SHERWOOD OAKS

A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks November 22-28, 2026
The Audio Bulletin Board 724-776-8489

Sunday, November 22

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

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

Monday, November 23

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.
11:00 am Mindful Stretch - Cranberry Lake Fit. Ctr.
1:00 pm Bus to Shop 'n Save/CVS Pharmacy/ Passavant Cranberry & Main Campus
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 24

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: ***Religions of the World ~ Judaism*** - Channel 950
10:30 am Hearts Card Game - Lobby
11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
0:00 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 ***UPMC for Life Medicare Meeting with Eric Homes*** - Auditorium
1:30 pm Swim Poool Commiittee - Sherw. Mtg. Rm.
1:40 pm Bus to VA Clinic Cranberry/Passavant
2:00 pm Backgammon - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, November 25

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

Wednesday, November 25 *(Continued)*

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

Thursday, November 26 *Happy Thanksgiving*

3:00 pm Sit & Fit Strength Class - Channel 950
3:30 pm Continued Learning: ***Religions of the World ~ Judaism*** - Channel 950

Thanksgiving Day Dining Hours



Main Dining Room
Lunch - 11:30 am - 1:30 pm
Dinner - Closed

Café
Breakfast - 8-10:30 am
Lunch - Closed
Dinner - Closed

Takeout meals are available at the Café counter from 11:30 am - 1:30 pm.

Home delivered meals will occur between 11:30 am - 12:30 pm.

Reception Desk Hours - 8:00 am - 4:00 pm

Friday, November 27

7:00 am Bus to Passavant Cranberry & Main
9:30 am Bus to Shop 'n Save/Pass. Cranberry & Main
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

Saturday, November 28

9:00 am Mixed Pickleball League - Cran Lake Fit. Ctr.
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 11/22/2026	MONDAY 11/23/2026	TUESDAY 11/24/2026	WEDNESDAY 11/25/2026	THURSDAY ~ Happy Thanksgiving!! 11/26/2026 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm Dinner - Closed	FRIDAY 11/27/2026	SATURDAY 11/28/2026
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Chicken Noodle Soup Navy Bean Soup	Potato Leek Chowder Beef Vegetable Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Split Pea Soup Meatball Stew	Chicken & Corn Chowder Broccoli Cheese Soup	Vegetarian Vegetable Soup Sausage & Kale	Homemade Cream of Tomato Soup Ham & Cabbage 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)***
BeWell Herb Roasted Salmon Beef Tenderloin Stuffed Shells CF - Sausage Gravy & Biscuits	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Country Fried Steak	Turkey Broccoli Casserole Corned Beef Baked Trout w/Lemon Butter CF - Hawaiian Pizza**	BeWell Lemon Pepper Cod Pork Tenderloin w/Apple Chutney Taco Salad CF - Honey Buffalo Chicken	Carved Turkey Butternut Squash Ravioli Cod English	Pecan Crusted Tilapia Stuffed Cabbage Sweet Italian Sausage Hoagie CF - Fried Chicken	Vegetable Casserole Chicken Tenders Pot Roast CF - Baked Cheese Manicotti
choose (3)	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***
Roasted Dijon Potatoes Green Beans Amandine Fresh Cauliflower AA Mashed Potato AA Baked Potato	Macaroni & Cheese Fried Okra Stewed Tomatoes AA Mashed Potato AA Baked Potato	Parslied Potatoes Steamed Cabbage Carrots AA Mashed Potato AA Baked Potato	Potato Pancakes Sauteed Spinach Roasted Eggplant AA Mashed Potato AA Baked Potato	Bread Stuffing Mashed Potatoes Sweet Potatoes Green Bean Casserole	Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Loaded Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Honey Butter Parsnips						
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Doughnuts	Corn Muffin	Breadworks Roll	Assorted Dinner Roll	Cornbread	Assorted Roll	Assorted Dinner Roll
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Strawberry Sundae Cinnamon Streusel Coffee Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Banana Cake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pecan Pie Spice Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Black Forest Cake Dutch Apple Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pumpkin Pie Chocolate Cake w/Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Hummingbird Cake French Silk Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Apple Streusel Cake Cherry Pie 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.

****Ham & Pineapple Pizza**

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

WEEK TWO

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