



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks September 27-October 3, 2026 The Audio Bulletin Board 724-776-8489

Sunday, September 27

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service: **Rev. Dena Roy** - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, September 28

- 8:15 am Bus to Passavant Cranberry
- 9:00 am Mixed Pickleball League - Sherwod Oaks Park
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Cran Lake Fitness Ctr.
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:30 pm Continued Learning: **Gretchen McKay ~ Behind the Byline** - Auditorium
- 1:30 pm Writing Your Life Story - Sherwood Mtg. Room (lower level) - Space is Limited ~ Sign up in Mailroom!
- 2:00 pm Pinochle (double deck) - Lobby
- 2:30 pm Pinochle (single deck) - Lobby
- 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 7:30) - Auditorium

Tuesday, September 29

- 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 Presents: **Reinventing - Recycling** ~ 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
- 1:30 pm Health Affairs Presents: **Dr. Claire Cohen ~ Single Payer Healthcare** - Auditorium
- 1:30 pm Pool Committee Meeting - Sherw. Mtg. Rm.
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Backgammon - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, September 30

- 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.
- 10:30 am Veterans Day Committee Mtg - Conf. Room
- 11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.

Wednesday, September 30 (Continued)

- 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 Chorus Practice - Auditorium
- 2:30 pm Outdoor Games - Sherwood Oaks Park
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby

Dining Services' Birthday Theme today is...

BLACK & WHITE

Thursday, October 1

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Repairs (until 2:30pm)
Sign-up sheets are posted in Mailroom!
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am Men's Pool - Pool Table Room
- 10:30 am Sherwood Oaks Fund: **Feasibilty Study Meeting for Future Projects** ~ Auditorium (Sign up in Scooter Room/Gallery)
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 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
- 2:30 pm Qwirkle - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Continued Learning Presents: **Reinventing - Recycling** ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, October 2

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Shop 'n Save/Pass. Cranberry & 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
- 3:00 pm Caps for Kids Knit/Crochet - Lobby
- 4:00 pm Rosary - Card Room

Saturday, October 3

- 9:00 am Mixed Pickleball League - Sherwod Oaks Park
- 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 9/27/2026 **choose (1)	MONDAY 9/28/2026 **choose (1)	TUESDAY 9/29/2026 **choose (1)	WEDNESDAY Black & White B-Day! 9/30/2026 **choose (1)	THURSDAY 10/1/2026 **choose (1)	FRIDAY 10/2/2026 **choose (1)	SATURDAY 10/3/2026 **choose (1)
Potato Leek Soup Beef Noodle Soup	Chicken & Rice Soup French Onion	Chili Watermelon Gazpacho	Chicken & Black Bean Soup Pumpkin Bisque	Italian Wedding Soup Cream of Mushroom Soup	Tomato Basil Soup Split Pea Soup	Chicken Noodle Soup Stuffed Pepper Soup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Orange Baked Flounder Red Wine Braised Chicken Baked Ham CF - Creamed Chipped Beef	BW Cilantro Grilled Chicken Coconut Shrimp Beef Teriyaki CF - Pork Pot Stickers	BW Herb Crusted Pork Loin Buffalo Chicken Salad Rodeo Burger CF - Baked Swai Fish	Peppercorn Crusted Steak w/Brandy Cream Blackberry Pepperjack Chicken Wild Mushroom & Brie Pizza Blackened Snapper	BW Salmon Berry Salad Calves Liver Barbecue Baby Back Ribs CF - Smoked Turkey Melt	Cheese Pizza Chicken Cacciatore Fettuccine Bolognese CF - Fried Scallops	Beef Ropa Vieja Honey Soy Tilapia Bratwurst w/Onions CF - Honey Garlic Chicken Wings
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Sweet Potato Casserole Sauteed Zucchini Roasted Eggplant AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Peas Maple Glazed Carrots AA Mashed Potato AA Baked Potato	Mac & Cheese Swiss Chard Stewed Tomatoes AA Mashed Potato AA Baked Potato	Tri-Color Roasted Potatoes Steamed Broccoli Roasted Cauliflower AA Mashed Potato AA Baked Potato	Potato Pancakes Roasted Asparagus Corn Souffle AA Mashed Potato AA Baked Potato	Yukon Gold Potatoes Walnut Pesto Green Beans Hubbard Squash AA Mashed Potato AA Baked Potato	Brown Rice Steamed Brussels Sprouts Tri-colored Peppers AA Mashed Potato AA Baked Potato
Vegetable of the Week - Mushroom Fricassee'						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Donuts	Assorted Dinner Roll	Corn Bread	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)
Chocolate Mint Pie New York Cheesecake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Tres Leche Cake Hazelnut Crunch Bar Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Brownie Bite Sundae Fruit of the Forest Pie Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Tuxedo Cream Cake Cookies & Cream Cheesecake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Dutch Apple Pie Yellow Cake Chocolate Icing Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Coconut Custard Pie Lemon Sheet Cake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Chocolate Silk Pie Strawberry Swirl Cheesecake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day

Please Note: This is the Main Dining Room menu. Healthcare Menus differ and are posted on each unit.

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: 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 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 am

Lunch - 10:30am-4:30 pm

Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6:30 pm

Corner Market

8:00am - 6:30pm