SHERWOOD OAKS

A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks November 15 - 21, 2026
The Audio Bulletin Board 724-776-8489

Sunday, November 15

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

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

Monday, November 16

8:15 am Bus to Passavant Cranberry
8:30 am Mixed Pickleball League - Cran Lake Fit. Ctr.
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

Tuesday, November 17

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: ***Lebanon: Far From What People Think*** - Channel 950
10:30 am Hearts Card Game - Lobby
11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
11:30 am Zoe's Special Oders (until 1:30) - Gift Shop
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 Drama Club Meeting - Auditoirum
1:40 pm Bus to VA Clinic Cranberry/Passavant
2:00 pm Backgammon - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950
7:00 pm Entertainment Committee: ***Christmas Candlelight Piano Concert with Roberta Breninghouse*** - Auditorium & Card Room

Wednesday, November 18

8:15 am Bus to UPMC Passavant Cranberry
8:30 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 18 (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 Handbell Practice - Auditorium
2:00 pm Bus to Passavant/Cranberry & 228 Mall
2:30 pm Chorus Practice - Auditorium
2:30 pm Cornhole - Cranberry Lake Fitness Center
3:00 pm Sit & Fit Strength Class - Channel 950
3:00 pm Knitting with Mary - Lobby

Dining Services' Birthday Theme today is...

AUTUMN HARVEST



Thursday, November 19

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: ***Lebanon: Far From What People Think*** - Channel 950
4:00 pm Aquacize - Swimming Pool

Friday, November 20

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.
10:00 am Health Affairs Meeting - Conference Room
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 ***Resident Get Together with Mark Nord & Management Team*** - Aud. & Card Room
3:00 pm Sit & Fit Strength Class - Channel 950
3:00 pm Caps for Kids Knit/Crochet - Lobby

Saturday, November 21

9:00 am Mixed Pickleball League - Cran Lake Fit. Ctr.
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 11/15/2026	MONDAY 11/16/2026	TUESDAY 11/17/2026	WEDNESDAY Autumn Harvest BDAY 11/18/2026	THURSDAY 11/19/2026	FRIDAY 11/20/2026	SATURDAY 11/21/2026
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Chicken Noodle Soup Cream of Broccoli Soup	Potato Leek Chowder BW Shrimp and Corn Soup	Italian Wedding Soup Yankee Bean	Loaded Baked Potato Soup Harvest Vegetable Soup	Chili Chicken Florentine Soup	Vegetarian Vegetable Soup New England Clam Chowder	Cream of Tomato Soup Chicken Vegetable Soup
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup	Mixed Green Salad Iceberg Salad Prune Cup
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Rotisserie Chicken Rack of Lamb Crab Cake CF - Creamed Chipped Beef	BeWell Baked Cod Ham & Pineapple Fried Chicken Sandwich CF - Cheese Tortellini	BeWell Vegetable Quiche Cranberry Brie Chicken Pork & Sauerkraut CF - Baked Scallops	Grilled Swordfish w/Apple Chutney Orecchiette w/Pancetta in a Spinach Cream Apple Glazed Pork Chops Pot Roast	BeWell Baked Orange Roughy Chicken Marsala Italian Meatballs CF - Eggplant Napolean	Pork Schnitzel Cheese Ravioli Chicken Sausage CF - Blackened Catfish	Stuffed Pork Chop Flounder Amandine Lamb Stew CF - Pesto Chicken Pasta
choose (3)	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***
Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Balsamic Roasted Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	Mashed Potatoes Green Beans Cauliflower AA Mashed Potato AA Baked Potato	Mashed Potatoes Maple Glazed Brussels Sprouts Spaghetti Squash AA Mashed Potato AA Baked Potato	Angel Hair Marinara Buttered Green Peas Fried Green Tomatoes AA Mashed Potato AA Baked Potato	German Potato Salad Sauteed Zucchini Escalloped Apples AA Mashed Potato AA Baked Potato	Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
Vegetable of the Week - Broccoli & Cheese						
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Scones	Assorted Dinner Roll	Breadworks Roll	Assorted Dinner Roll	Cornbread	Pretzel Roll	Assorted Dinner Roll
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Triple Chocolate Cheesecake Bananas Foster Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tiramisu Apple Cranberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Caramel Apple Cake Lemon Merinque Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Apple Crisp 3 Layer Pumpkin Spice Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Gingerbread Cake w/Whipped Cream Peachberry Cheesecake Scoop Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Blueberry Crisp Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Oreo Dessert Bar Oatmeal Cranberry Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup 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

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

Café Meal Pick Ups
11:30 am - 1 pm
4:30-6:30 pm

Corner Market
8 am - 6:30 pm