



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

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

Sunday, February 16

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

- 2:00 pm Chapel Service - Card Room
Rev. Leonard Finn
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Gypsy (Approved)

Monday, February 17 *Presidents' 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
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, February 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"Ancient Maya Metropolis"

Feb. 18 ENCORE - Feb. 20
10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm

TV Channel 951

Wednesday, February 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
- 1:00 pm **NO** - Hand Bell Practice - Auditorium
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

Wednesday, February 19 (Continued)

- 2:30 pm **NO** - 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
Cinema Paradiso (PG)

Thursday, February 20

- 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.
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card 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 Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 4:00 pm Aquacize - Swimming Pool
- 5:00 pm **Drama Club Dinner Theater Show ~**
Doors Open at 4:45pm ~ Auditorium -
(SOLD OUT)

Friday, February 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 Meeting with Cranberry Twp. Manager, Dan Santoro** - 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
Tootsie (PG)

Saturday, February 22

- 9:30 am Bus to Ross Park Mall
- 1:00 pm **Drama Club Matinee Show ~ Auditorium**
Tickets are required - Free Tickets are available at the reception desk.
- 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
Butch Cassidy & the Sundace Kid (PG)

SUNDAY 2/16/2025	MONDAY 2/17/2025	TUESDAY 2/18/2025	WEDNESDAY 2/19/2025	THURSDAY 2/20/2025	FRIDAY 2/21/2025	SATURDAY 2/22/2025
**choose (2) Chicken Noodle Soup Cream of Broccoli Soup	**choose (2) Potato Leek Chowder BW Shrimp and Corn Soup	**choose (2) Italian Wedding Soup Elephant Garlic Soup	**choose (2) Split Pea Soup Beef Noodle Soup	**choose (2) Chili Chicken Florentine Soup	**choose (2) Vegetarian Vegetable Soup New England Clam Chowder	**choose (2) Cream of Tomato Soup Chicken Vegetable 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)
choose (1) Rotisserie Chicken Rack of Lamb Crab Cake CF - Boursin Cheese Scrambled Eggs choose (3)	choose (1) BeWell Baked Cod Ham & Pineapple Malibu Burger CF - Country Fried Steak choose (3)	choose (1) Vegetable Quiche Cranberry Chicken Pork & Sauerkraut Chef Demo - Cajun Crawfish Pasta choose (3)	choose (1) Vegetable Lasagna Fried Shrimp Black & Bleu Steak Medallions CF - Honey Buffalo Chicken choose (3)	choose (1) BeWell Baked Orange Roughly Turkey Devonshire Italian Meatballs CF - Ham & Cheese Sliders choose (3)	choose (1) BeWell Apricot Chicken Cheese Ravioli Savory Meatloaf CF - Salmon Cakes choose (3)	choose (1) Stuffed Pork Chop Flounder Amandine Veal Liver & Onions CF - Apple & Brie Stuffed Chicken choose (3)
Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Balsamic Roasted Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	German Potato Salad Green Beans Cauliflower AA Mashed Potato AA Baked Potato	Seasoned Potato Wedges Succotash Button Mushrooms AA Mashed Potato AA Baked Potato	Angel Hair Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	Loaded Mashed Potatoes Sautéed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
Vegetable of the Week - Broccoli with Cheese Sauce						
choose (1) Cinnamon Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)
Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tiramisu Caramel Apple Bar Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Gingerbread Cheesecake Mousse Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Pie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Gingerbread Cake w/Whipped Cream Turtle Cookie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Dutch Apple Pie Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Chocolate Brownie Carrot 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 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