF - Cheese Blintz choose (3)	choose (3) BeWell Baked Cod Ham & Pineapple Fried Chicken Sandwich CF - Liver, Onions & Bacon choose (3)	choose (1) BeWell Vegetable Quiche Cranberry Chicken Pork & Sauerkraut CF - Beef Barbecue Taco choose (3)	choose (3) Vegetable Lasagna Fried Shrimp Black & Bleu Steak Medallions CF - Korean BBQ Ribs choose (3)	choose (3) BeWell Baked Orange Roughly Turkey Devonshire Italian Meatballs CF - Eggplant Parmesan choose (3)	choose (3) BeWell Apricot Chicken Cheese Ravioli Pork Schnitzel CF - Perch Romano choose (3)	choose (3) Stuffed Pork Chop Flounder Amandine Lamb Stew CF - Pastrami Sliders choose (3)
choose (1) Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	choose (1) Wild Rice Pilaf Balsamic Roasted Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	choose (1) Mashed Potatoes Green Beans Cauliflower AA Mashed Potato AA Baked Potato	choose (1) Seasoned Potato Wedges Succotash Button Mushrooms AA Mashed Potato AA Baked Potato	choose (1) Angel Hair Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	choose (1) German Potato Salad Sautéed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	choose (1) Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
choose (1) Scones choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Breadsticks choose (1)	choose (1) Cornbread choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)
choose (1) Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Tiramisu Apple Cranberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Caramel Apple Cake Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Peach Pie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Gingerbread Cake w/Whipped Cream Wild Berry Lemon Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Dutch Apple Pie Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	choose (1) Oreo Dessert Bar Carrot Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Vegetable of the Week - Curry Rosted Cauliflower

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 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