



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - February 23-March 1, 2025 The Audio Bulletin Board 8489

Sunday, February 23

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Card Room
Rev. David Paul
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Les Miserables

Monday, February 24

- 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
- 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
- 6:30 pm Bingo! (until 7:30) - Auditorium

Tuesday, February 25 *Mardi Gras*



- 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:00 pm **Classical Music Recital with Dr. Andrew
Kohn (Double Bass) & Jeanne Kohn (Piano)**
Auditorium

"Holy Land Revealed"
Feb. 25 ENCORE - Feb. 27
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, February 26

- 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 26 (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 951
- 7:30 pm Wednesday Night Movie - Channel 951
The Magnificent Seven (Approved)

Dining Services Birthday Theme Today is... *Around the World*



Thursday, February 27

- 7:00 am Bus to Passavant Cranberry & Main
- 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 28

- 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 **Pittsburgh Cultural Trust Event with
Isacc Bower ~ Come Build Designs using
Cojiform Sculpture Parts** - Auditorium
- 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 Mighty Wind (PG-13)

Saturday, March 1

- 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 2/23/2025		MONDAY 2/24/2025		TUESDAY 2/25/2025		WEDNESDAY Around the World 2/26/2025		THURSDAY 2/27/2025		FRIDAY 2/28/2025		SATURDAY 3/1/2025	
**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)		**choose (2)	
Chicken Noodle Soup	Potato Leek Chowder	Italian Wedding Soup	Brazilian Seafood Stew	Chili	Vegetarian Vegetable Soup	Homemade Cream of Tomato Soup							
Navy Bean Soup	Beef Vegetable Soup	BeWell Hearty Lentil Soup	Cuban Black Bean & Sausage	Mushroom Barley Soup	Meatball Stew	Ham & Cabbage Soup							
Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad	Mixed Green Salad							
Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad	Iceberg Salad							
Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup							
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)							choose (1)
BeWell Herb Roasted Salmon	BeWell Roasted Garlic Chicken	BeWell Chicken Marsala	Italian Ragu alla Bolognese	Vegetable Stuffed Portobello	BeWell Pecan Crusted Tilapia	BeWell Baked Seasoned Perch							
Beef Tenderloin	BBQ Baby Back Ribs	Corned Beef	Japanese Teriyaki Chicken	Rodeo Burger	Stuffed Peppers	Chicken Tenders							
Stuffed Shells	Fried Catfish	Baked Trout w/Lemon Butter	Indian Shrimp Masala	Creamy Chicken Pasta Bake	Sweet Italian Sausage Hoagie	Pot Roast							
CF - Sausage Gravy & Biscuits	CF - Veggie Pizza	CF - Mushroom & Spinach Pasta	Mexican Chorizo Empanadas	CF - Grilled Wahoo	CF - Chicken Wings	CF - Butternut Squash Ravioli							
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)							choose (3)
Roasted Dijon Potatoes	Macaroni & Cheese	Parslited Potatoes	Chinese Fried Rice	Onion Rings	Halushki	Mashed Potatoes							
Green Beans Amandine	Fried Okra	Steamed Cabbage	Moroccan Harissa Cauliflower	Lemon Butter Broccoli	Steamed Corn	Green Bean Casserole							
Parmesan Roasted Cauliflower	Stewed Tomatoes	Carrots	Greek Green Beans	Normandy Vegetables	Tri-Colored Peppers	Yellow Squash							
AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato							
AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato							
choose (1)	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)							choose (1)
Strawberry Sundae	Cookie Butter Cheesecake	Chocolate Cake w/choc icing	Bananas with rum sauce over ice cream	Chocolate Peanut Butter Cake	Hummingbird Cake	Apple Streusel Cake							
Boston Cream Pie	Lemon Lovers Bar	Oatmeal Cran Walnut Cookie	Mexican Tres Leches Cake	Blueberry Crisp	French Silk Pie	Cherry Pie							
Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange							
Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup							
Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day							

Vegetable of the Week - Buttered Smashed Rutabaga

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 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

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