



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks September 20-26, 2026 The Audio Bulletin Board 724-776-8489

Sunday, September 20

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

2:00 pm Chapel Service - Card Room

Rev. Amy Wagner

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

Monday, September 21

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.

10:45 am Women's Bible Study - Chapel

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: *Dan Johnston ~ My
Days with the National Parks* - Auditorium

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 22

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: *Holy Land Revealed -
Lectures 33 & 34* ~ 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 Pool Committee Meeting - Sher. 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 23

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.

11:45 am Bus to Passavant/Cranberry, 228 Mall &
Cranberry Twp. Municipal Building

1:15 pm Artificial Intelligence Activity - Card Room

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

Wednesday, September 23 (Continued)

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, September 24

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

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: *Holy Land Revealed -
Lectures 33 & 34* ~ Channel 950

4:00 pm Aquacize - Swimming Pool

7:00 pm Entertainment Committee: *River City Brass
Ensemble* - Auditorium & Card Room

Friday, September 25

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

1:30 pm *Resident Get Together with Mark Nord &
the Management Team* - Aud. & Card Rm.

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

3:00 pm Caps for Kids Knit/Crochet - Lobby

Saturday, September 26

9:00 am Mixed Pickleball League - Sherwod Oaks Park

10:00 am Pickleball Clinic - Cran Lake Fitness Center

9:30 am Bus to Ross Park Mall

12:30 pm Rummikub - Lobby

1:30 pm *Annual Memorial Service* - Celebrating
the lives of the residents who've passed
in the last year - Auditorium

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 9/20/2026	MONDAY 9/21/2026	TUESDAY 9/22/2026	WEDNESDAY 9/23/2026	THURSDAY 9/24/2026	FRIDAY 9/25/2026	SATURDAY 9/26/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Beef Barley Potato Leek Soup	Creamy Corn Soup Chicken & Rice Soup	Shrimp Bisque Chili	Butternut Squash Soup Vegetarian Vegetable Soup	Italian Wedding Soup Gazpacho	New England Seafood Soup Tomato Basil Soup	Beer Cheese 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 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 Coq au Vin Grilled Trout w/ Chive Butter Beef Tenderloin CF - Broccoli & Ham Quiche	BW Sole Meuniere Veal Parmesan Chicken Picatta CF - Roasted Pork Loin	Mushroom Ravioli Meatloaf Lemon Garlic Chicken Thighs CF - Barramundi	BW Southwest Chicken Wrap English-Style Cod Chili Cheese Dog CF - Grilled Vegetable Ravioli	BW Chicken w/Avocado Salsa Sausage Pizza Braised Beef Brisket CF - Tuna Noodle Casserole	BW Herb Roasted Salmon BBQ Bourbon Chicken Stuffed Shells Marinara CF - Sloppy Joes	BW Strawberry Chicken Salad Yankee Pot Roast Blackened Catfish CF - Vegetable Casserole
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato	Angel Hair w/Marinara Lima Beans Roasted Yellow Squash AA Mashed Potato AA Baked Potato	Mashed Potatoes Roasted Brussels Sprouts Steamed Broccoli & Cheese AA Mashed Potato AA Baked Potato	Seasoned French Fries BBQ Baked Beans Corn on the Cob AA Mashed Potato AA Baked Potato	Red Pepper Risotto Peas & Pearl Onions Sliced Buttered Carrots AA Mashed Potato AA Baked Potato	Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato	Garlic Mashed Potatoes Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato
Vegetable of the Week - Southern Collard Greens						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Muffins	Garlic Breadstick	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Herb Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Boston Cream Pie Oreo Madhess Sundae Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	French Cream Cheesecake Lemon Meringue Pie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peachberry Pie Cinnamon Crumb Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Ice Cream Sandwich Egg Custard Pie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Blueberry Pie Chocolate Cake w/Choc Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Coconut Meringue Pie Apple Crisp Apple, Banana, or Orange 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 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