SHERWOOD OAKS

A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks October 25-31, 2026
The Audio Bulletin Board 724-776-8489

Sunday, October 25

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

10:30 am Friends (Quaker) Meeting - Chapel
2:00 pm Chapel Service - Card Room
Rev. Bryce McGarvey
3:00 pm Sit & Fit Strength Class - Channel 950

Monday, October 26

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.
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 Cont. Learning: ***Marianne Cornetti*** ~ 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
6:30 pm Bingo! (until 7:30) - Auditorium

Tuesday, October 27

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 Holy Land Revealed - Lectures 35 & 36*** ~ 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 Comm. Meeting - Sherw. Mtg. 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
4:30 pm Zoe's Special Order's (until 6:30) - Gift Shop

Wednesday, October 28

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 28 (Continued)

11:45 am Bus to Passavant/Cranberry, 228 Mall & Cranberry Twp. Municipal Building
1:00 pm Hand Bell Practice - Auditorium
1:15 pm Artificial Intelligence (AI) Activity - Card Room
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

Dining Services' Halloween Theme today is...

Thursday, October 29

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 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
2:30 pm Qwirkle - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950
3:30 pm Continued Learning: ***The Holy Land Revealed - Lectures 35 & 36*** ~ Channel 950
4:00 pm Aquacize - Swimming Pool

Friday, October 30

7:00 am Bus to Passavant Cranberry & Main
9:30 am Bus to Shop 'n Save/Pass. Cranberry & Main
10:00 am **NO** - 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 ***Celebration of Life ~ Julie Eden*** - 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 31 *Halloween*

(Turn Your Clocks Back 1-Hour Before Bed Tonight)

9:00 am Mixed Pickleball League - Sherwod Oaks Park
10:00 am Pickleball Clinic - Cran Lake Fitness Center
9:30 am No Mall Bus today
12:30 pm Rummikub - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950
3:25 pm Bus to St. Ferdinand Church

SUNDAY 10/25/2026	MONDAY 10/26/2026	TUESDAY 10/27/2026	WEDNESDAY CarnEVIL Bday 10/28/2026	THURSDAY 10/29/2026	FRIDAY 10/30/2026	SATURDAY 10/31/2026
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Beef Barley	Creamy Corn Soup	Shrimp Bisque	Mulligatawney	Italian Wedding Soup	New England Seafood Soup	Beer Cheese Soup
Potato Leek Soup	Chicken & Rice Soup	Chili	Roasted Red Pepper & Gouda Bisque	Gazpacho	Tomato Basil Soup	Chicken Noodle Soup
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad
Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad
Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
BW Coq au Vin	BW Sole Meuniere	Mushroom Ravioli	Corn Dog	BW Chicken w/Avocado Salsa	BW Herb Roasted Salmon	BW Strawberry Chicken Salad
Grilled Trout w/ Chive Butter	Veal Parmesan	Meatloaf	Fried Chicken Tenders	Sausage Pizza	BBQ Bourbon Chicken	Yankee Pot Roast
Beef Tenderloin	Chicken Picatta	Lemon Garlic Chicken Thighs	White Cheddar Mac & Cheese	Braised Beef Brisket	Stuffed Shells Marinara	Blackened Catfish
CF - Scrambled Egg Whites	CF - Roasted Pork Loin	CF - Cajun Tilapia	Baked Breaded Beef Ravioli	CF - Cod English	CF - Chili Cheese Dog	CF - Cheese Tortellini
choose (3)	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***
Rosemary Potatoes	Angel Hair w/Marinara	Mashed Potatoes	Seasoned French Fries	Red Pepper Risotto	Baked Sweet Potato & Apples	Garlic Mashed Potatoes
Green Beans & Mushrooms	Lima Beans	Roasted Brussels Sprouts	Mexican Street Corn	Peas & Pearl Onions	Creamed Spinach	Fresh Asparagus
Roasted Beets	Roasted Yellow Squash	Steamed Broccoli & Cheese	Broccoli	Sliced Buttered Carrots	Sherried Mushrooms	Roasted Tomato & Cauliflower
AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato
AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato
Vegetable of the Week - Garlic Butter Wax Beans						
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	French Cream Cheesecake	Peachberry Pie	Caramel Apple Bar	Ice Cream Sandwich	Blueberry Pie	Coconut Meringue Pie
Oreo Madness Sundae	Lemon Meringue Pie	Cinnamon Crumb Cake	Lemon Blueberry Cookie	Egg Custard Pie	Chocolate Cake w/Choc Icing	Apple Crisp
Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange
Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream
Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	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