



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - February 2 - 8, 2025 The Audio Bulletin Board 8489

Sunday, February 2 *Groundhog Day*

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

- 2:00 pm Chapel Service - Card Room
Rev. James Benson
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Oliver! (G)

Monday, February 3

- 8:15 am Bus to Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:30 am Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Center
- 10:45 am Women's Bible Study - Card Room
- 11:00 am Mindful Stretch - Cran. Lake Fit. Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/
Passavant Cranberry & Main Campus
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, February 4

- 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
- 11:00 am Move & Groove - Cran Lake Fit. Ctr.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
- 1:00 pm Ladies' Pool - Pool Table Room
- 1:30 pm SORA Board Meeting - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

***"How to Look at & Understand Great Art -
Lectures 13 & 14"***

Feb. 4 ENCORE - Feb. 6
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, February 5

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 10:00 am Men's Bible Study - Chapel
- 11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall &
Cran. Twp. Municipal Building

Wednesday, February 5 (Continued)

- 1:30 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm Chorus Practice - Auditorium
- 2:30 pm Cornhole & Ping-Pong Games - Cranberry
Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Woman in Gold (PG)

Thursday, February 6

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburns Scooter Clinic (until 2:30pm) -
Sign up sheet is posted in mail room
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 11:00 am Stretch & Stability - Cran Lake Fit Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Aquacize - Swimming Pool

Friday, February 7

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry
& Passavant 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 Crazy Crafters - Lower Level Craft Room -
Call Joni Pun (8223) to RSVP
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Funny Fridays Movie - Channel 951
The Ghost and Mrs. Muir (Approved)

Saturday, February 8

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:30 pm Bus to St. Ferdinand Church
- 7:30 pm Residents' Request Movie - Channel 951
The African Queen (Approved)



SUNDAY 2/2/2025 <i>choose (2)</i>	MONDAY 2/3/2025 <i>choose (2)</i>	TUESDAY 2/4/2025 <i>choose (2)</i>	WEDNESDAY 2/5/2025 <i>choose (2)</i>	THURSDAY 2/6/2025 <i>choose (2)</i>	FRIDAY 2/7/2025 <i>choose (2)</i>	SATURDAY 2/8/2025 <i>choose (2)</i>
Chicken Noodle Soup Crabby Swiss Soup	Potato Leek Chowder Stuffed Pepper Soup	Italian Wedding Soup Root Vegetable Soup	Split Pea Soup Cream Of Cauliflower Soup	Chili Tuscan Bean & Tomato Soup	Vegetarian Vegetable Soup Black Bean Soup	Homemade Cream of Tomato Soup Turkey Rice Soup
Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup	Mixed Green Salad Iceberg Salad Fresh Fruit Cup Prune Cup
<i>choose (1)</i> BeWell Braised Cod Peperanata Prime Rib Manicotti w/Marinara CF - Scrambled Egg Whites	<i>choose (1)</i> Chicken Romano Pulled Pork on Onion Roll Seafood Newburg CF - Cheese Pizza	<i>choose (1)</i> BeWell Ginger Soy Shrimp Beef Burgundy Chicken Pot Pie CF - Sausage Stuffed Mushrooms	<i>choose (1)</i> Chicken Penne Alfredo Savory Meatloaf Seasoned Snapper CF - Breaded Pork Chop	<i>choose (1)</i> BeWell Orange Pork Medallions General Tso's Chicken Crab Cake CF - Asian Style Flank Steak	<i>choose (1)</i> BeWell Rosemary Grilled Salmon Deluxe Hamburger Three Cheese Lasagna CF - Asiago Chicken	<i>choose (1)</i> Ham Steak Battered Fish Beef Stew CF - Monterey Chicken
<i>choose (3)</i> Roasted Tri-color Potatoes Creamed Spinach Sautéed Mushrooms AA Mashed Potato AA Baked Potato	<i>choose (3)</i> Corn Soufflé Sautéed Zucchini Harvard Beets AA Mashed Potato AA Baked Potato	<i>choose (3)</i> Egg Noodles Garlic Chalet Vegetable Blend Warm Chunky Applesauce AA Mashed Potato AA Baked Potato	<i>choose (3)</i> Mashed Potatoes Tri Colored Carrots Peas AA Mashed Potato AA Baked Potato	<i>choose (3)</i> Rice Pilaf Edamame Broccoli & Cauliflower AA Mashed Potato AA Baked Potato	<i>choose (3)</i> Sweet Potato Fries Fresh Asparagus Spaghetti Squash AA Mashed Potato AA Baked Potato	<i>choose (3)</i> Roasted Fingerling Potatoes Root Vegetable Medley Green Beans w/Bacon AA Mashed Potato AA Baked Potato
Vegetable of the Week - Sweet & Sour Red Cabbage						
<i>choose (1)</i> Cinnamon Roll	<i>choose (1)</i> Assorted Dinner Roll	<i>choose (1)</i> Assorted Dinner Roll	<i>choose (1)</i> Assorted Dinner Roll	<i>choose (1)</i> Assorted Dinner Roll	<i>choose (1)</i> Assorted Dinner Roll	<i>choose (1)</i> Assorted Dinner Roll
<i>choose (1)</i> Coconut Cream Pie Caramel Crunch Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<i>choose (1)</i> Key Lime Pie Butterfinger Hot Fudge Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<i>choose (1)</i> Chocolate Fudge Cake Rhubarb Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<i>choose (1)</i> Maple Bourbon Bread Pudding White Cake w/Coconut Icing Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<i>choose (1)</i> Spice Cake White Choc Cranberry Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<i>choose (1)</i> Orange Cream Cake Blueberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	<i>choose (1)</i> Homemade Apple Crisp Reese's Peanut Butter Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Hershey's Hand Scooped Ice Cream: Options change daily

**Choice of 2 to be made for delivery. If picking up in café or eating in dining room, meal includes 1 soup and the salad bar

Drinks available for pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8, 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 notes 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 pm
Corner Market
8 am - 6 pm