SHERWOOD OAKS

A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks November 8 - 14, 2026
The Audio Bulletin Board 724-776-8489

Sunday, November 8

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

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

Monday, November 9

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.
10:00 am Focus on the World: ***Code Red ~ America vs. Climate Change*** - Channel 950
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 10

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 the Earth was Made*** - Channel 950
10:30 am Hearts Card Game - Lobby
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
1:40 pm Bus to VA Clinic Cranberry/Passavant
2:00 pm Backgammon - Lobby
3:00 pm Sit & Fit Strength Class - Channel 950
3:30 pm Book Club - Oak Lodge Great Room

Wednesday, November 11 *Veterans Day*

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.
10:00 am ***Drop off Veterans Day Memorabilia*** - Lobby

Wednesday, November 11 (Continued)

11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.
11:45 am Bus to Passavant/Cranberry, 228 Mall & Cranberry Twp. Municipal Building
1:30 pm ***Veterans Day Program*** - Auditorium & Card Room - Patriotic Music begins at 1:20 - Memorabilia will be on display in the lobby until 4:00pm.
2:00 pm Bus to Passavant/Cranberry & 228 Mall
2:30 pm Outdoor Games - Sherwood Oaks Park
3:00 pm Sit & Fit Strength Class - Channel 950
3:00 pm Knitting with Mary - Lobby
3:00 pm ***Pick up your Veterans Day Memorabilia by 4:00 pm*** - Lobby (Note: items cannot be stored at the Reception Desk.)
3:30 pm Focus on the World: ***Code Red ~ America vs. Climate Change*** - Channel 950

Thursday, November 12

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.
11:00 am Holy Communion, Episcopal Rite - Chapel All Baptized Persons are Welcome!
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: ***How the Earth was Made*** - Channel 950
4:00 pm Aquacize - Swimming Pool

Friday, November 13

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
3:00 pm Sit & Fit Strength Class - Channel 950
3:00 pm Caps for Kids Knit/Crochet - Lobby

Saturday, November 14

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 11/8/2026	MONDAY 11/9/2026	TUESDAY 11/10/2026	WEDNESDAY 11/11/2026	THURSDAY 11/12/2026	FRIDAY 11/13/2026	SATURDAY 11/14/2026
choose (1)	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***	***choose (1)***
Lobster Bisque Potato Leek Soup	BW Cauliflower Bisque Chicken & Rice Soup	Elephant Garlic Soup Chili	Chilled Vichyssoise Vegetarian Vegetable Soup	Lentil Soup Italian Wedding Soup	Beef Barley Tomato Basil Soup	Yankee Bean Soup Chicken Noodle
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 Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - Vegetable Egg Strata	BW Ginger Citrus Chicken Montreal Beef Shoulder Bourbon Cherry Pork CF - Swai Fish	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Penne w/Mushrooms & Spinach	Eggplant Parmesan Chicken Marsala Meatballs CF - Shrimp Scampi	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - Pork Jager Schnitzel	BW Lasagna Roll-ups Apricot Chicken Fried Cat Fish w/Hushpuppies CF - Sloppy Joe	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Old Fashioned Ham Loaf
choose (3)	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***	***choose (3)***
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash AA Mashed Potato AA Baked Potato	Scalloped Potatoes Sauteed Green Beans Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Dijon Roasted Potatoes Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato	Angel Hair Marinara Roasted Mushrooms Sauteed Zucchini AA Mashed Potato AA Baked Potato	Sweet Potato Fries Creamed Spinach Corn on the Cob AA Mashed Potato AA Baked Potato	Pierogies w/Onions Peas & Peppers Asparagus AA Mashed Potato AA Baked Potato	Parslied New Potatoes Sauteed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Garlic Bok Choy						
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 Banana Choc Marble Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Pie Orange Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Chocolate Cream Pie Butter Toffee Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Rhubarb Pie Cookies & Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Oilive Oil Cake Lemon Blueberry Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Hot Fudge Sundae Strawberry Shortcake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Banana Cream Pie Triple Chocolate Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream 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