SHERWOOD OAKS

A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks November 1-7, 2026
The Audio Bulletin Board 724-776-8489

Sunday, November 1 — *Daylight Savings*

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

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

Monday, November 2

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 - Card Room
11:00 am Mindful Stretch - Cranberry Lake Fit. Ctr.
1:00 pm Bus to Shop 'n Save/CVS Pharmacy/ Passavant Cranberry & Main Campus
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
7:00 pm Entertainment Committee: ***Jazz Music with Jenene Caramiello ~ Audit. & Card Room***

Tuesday, November 3 — *Election Day*

BUS to Vote ~ Sign up on Bulletin Board!

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 Art of Listening*** - 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 ***SORA Board Meeting*** - Card Room
1:30 pm Living with Loss: ***Grief Support Group with Chaplain Sam Blair*** - Chapel
1:40 pm Bus to VA Clinic Cranberry/Passavant
2:00 pm Backgammon - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, November 4

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.

Wednesday, November 4 (Continued)

11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.
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

Thursday, November 5

7:00 am Bus to Passavant Cranberry & Main
9:00 am Blackburns Scooter Repairs (until 2:30) - Sign up in the Mailroom!
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 Fit. Ctr.
11:30 am ***Gift Shop - Pop-up Bath & Body Table***
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
2:00 pm David Soloman (WQED) ~ ***Homecoming: Sgt. Hamilton's Long Journey*** - Audit.
2:30 pm Qwirkle - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950
3:30 pm Continued Learning: ***The Art of Listening*** - Channel 950
4:00 pm Aquacize - Swimming Pool
4:30 pm ***Gift Shop - Pop-up Bath & Body Table***

Friday, November 6

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.
11:30 am ***Gift Shop - Pop-up Bath & Body Table***
1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall Passavant Main & Passavant Cranberry
1:30 pm Health Affairs ~ ***Living with Low Vision: Maximizing Independence*** - Auditorium
3:00 pm Sit & Fit Strength Class - Channel 950
3:00 pm Caps for Kids Knit/Crochet - Lobby

Saturday, November 7

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
11:30 am ***Gift Shop - Pop-up Bath & Body Table***
12:30 pm Rummikub - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950
3:25 pm Bus to St. Ferdinand Church

SUNDAY 11/1/2026 **Café Closed for Breakfast today	MONDAY 11/2/2026	TUESDAY 11/3/2026	WEDNESDAY 11/4/2026	THURSDAY 11/5/2026	FRIDAY 11/6/2026	SATURDAY 11/7/2026
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Potato Leek Soup Beef Noodle Soup	Chicken & Rice Soup French Onion	Chili Watermelon Gazpacho	Vegetarian Vegetable Soup Meatball Stew	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 - Blueberry Pancakes	BW Cilantro Grilled Chicken Coconut Shrimp Beef Teriyaki CF - Moo Shu Pork	BW Herb Crusted Pork Loin Buffalo Chicken Salad Rodeo Burger CF - Tomato Basil Cod	BW Raspberry Peach Chicken Steak Medallions w/Mushroom Sauce Perch Meuniere CF - Florentine Ravioli	BW Salmon Berry Salad Calves Liver Barbecue Baby Back Ribs CF - Apple Chicken Sausage	Cheese Pizza Chicken Cacciatore Fettuccine Bolognese CF - Fried Oysters	Beef Ropa Vieja Honey Soy Tilapia Bratwurst w/Onions CF - Roasted Chicken w/Pears
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	Roasted Red Potatoes Steamed Broccoli Key West Veggie Blend 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 - Roasted Parmesan Cauliflower						
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	Cocount Cake Turtle Sundae 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

Large Printed Menus are available on Request. Call Jesse at #8505

**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.

Main Dining Room	Café	Café Meal Pick Ups
Ext. 8234 (724-776-8234)	Ext. 8236 (724-776-8236)	11:30 am - 1 pm
Lunch - 11:45 am-1 pm	Breakfast - 8-10:30 am	4:30-6:30 pm
Dinner - 4:30-6:30 pm	Lunch - 10:30am-4:30 pm	**Corner Market**
	Dinner - 4:30-6:30 pm	8:00am - 6:30pm