



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - March 16 - 22, 2025 The Audio Bulletin Board 8489

Sunday, March 16

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

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

Monday, March 17 *St. Patrick's Day*



- 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
- 1:30 pm Continued Learning: *Rachel Bezanson ~
Uncovering Astronomical Gems from our
Backyards to the Edges of the Observable
Universe ~ Auditorium*
- 7:49 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, March 18

- 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 Drama Club Meeting - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, March 19

- 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, March 19 *(Continued)*

- 1:00 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 950

Thursday, March 20 *First Day of Spring*

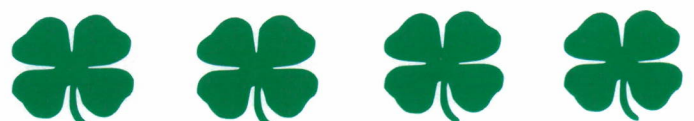
- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 11:00 am Stretch & Stability - Cran Lake Fit Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Health Affairs Committee: *Bone Health &
Osteoporosis Presentation ~ Auditorium*
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 7:00 pm Entertainment Committee: *North Allegheny
Fiddlers ~ Auditorium*

Friday, March 21

- 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
- 1:30 pm *Resident Get Together with Mark Bondi ~
Auditorium*
- 3:00 pm Sew & So's - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Stations of the Cross - Chapel

Saturday, March 22

- 9:30 am Bus to Ross Park Mall
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Bus to St. Ferdinand Church



SUNDAY 3/16/2025	MONDAY St. Paddy's Day!! 3/17/2025	TUESDAY 3/18/2025	WEDNESDAY 3/19/2025	THURSDAY 3/20/2025	FRIDAY 3/21/2025	SATURDAY 3/22/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup Butternut Squash Bisque	Potato Leek Chowder Zucchini & Rice Soup	Italian Wedding Soup Beef Barley Soup	Split Pea Soup Cream of Mushroom Soup	Chili Chicken Cordon Bleu Soup	Vegetarian Vegetable Soup Lobster Bisque	Homemade Cream of Tomato Minestrone 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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BeWell Trout w/Pears & Bacon Carved Turkey w/Stuffing Balsamic Glazed Pork Loin CF - Cheesy Srmbled Eggs	Cheese Pizza Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - Dublin Coddle	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - National Sloppy Joe Day	BeWell BBQ Chicken Thighs Mushroom Ravioli Hot Roast Beef Sandwich CF - Grilled Barramundi	BeWell Pepper Steak House Smoked Salmon Vegetable Stir Fry CF - Sweet & Sour Chicken	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken a la King CF - Croque Monsieur	BeWell Pesto Chicken Breast Kielbasa & Sauerkraut Cheeseburger Pie CF - Cajun Tilapia
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Bean Casserole Creamed Corn AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Peas and Carrots Midori Vegetable Blend AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Fresh Asparagus Hubbard Squash Casserole AA Mashed Potato AA Baked Potato	French Fries Sauteed Zucchini Sliced Carrots AA Mashed Potato AA Baked Potato	Vegetable Fried Rice Venetian Blend Vegetables Baked Tomato AA Mashed Potato AA Baked Potato	Buttered Egg Noodles Steamed Peas Broccoli and Cheese AA Mashed Potato AA Baked Potato	Pierogies Prince Edward Blend Creamy Onions AA Mashed Potato AA Baked Potato
Vegetable of the Week - Stir Fried Bok Choy						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Doughnuts	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Pumpkin Pie Tuxedo Torte Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Triple Chocolate Cheesecake Cookies & Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peanut Butter Silk Pie Homemade Peach Crisp Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Mandarin Orange Cake Bourbon Caramel Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pumpkin Bar Southern Pecan Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Mousse Apple Fritter Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cherry Jubilee Sundae Red Velvet Cake 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 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 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 (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

4:30-6:30 pm

Corner Market

8 am - 6:30 pm