



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - April 6 - 12, 2025

The Audio Bulletin Board 8489

Sunday, April 6

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

- 2:00 pm Chapel Service w/ Communion - Card Rm.
Rev. Joseph Toomey
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, April 7

- 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
- 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: *Bruce Cooper ~
The Earth is Getting Tippy* - Aud.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, April 8

- 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
- 2:00 pm Ladies Pickleball League - Cran. Lake. Fit. Ctr.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Book Discussion - Chapel

Wednesday, April 9

- 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
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 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 9 (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 10

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Mixed Pickleball League - Cran. Lake Fit. Ctr.
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 10:30 am Living w/ Loss Presents: *Amy Kowinsky ~
Memory Loss* - Auditorium
- 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 950
- 4:00 pm Aquacize - Swimming Pool

Friday, April 11

- 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 *Chris Ebner: Fishing Games with IL -
PC - SN Residents* - Aud. & Card Rm.
- 2:30 pm *Chris Ebner: Fishing Games with OGC
Residents* - Aud. & Card Rm.
- 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 12

- 9:30 am Bus to Ross Park Mall
- 10:00 am Mixed Pickleball League - Cran. Lake Fit. Ctr.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Bus to St. Ferdinand Church

SUNDAY 4/6/2025	MONDAY 4/7/2025	TUESDAY 4/8/2025	WEDNESDAY 4/9/2025	THURSDAY 4/10/2025	FRIDAY 4/11/2025	SATURDAY 4/12/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Chicken Noodle Soup French Onion Soup	Potato Leek Chowder Italian Bean & Farro Soup	Italian Wedding Soup Pumpkin Soup	Split Pea Soup Lemon Chicken Orzo Soup	Chili Manhattan Clam Chowder	Vegetarian Vegetable Soup Chicken Gumbo	Homemade Cream of Tomato Soup Zuppa Toscana Soup
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)
Cheese Quiche Brown Sugar Baked Ham Baked Stuffed Flounder CF - French Toast	BeWell Garlic Baked Shrimp Chicken Parmesan Cajun Pork Tenderloin CF - Mushroom & Onion Pizza	BeWell Baked Salmon Caribbean Grilled Chicken Beef Teriyaki CF - Chorizo & Cheese Empanadas	Open Face Hot Turkey Sandwich Pork Osso Bucco Stuffed Cabbage Roll CF - Mediterranean Barramundi	Apple Glazed Chicken Bratwurst w/Caramelized Onions Bacon Cheddar Burger CF - Cilantro Lime Cobia	BBQ Ham Sandwich House Breaded Fish Swiss Steak CF - Chicken & Broccoli Bake	BeWell Chicken Cacciatore BBQ Beef Brisket Pasta Primavera CF - Scallops
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash AA Mashed Potato AA Baked Potato	Angel Hair w/Marinara Italian Romano Beans Braised Red Cabbage AA Mashed Potato AA Baked Potato	Vegetable Rice Steamed Broccoli Parslied Carrots AA Mashed Potato AA Baked Potato	Mashed Potatoes Baby Lima Beans Autumn Vegetable Blend AA Mashed Potato AA Baked Potato	Soaker Beans Fresh Asparagus Cauliflower au Gratin AA Mashed Potato AA Baked Potato	Roasted Ranch Potatoes Walnut Pesto Green Beans Sweet Corn AA Mashed Potato AA Baked Potato	Cheesy Potatoes Steamed Peas Roasted Parsnips AA Mashed Potato AA Baked Potato
Vegetable of the Week - Ratatouille						
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)
Chocolate Mint Pie Sweet Potato Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Fudge Torte Cake Banana Cream Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Pecan Pie Pineapple Upside Down Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tapioca Pudding New York Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Toasted Almond Cake Bourbon Apples w/Ice cream Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Fruit of the Forest Pie Olive Oil Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Lemon Mousse Cake Salted Caramel Bar 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 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

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