



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks September 13-19, 2026

The Audio Bulletin Board 724-776-8489

Sunday, September 13

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

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

Monday, September 14

- 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 Focus on the World: *Melting Greenland* ~ Channel 950
- 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
- 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

Tuesday, September 15

- 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: *Pittsburgh Steelers - Behind the Steel Curtain* ~ 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
- 7:00 pm *SORA Quarterly Meeting* - Your Vote is Needed for the Updated Bylaws! - Auditorium

Wednesday, September 16

- 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.
- 11:00 am 60 Second Circuit - 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

Wednesday, September 16 (Continued)

- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 3:30 pm Focus on the World: *Melting Greenland* ~ Channel 950
- 7:00 pm Sing-a-Long & Snax - Sherwood Oaks Park

Thursday, September 17

- 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
- 10:30 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 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: *Pittsburgh Steelers - Behind the Steel Curtain* ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, September 18

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Shop 'n Save/Pass. Cranberry & Main
- 10:00 am Health Affairs Meeting - Conference 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
- 3:00 pm Caps for Kids Knit/Crochet - Lobby

Saturday, September 19

- 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

Reminder:

Extensions 8100-8599 - dial 724-776+ext.
Extensions 4600-4699 - dial 724-**742**+ext.
Extensions beginning with 86 - call the reception desk
(724-776-8100) to be transferred.

SUNDAY 9/13/2026	MONDAY 9/14/2026	TUESDAY 9/15/2026	WEDNESDAY 9/16/2026	THURSDAY 9/17/2026	FRIDAY 9/18/2026	SATURDAY 9/19/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Manhattan Clam Chowder Potato Leek Soup	Minestrone Soup Chicken Rice Soup	Chilled Strawberry Soup Chili	Vegetarian Vegetable Soup Beef & Rice Soup	Italian Wedding Soup Chicken Tortilla Soup	Wonton Soup Tomato Basil Soup	Cream of Broccoli Soup Chicken Noodle Soup
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Mixed Green House Salad Iceberg House Salad	Mixed Green House Salad Iceberg House Salad	Mixed Green House Salad Iceberg House Salad	Mixed Green House Salad Iceberg House Salad	Mixed Green House Salad Iceberg House Salad	Mixed Green House Salad Iceberg House Salad	Mixed Green House Salad Iceberg House 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)
BW Stuffed Pork Chop Citrus Cod Prime Rib au Jus CF - Blueberry Pancakes	BW Chicken Romano Vegetable Stuffed Portobello Spaghetti w/Meat Sauce CF - Baked Scallops	BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce CF - Perch Picatta	BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - MTO Stir Fry Station	Beef Stroganoff Turkey Devonshire Basil Tilapia CF - Breaded Pork Chops	BW Crispy Sesame Chicken Vegetable Egg Roll Pepper Steak CF - Teriyaki Salmon	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Stuffed Cabbage
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Baked Potato Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato	Roasted Ranch Potatoes Fresh Broccoli Baked Tomato Half AA Mashed Potato AA Baked Potato	Cheesy Potatoes Lemon Green Beans Roasted Butternut Squash AA Mashed Potato AA Baked Potato	Creamy Cheesy Grits Sauteed Collard Greens Fried Okra AA Mashed Potato AA Baked Potato	Egg Noodles Steamed Peas Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Fried Rice Spinach Midori Blend AA Mashed Potato AA Baked Potato	Baked Sweet Potato Fried Zucchini Sauteed Mushrooms AA Mashed Potato AA Baked Potato
Vegetable of the Week - Cauliflower Au Gratin						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Donuts	Herb Breadstick	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)
Peanut Butter Cup Sundae Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Caramel Apple Walnut Pie Lemon Layer Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Triple Berry Tart Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Salted Caramel Pretzel Brownie Butterfinger Sundae Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Fresh Berries w/Whipped Cream Banana Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Spice Cake w/Cream Cheese Frosting Lemon Bar Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Blueberry Crisp Cookies & Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup

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 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 - 4-10:30 am

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