



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - February 9 - 15, 2025 The Audio Bulletin Board 8489

Sunday, February 9

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

- 2:00 pm Chapel Service - Card Room
Rev. Jeff Sterling
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:00 pm Super Bowl Watch Party - Auditorium
- 7:30 pm Sunday Night Movie - Channel 951
Fiddler on the Roof (G)

Monday, February 10

- 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.
- 11:30 am Lunch Music with Roberta - Lobby
- 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

"Tidal Power"

Feb. 10 ENCORE - Feb. 12
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Tuesday, February 11

- 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
- 4:00 pm Book Club - Chapel

"Eight Wonders of our Solar System"

Feb. 10 ENCORE - Feb. 12
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
TV Channel 951

Wednesday, February 12

- 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

Wednesday, February 12 (Continued)

- 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
- 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
Lincoln (PG-13)

Thursday, February 13

- 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 14

Valentine's Day

♥ *Happy Valentines Day* ♥

- 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
I Hate Valentine's Day (PG-13)

Saturday, February 15

- 9:30 am Bus to Beaver Valley 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
Bull Durham (R)



SUNDAY 2/9/2025 **choose (2)	MONDAY 2/10/2025 **choose (2)	TUESDAY 2/11/2025 **choose (2)	WEDNESDAY 2/12/2025 **choose (2)	THURSDAY 2/13/2025 **choose (2)	FRIDAY Valentine's Day 2/14/2025 **choose (2)	SATURDAY 2/15/2025 **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 - Cheese Blintz	Cheese Pizza Lemon Chicken w/Mushrooms Beef & Chili Mac Casserole CF - Baked Tilapia	BeWell Garlic Pork Loin Roast Baked Scallops Veal Marsala CF - Eggplant Parmesan	BeWell BBQ Chicken Thighs Mushroom Ravioli Hot Roast Beef Sandwich CF - Coconut Curry Monkfish	BeWell Pepper Steak House Smoked Salmon Vegetable Stir Fry CF - National Tortellini Day	BeWell Lemon Pepper Flounder Swedish Meatballs Chicken a la King CF - Moroccan Lamb Stew	BeWell Pesto Chicken Breast Kielbasa & Sauerkraut Cheeseburger Pie CF - Cornmeal Catfish
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 Sautéed 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 - Mushroom Fricassee w/Fresh Herbs						
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 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 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