



A part of UPMC Senior Communities  
Managed by Presbyterian SeniorCare Network

## This Week at Sherwood Oaks October 4-10, 2026 The Audio Bulletin Board 724-776-8489

### Sunday, October 4

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

- 2:00 pm Chapel Service (World Communion) - Card Rm  
*Rev. Jean Henderson*
- 3:00 pm Sit & Fit Strength Class - Channel 950

### Monday, October 5

- 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
- 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: *Lauren Dietz Shaffer ~  
Beautiful Birds of PA* - Auditorium  
(Please Note Time Change!)

### Tuesday, October 6

- 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: *How to Look at and -  
Understand Great Art* ~ 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Backgammon - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 6:30 pm Sherwood Oaks Fund: *Feasibility Study  
Meeting for Future Projects* ~ Auditorium  
(Sign up in Scooter Room/Gallery)

### Wednesday, October 7

- 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 7 (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
- 7:00 pm Sing-a-longs & Snax - Sherwood Oaks Park

### Thursday, October 8

- 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 Holy Communion - Episcopal Rite - Chapel  
All Baptized Persons Welcome!
- 11:00 am **NO** - 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
- 1:30 pm Sherwood Oaks Fund: *Feasibility Study  
Meeting for Future Projects* ~ Auditorium  
(Sign up in Scooter Room/Gallery)
- 2:30 pm Qwirkle - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Continued Learning: *How to Look at and -  
Understand Great Art* ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

### Friday, October 9

- 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
- 1:00 pm Civic Affairs: *Candidate Forum (Tentative)-  
Auditorium* - Check Channel 950 for  
confirmation and full details.
- 1:30 pm *Eggnog Party Planning Meeting* ~ Card Rm.
- 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 10

- 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

| SUNDAY                       | MONDAY                   | TUESDAY                   | WEDNESDAY                 | THURSDAY                     | FRIDAY                       | SATURDAY                          |
|------------------------------|--------------------------|---------------------------|---------------------------|------------------------------|------------------------------|-----------------------------------|
| 10/4/2026                    | 10/5/2026                | 10/6/2026                 | 10/7/2026                 | 10/8/2026                    | 10/9/2026                    | 10/10/2026                        |
| **choose (1)                 | **choose (1)             | **choose (1)              | **choose (1)              | **choose (1)                 | **choose (1)                 | **choose (1)                      |
| Lobster Bisque               | BW Cauliflower Bisque    | Elephant Garlic Soup      | Chilled Vichyssoise       | Lentil Soup                  | Beef Barley                  | Yankee Bean Soup                  |
| Potato Leek Soup             | Chicken & Rice Soup      | Chili                     | Vegetarian Vegetable Soup | Italian Wedding Soup         | Tomato Basil Soup            | Chicken Noodle                    |
| 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 Maple Glazed Salmon       | BW Ginger Citrus Chicken | BW Trout Amandine         | Eggplant Parmesan         | Turkey Burger w/avocado mayo | BW Lasagna Roll-ups          | BW Garden Chicken Salad           |
| Pork Paprikash               | Montreal Beef Shoulder   | BBQ Chicken Thighs        | Chicken Marsala           | Braised Cod Peperonata       | Apricot Chicken              | Baked Orange Roughy               |
| Rack of Lamb                 | Bourbon Cherry Pork      | Taco Salad                | Meatballs                 | Beef Burgundy w/Noodles      | Fried Cat Fish w/Hushpuppies | Glazed Corned Beef                |
| CF - Corned Beef Hash & Eggs | CF - Fried Calamari      | CF - Tortellini ala Vodka | CF - Shrimp Scampi        | CF - Eggplant Parmesan       | CF - Stuffed Cabbage         | CF - Penne w/Mushrooms & Pancetta |
| choose (3)                   | choose (3)               | choose (3)                | choose (3)                | choose (3)                   | choose (3)                   | choose (3)                        |
| Smashed Red Skin Potatoes    | Scalloped Potatoes       | Dijon Roasted Potatoes    | Angel Hair Marinara       | Sweet Potato Fries           | Pierogies w/Onions           | Parslied New Potatoes             |
| Roasted Cauliflower          | Sauteed Green Beans      | Baby Lima Beans           | Roasted Mushrooms         | Creamed Spinach              | Peas & Peppers               | Sauteed Cabbage                   |
| Yellow Squash                | Honey Glazed Carrots     | Broccoli                  | Sauteed Zucchini          | Corn on the Cob              | Asparagus                    | Baby Carrots                      |
| 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 - Balsamic Roasted Beets |                          |                          |                          |                          |                          |                          |
|------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| choose (1)                                     | choose (1)               | choose (1)               | choose (1)               | choose (1)               | choose (1)               | choose (1)               |
| Cinnamon Rolls                                 | Garlic Breadstick        | Corn Bread               | Assorted Dinner Roll     | Assorted Dinner Roll     | Herbed Breadstick        | Assorted Dinner Roll     |
| choose (1)                                     | choose (1)               | choose (1)               | choose (1)               | choose (1)               | choose (1)               | choose (1)               |
| Peach Melba Sundae                             | Cherry Pie               | Chocolate Cream Pie      | Strawberry Rhubarb Pie   | Oilive Oil Cake          | Hot Fudge Sundae         | Banana Cream Pie         |
| Banana Choc Marble Cake                        | Orange Cream Cake        | Butter Toffee Cake       | Cookies & Cream Cake     | Lemon Blueberry Cake     | Strawberry Shortcake     | Triple Chocolate Cake    |
| Fresh Fruit Cup                                | Fresh Fruit Cup          | Fresh Fruit Cup          | Fresh Fruit Cup          | Fresh Fruit Cup          | Fresh Fruit Cup          | Fresh Fruit Cup          |
| 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 |
| 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

BW denotes the Be Well recipe option of the day

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

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6:30 pm

Corner Market

8 am - 6:30 pm

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 - 10:30 am-4:30 pm

Dinner - 4:30-6:30 pm