



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks September 6-12, 2026

The Audio Bulletin Board 724-776-8489

Sunday, September 6

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, September 7

Labor Day

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

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 **NO** - Aquacize - Swimming Pool

6:30 pm Monday Night Bridge - Lobby

Labor Day

Main Dining Room

Lunch - 11:30 am - 1:30 pm

Dinner - Closed

Café

Breakfast - 8-10:30 am

Lunch & Dinner - Closed

Takeout meals - 11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 4:00 pm

Tuesday, September 8

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: *The Brain - Why Do
I Need You? ~ 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, September 9

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

Wednesday, September 9 (Continued)

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

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

3:00 pm Knitting with Mary - Lobby

Thursday, September 10

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.

11:00 am Holy Communion, Episcopal Rite - Chapel
All baptized persons welcome!

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: *The Brain - Why Do
I Need You? ~ Channel 950*

4:00 pm Aquacize - Swimming Pool

Friday, September 11

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

Saturday, September 12

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

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 9/6/2026	MONDAY Happy Labor Day!! 9/7/2026 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm Dinner - Closed	TUESDAY 9/8/2026	WEDNESDAY 9/9/2026	THURSDAY 9/10/2026	FRIDAY 9/11/2026	SATURDAY 9/12/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
American Bounty Vegetable Soup Potato Leek Soup	Chilled Mango Raspberry Soup Chicken & Rice Soup	Chilled Peach Soup Chili	Creole Crab Soup Vegetarian Vegetable Soup	Navy Bean Soup Italian Wedding Soup	Cream of Potato Soup Tomato Basil Soup	Split Pea Soup Chicken Noodle Soup
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Seasoned Snapper Stuffed Peppers Carved Turkey w/Stuffing CF - Boursin Cheese Scrambled Eggs	Hamburger/Cheeseburger Bratwurst w/ Grilled Onions Fried Chicken Honey Garlic Salmon	BW Chicken Quesadilla Creole Barramundi Beef Enchilada Bake CF - Carne Adovada	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Chicken Celeste (resident recipe)	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Penne & Sausage	BW Zucchini Ricotta Boats Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Parmesan Perch	BW Beef Broccoli Stir-Fry Honey Soy Chicken Crab Cake with Remoulade CF - Pork Pot Stickers
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Onion Rings Baked Beans Corn on the Cob	Spanish Rice Sauteed Zucchini Roasted Cauliflower AA Mashed Potato AA Baked Potato	Baked Sweet Potato Balsamic Brussels Sprouts Parmesan Baked Tomato AA Mashed Potato AA Baked Potato	Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	Haluski Steamed Peas Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Steamed Rice Garlic Sauteed Spinach Ginger Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Corn on the Cob						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Scones	Assorted Dinner Roll	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Garlic Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Pumpkin Pie Chocolate Ganache Bundt Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Frosted Brownie Angel Food Cake w/Berries Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Reese's PB Cup Cookie Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Turtle Cheesecake Scoop Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Big Alaska Ice Cream Bar Strawberry Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Cherry Crisp Tiramisu 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 - 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 am - 6:30 pm