



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks October 11-17, 2026

The Audio Bulletin Board 724-776-8489

Sunday, October 11

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

2:00 pm Chapel Service - Card Room
Rev. Ron Brown

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

Reminder:

Cafe Dinner (in-person) Closure - October 11
See Channel 950 for details.

Monday, October 12

Columbus 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
- 10:00 am Group Fitness - Cran Lake Fitness Ctr.
- 10:00 am Focus on the World: ***America & Climate Change*** ~ Channel 950
- 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 Continued Learning: ***Miguel Sague Jr. ~ Exploring Ancient Caribbean Indigenous Culture*** - Auditorium

Tuesday, October 13

- 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 - How Will We Be?*** ~ 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
- 3:30 pm Book Club - Oak Lodge Great Room

Wednesday, October 14

- 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

Wednesday, October 14 (Continued)

- 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
- 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
- 3:30 pm Focus on the World: ***America & Climate Change*** ~ Channel 950

Thursday, October 15

- 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 Living with Loss: ***Amy Kowinsky ~ Memory Loss: Helping our Neighbors, Friends and Ourselves*** - Auditorium
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 11:00 am Stretch & Stability - Cran Lake Fit. 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
- 2:00 pm Civic Affairs: ***Candidate Forum - District 12*** - Auditorium - See Channel 950 for Details.
- 2:30 pm Qwirkle - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Continued Learning: ***The Brain - How Will We Be?*** ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, October 16

- 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 17

- 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 10/11/2026		*MONDAY 10/12/2026		TUESDAY 10/13/2026		WEDNESDAY 10/14/2026		THURSDAY 10/15/2026		FRIDAY 10/16/2026		SATURDAY 10/17/2026	
*Café Closed for (In-person) Dinner Counter remains open until 6:30pm for Takeouts & Corner Market Purchases													
**choose (1)	American Bounty Vegetable Soup Potato Leek Soup	**choose (1)	Cream of Asparagus Soup Chicken & Rice Soup	**choose (1)	Chilled Peach Soup Chili	**choose (1)	Creole Crab Soup Vegetarian Vegetable Soup	**choose (1)	Navy Bean Soup Italian Wedding Soup	**choose (1)	Cream of Potato Soup Tomato Basil Soup	**choose (1)	Split Pea Soup Chicken Noodle Soup
**choose (1)	Mixed Greens House Salad Iceberg House Salad Prune Cup	**choose (1)	Mixed Greens House Salad Iceberg House Salad Prune Cup	**choose (1)	Mixed Greens House Salad Iceberg House Salad Prune Cup	**choose (1)	Mixed Greens House Salad Iceberg House Salad Prune Cup	**choose (1)	Mixed Greens House Salad Iceberg House Salad Prune Cup	**choose (1)	Mixed Greens House Salad Iceberg House Salad Prune Cup	**choose (1)	Mixed Greens House Salad Iceberg House Salad Prune Cup
choose (1)	BW Seasoned Snapper Stuffed Peppers	choose (1)	BW Manicotti Pork Milanese	choose (1)	BW Chicken Quesadilla Creole Barramundi	choose (1)	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll	choose (1)	BW Sweet Berry Chicken Salad Deluxe Burger	choose (1)	BW Zucchini Ricotta Boats Bleu Cheese Crusted Beef Medallions	choose (1)	BW Beef Broccoli Stir-Fry Honey Soy Chicken
choose (3)	Carved Turkey w/Stuffing CF - Sausage & Cheddar Scramble	choose (3)	Honey Mustard Chicken CF - Baked Flounder	choose (3)	Beef Enchilada Bake CF - Sausage & Bowtie Pasta	choose (3)	Creamy Vegetable Lasagna CF - MTO Schwarma Bowl	choose (3)	Lemon Dill Salmon CF - Mustard Glazed Pork	choose (3)	Kielbasa with Kraut CF - Battered Cod	choose (3)	Crab Cake with Remoulade CF - Pork Tonkatsu**
Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Warm Chunky Applesauce Succotash AA Mashed Potato AA Baked Potato	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 O'Brien						
choose (1)	Scones	choose (1)	Assorted Dinner Roll	choose (1)	Corn Bread	choose (1)	Assorted Dinner Roll	choose (1)	Assorted Dinner Roll	choose (1)	Garlic Breadstick	choose (1)	Assorted Dinner Roll
choose (1)	Pumpkin Pie Chocolate Ganache Bundt Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1)	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1)	Reese's PB Cup Cookie Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1)	Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1)	Turtle Cheesecake Scoop Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1)	Big Alaska Ice Cream Bar Strawberry Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	choose (1)	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