



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks October 18-24, 2026

The Audio Bulletin Board 724-776-8489

Sunday, October 18

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

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

Monday, October 19

- 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!
- 1:30 pm Continued Learning **Rachel Bezanson ~ Astronomy - Live Fast, Die Young** - Aud.
- 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, October 20

- 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 Real Australia Most People Never See** ~ 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 Living with Loss: **Grief Support Group with Chaplain Sam Blair** - Chapel
- 1:30 pm Drama Club Meeting - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Backgammon - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, October 21

- 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.

Wednesday, October 21 (Continued)

- 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, October 22

- 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 Fit. Ctr.
- 11:30 am **Garage Sale until 2:30pm** - Gift Shop, Parking Lot F and Unit #156
- 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 Real Australia Most People Never See** ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 7:00 pm Entertainment Committee: **Ambridge Steel Drum Band** - Auditorium

Friday, October 23

- 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 **Garage Sale until 2:30pm** - Gift Shop, Parking Lot F and Unit #156
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall Passavant Main & Passavant Cranberry
- 1:30 pm **Medicare Talk with Eric Holmes** - Aud.
- 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 24

- 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
- 11:30 am **Garage Sale until 2:30pm** - Gift Shop, Parking Lot F and Unit #156
- 12:30 pm Rummikub - Lobby
- 2:00 pm **Pittsburgh Cultural Dancers** - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

SUNDAY 10/18/2026	MONDAY 10/19/2026	TUESDAY 10/20/2026	WEDNESDAY 10/21/2026	THURSDAY 10/22/2026	FRIDAY 10/23/2026	SATURDAY 10/24/2026
**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 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 Stuffed Pork Chop Citrus Cod Prime Rib au Jus CF - French Toast	BW Chicken Romano Vegetable Stuffed Portobello Spaghetti w/Meat Sauce CF - New England Baked Scallops	BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce CF - Perch w/Garlic & Capers	BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - Chicken & Broccoli Bake	Beef Stroganoff Turkey Devonshire Basil Tilapia CF - Ham & Spinach Casserole	BW Crispy Sesame Chicken Vegetable Egg Roll Pepper Steak CF - Salmon Cakes	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Country Fried Steak
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 - Mashed Herbed Rutabagas						
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 - 8-10:30 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