



*A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network*

This Week at Sherwood Oaks - June 22-28, 2025 The Audio Bulletin Board 8489

Sunday, June 22

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

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Auditorium
Rev. Hollis Haff
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, June 23

- 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
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, June 24

- 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 New! Aqua Power - Swimming Pool
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, June 25

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am Mixed Pickleball League - Sherwood Oaks Park
- 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.
- 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
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:30 pm Outdoor Games - Sherwood Oaks Park
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 7:00 pm Singalongs & Snax - SO Park Pavilion

Wednesday, June 25 (Continued)

Dining Services Birthday Theme Today is

Enchanted Gardens



Thursday, June 26

- 7:00 am Bus to Passavant Cranberry & Main
- 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.
- 11:00 am Stretch & Stability - Cran Lake Fit Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
- 1:00 pm **NO** Bus to Deener's Farm Market
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Card Room
- 2:00 pm Mah Jongg - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 7:00 pm Entertainment Committee: *Steel City*
Ukeleles ~ Auditorium & Card Room

Friday, June 27

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Ladies Pickleball - Sherwood Oaks Park
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry
& Passavant Main
- 10:00 am **NO** - 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 950

Saturday, June 28

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

SUNDAY 6/22/2025	MONDAY 6/23/2025	TUESDAY 6/24/2025	WEDNESDAY Garden Bday! 6/25/2025	THURSDAY 6/26/2025	FRIDAY 6/27/2025	SATURDAY 6/28/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
American Bounty Vegetable Potato Leek Soup	Cream of Asparagus Chicken & Rice Soup	Navy Bean Soup Chili	Chilled Blueberry Soup Beef Vegetable Soup	Chilled Peach Soup Italian Wedding Soup	Cream of Potato Tomato Basil Soup	Split Pea Soup Chicken Noodle Soup
Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Seasoned Snapper Stuffed Peppers	BW Manicotti Pork Milanese	BW Chicken Quesadilla Creole Barramundi	Sausage Stuffed Mushrooms Pasta Primavera Casserole	BW Sweet Berry Chicken Salad Deluxe Burger	BW Zucchini Ricotta Boats	BW Beef Broccoli Stir-Fry
Carved Turkey w/Stuffing CF - Ham & Spinach Casserole	Honey Mustard Chicken CF - Parmesan Crusted Tilapia	Beef Enchilada Bake CF - Carne Adovada	Strawberry Chicken Salad Seafood Salad Croissant	Lemon Dill Salmon CF - Stuffed Shells	Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Tuna Noodle Casserole	Honey Soy Chicken Thighs Crab Cake with Remoulade CF - Pork Bulgogi
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Harvard Beets	Oven Brown Potatoes Warm Chunky Applesauce	Spanish Rice Sauteed Zucchini	Wild Rice Glazed Baby Carrots	Curly Fries Steamed Broccoli	Haluski Steamed Peas	Steamed White Rice Garlic Sauteed Spinach
AA Mashed Potato AA Baked Potato	Succotash AA Mashed Potato AA Baked Potato	Roasted Cauliflower AA Mashed Potato AA Baked Potato	Asparagus AA Mashed Potato AA Baked Potato	Soaker Beans AA Mashed Potato AA Baked Potato	Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Ginger Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Garlic Wax Beans						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Scones	Assorted Dinner Roll	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Garlic Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Pumpkin Pie Chocolate Ganache Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Berry Cake w/amaretto icing Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Wild Berry Cobbler Coconut Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Pineapple Upside Down Cake Chocolate Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Turtle Cheesecake Scoop Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Cherry Crisp Tiramisu Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup

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: 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