



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - June 29 - July 5, 2025

The Audio Bulletin Board 8489

Sunday, June 29

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

2:00 pm Chapel Service - Auditorium

Rev. Dean Ziegler

3:00 pm Sit & Fit Strength Class - Channel 950

Monday, June 30

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

1:00 pm **Food Show (until 3pm)** - Lobby

3:00 pm Sit & Fit Strength Class - Channel 950

4:00 pm Aquacize - Swimming Pool

6:30 pm Monday Night Bridge - Lobby

6:30 pm BINGO! (until 7:00pm) - Auditorium

Tuesday, July 1

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

10:00 am Cont. Learning: **BBC Great Composers ~
Mozart** - channel 950

11:00 am Move & Groove - Cran Lake Fit. Ctr.

12:00 pm Granny's Attic Annex #156 (until 2:30pm)
Firecracker Sale: 50% off Pillows & Pictures

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, July 2

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

12:00 pm Sherwood Gifts (until 4pm) ~ Firecracker Sale:
jewelry, gifts, handbags, treasures

2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall

Wednesday, July 2 (Continued)

2:30 pm Outdoor Games - Sherwood Oaks Park

3:00 pm Sit & Fit Strength Class - Channel 950

3:00 pm Knitting with Mary - Lobby

Thursday, July 3

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

12:00 pm Sherwood Gifts (until 4pm) ~ Firecracker Sale:
jewelry, gifts, handbags, treasures

1:00 pm 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 **Concert ~ Jonathon Mobley** - Auditorium

2:00 pm Mah Jongg - Lobby

3:00 pm Sit & Fit Strength Class - Channel 950

3:30 pm Cont. Learning: **BBC Great Composers ~
Mozart** - channel 950

4:00 pm Aquacize - Swimming Pool

Friday, July 4

Independence Day

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

1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall
Passavant Main & Passavant Cranberry

3:00 pm Sit & Fit Strength Class - Channel 950



July 4th Hours



Main Dining Room/Tent

Lunch - 11:30 am - 1:30 pm

Outside Tent - 11:30 am - 1:00 pm

Patriotic Music (Dixie Cupps) begins at 11:30 am

Café

Breakfast - 8-10:30 am

Takeout meals - 11:30 am - 1:30 pm

Reception Desk Hours - 8:00 am - 4:00 pm

Saturday, July 5

9:00 am Mixed Pickleball League - SO Park

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 6/29/2025	MONDAY 6/30/2025	TUESDAY 7/1/2025	WEDNESDAY 7/2/2025	THURSDAY 7/3/2025	THURSDAY Independence Day 7/4/2025 * Open for Lunch Only * Dining Room 11:30am-1:30pm Outside Tent 11:30am-1:00pm Takeouts (Café) 11:30am - 1:30pm	SATURDAY 7/5/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Manhattan Clam Chowder Potato Leek Soup	Minestrone Soup Chicken Rice Soup	Chilled Strawberry Soup Chili	Vegetarian Vegetable Soup Beef & Rice Soup	Italian Wedding Soup Chicken Tortilla Soup	Watermelon Gazpacho Chicken Noodle Soup	Cream of Broccoli Soup - Tomato Basil Soup
Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup
BW Stuffed Pork Chop Citrus Cod Prime Rib au Jus CF - Blueberry Pancakes	BW Chicken Romano Vegetable Stuffed Portobello Spaghetti w/Meat Sauce CF - Parmesan Perch	BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce CF - Salmon Cakes	BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - Cajun Butter Steak	Beef Stroganoff Kentucky Brown Basil Tilapia CF - Pizza w/the works	Hamburger Hot Dog BBQ Chicken Breast Seafood Salad	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Grilled Vegetable Ravioli
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Baked Potato Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato	Roasted Ranch Potatoes Broccoli Baked Tomato Half AA Mashed Potato AA Baked Potato	Cheesy Potatoes Lemon Green Beans Roasted Butternut Squash AA Mashed Potato AA Baked Potato	Creamy Cheesy Grits Sauteed Collard Greens Fried Okra AA Mashed Potato AA Baked Potato	Egg Noodles Steamed Peas Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Baked Beans Corn on the Cob Garlic Broccoli	Baked Sweet Potato Fried Zucchini Sauteed Mushrooms AA Mashed Potato AA Baked Potato
Vegetable of the Week - Cauliflower with cheese sauce						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Donuts	Herb Breadstick	Corn Bread	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)
Peanut Butter Cup Sundae Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Caramel Apple Walnut Pie Lemon LayerCake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Hummingbird Cake Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Chocolate Fudge Cake Butterfinger Sundae Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Fresh Berries w/Whipped Cream Banana Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Ice Cream Novelties Susgar Cookie W/Sprinkles Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	Blueberry Crisp Cookies & Cream Pie 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