



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - June 15 - 21, 2025 The Audio Bulletin Board 8489

Sunday, June 15

Father's Day

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

2:00 pm Chapel Service - Auditorium

Rev. James Shoucair

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

Happy Father's Day!



Main Dining Room

Lunch - 11:30 am - 1:30 pm

Dinner - Closed

Café

Breakfast - 8-10:30 am

Lunch & Dinner - Closed

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

Reception Desk 8:00 am - 4:00 pm

Monday, June 16

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 17

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

1:30 pm Drama Club - Auditorium

1:40 pm Bus to VA Clinic Cranberry/Passavant

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

Wednesday, June 18

8:15 am Bus to UPMC Passavant Cranberry

Wednesday, June 18 (Continued)

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 - Cran. Lake Fitness Ctr.

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

3:00 pm Knitting with Mary - Lobby

Thursday, June 19

Juneteenth

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 **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

Friday, June 20

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 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 21

9:00 am Mixed Pickleball League - Sherwood Oaks 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 Father's Day! 6/15/2025 * Open for Lunch Only * Dining Room 11:30am-1:30pm Takeouts (Café) 11:30am - 1:30pm	MONDAY 6/16/2025	TUESDAY 6/17/2025	WEDNESDAY 6/18/2025	THURSDAY 6/19/2025	FRIDAY 6/20/2025	SATURDAY 6/21/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Lobster Bisque Potato Leek Soup	BW Cauliflower Bisque Chicken & Rice Soup	Elephant Garlic Soup Chilli	Chilled Vichyssoise Vegetarian Vegetable Soup	Lentil Soup Italian Wedding Soup	Beef Barley Tomato Basil Soup	Yankee Bean Soup Chicken Noodle
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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Maple Glazed Salmon Port Paprikash Rack of Lamb CF - New York Strip Roast	BW Ginger Citrus Chicken Montreal Beef Shoulder Bourbon Cherry Pork CF - Cajun Crawfish Pasta	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Crunchy Gentleman (hot ham & cheese)	Eggplant Parmesan Chicken Marsala Meatballs CF - Seafood Salad Croissant	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - MTO Pasta Bar	BW Lasagna Roll-ups Apricot Chicken Fried Cat Fish w/Hushpuppies CF - Country Fried Steak	BW Garden Chicken Salad Baked Orange Roughly Glazed Corned Beef CF - Old Fashioned Ham Loaf
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash	Scalloped Potatoes Sautéed Green Beans Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Dijon Roasted Potatoes Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato	Angel Hair Marinara Sautéed Zucchini Roasted Mushrooms AA Mashed Potato AA Baked Potato	Sweet Potato Fries Creamed Spinach Corn on the Cob AA Mashed Potato AA Baked Potato	Pierogies w/Onions Peas & Peppers Asparagus AA Mashed Potato AA Baked Potato	Parslief New Potatoes Sautéed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Honey Butter Parsnips						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Rolls	Garlic Breadstick	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Herbed Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Peach Melba Sundae Banana Choc Marble Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Pie Butter Toffee Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Olive Oil Cake Orange Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Rhubarb Pie Cookies & Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Cream Pie Lemon Blueberry Mousee Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Hot Fudge Sundae Strawberry Shortcake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Banana Cream Pie Almond Joy Parfait Fresh Fruit Cup Apple, Banana, or Orange Ice Cream 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: 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

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 - 10:30 am-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