



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - March 30 - April 5, 2025 The Audio Bulletin Board 8489

Sunday, March 30

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

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

Monday, March 31

- 8:15 am Bus to Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:00 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 Center
- 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: *Edd Hale ~ Great
Castle Shannon Bank Robbery* - Aud.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby
- 6:30 pm Bingo! (until 7:30pm) - Auditorium

Tuesday, April 1

April Fool's Day



- 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Ladies Pickleball League - Cran. Lake. Fit. Ctr.
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, April 2

- 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, April 2 (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
- 3:00 pm Sock Knitting Class - Card Room - Sign up
on bulletin board in mailroom.

Thursday, April 3

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Mixed Pickleball League - Cran. Lake Fit. Ctr.
- 9:00 am Blackburn's 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.
- 10:30 am Roots & Branches Genealogy Activity -
Conference 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 Men's Pool - Pool Table Room
- 1:30 pm Health Affairs Committee: *Dr. Antoine B.
Douaihy ~ Medical Marijuana for
Seniors* - Auditorium
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, April 4

- 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
- 4:00 pm Stations of the Cross - Chapel

Saturday, April 5

- 9:00 am Mixed Pickleball League - Cran. Lake Fit. Ctr.
- 9:30 am Bus to Beaver Valley Mall
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Bus to St. Ferdinand Church

SUNDAY 3/30/2025 **choose (2)	MONDAY 3/31/2025 **choose (2)	TUESDAY 4/1/2025 **choose (2)	WEDNESDAY 4/2/2025 **choose (2)	THURSDAY 4/3/2025 **choose (2)	FRIDAY 4/4/2025 **choose (2)	SATURDAY 4/5/2025 **choose (2)
Chicken Noodle Soup Navy Bean Soup	Potato Leek Chowder Beef Vegetable Soup	Italian Wedding Soup BeWell Hearty Lentil Soup	Split Pea Soup Wonton Soup	Chili Mushroom Barley Soup	Vegetarian Vegetable Soup Meatball Stew	Homemade Cream of Tomato Soup Ham & Cabbage Soup
Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)
BeWell Herb Roasted Salmon Beef Tenderloin Stuffed Shells CF - Creamed Turkey & Biscuits choose (3)	BeWell Roasted Garlic Chicken BBQ Baby Back Ribs Fried Catfish CF - Country Fried Steak choose (3)	BeWell Chicken Marsala Corned Beef Baked Trout w/Lemon Butter CF - Grilled Sourdough Turkey choose (3)	BeWell Lemon Pepper Haddock Pork Tenderloin w/Apple Chutney Taco Salad CF - Pesto Chicken Pasta choose (3)	Vegetable Stuffed Portobello Rodeo Burger Creamy Chicken Pasta Bake CF - Beer Battered Cod choose (3)	BeWell Pecan Crusted Tilapia Stuffed Peppers Sweet Italian Sausage Hoagie CF - Honey Buffalo Chicken choose (3)	BeWell Baked Seasoned Perch Chicken Tenders Pot Roast CF - Mediterranean Veggie Pasta choose (3)
Roasted Dijon Potatoes Green Beans Amandine Parmesan Roasted 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	Onion Rings Lemon Butter Broccoli Normandy Vegetables AA Mashed Potato AA Baked Potato	Halushki Steamed Corn Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Mashed Potatoes Green Bean Casserole Yellow Squash AA Mashed Potato AA Baked Potato
Vegetable of the Week - Mushroom Fricassee with Fresh Herbs						
Mini Doughnuts choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)
Strawberry Sundae Boston Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Cookie Butter Cheesecake Lemon Lovers Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Cake w/choc icing Oatmeal Cran Walnut Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Black Forest Cake Caramel Apple Walnut Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Peanut Butter Cake Blueberry Crisp 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

Hershey's Hand Scooped Ice Cream: Options change daily

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

Drinks available for delivery or pick-up: 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 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

Cafe

Ext. 8236 (724-776-8236)

Breakfast - 8-10:30

Lunch - 10:30am-4:30pm

Dinner - 4:30-6:30 pm

Cafe Meal Pick Ups

11:30 am - 1 pm

4:30-6:30 pm

Corner Market

8 am - 6:30 pm