



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - July 6 - 12, 2025

The Audio Bulletin Board 8489

Sunday, July 6

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

- 2:00 pm Chapel Service - Auditorium
Rev. William Dambaugh
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, July 7

- 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, July 8

- 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: *Nova ~ Decoding the
Universe* - 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
- 1:30 pm SORA Board Meeting - Card Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Book Club - Chapel

Wednesday, July 9

- 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

Wednesday, July 9 (Continued)

- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 7:00 pm Singalongs & Snax - Sherwood Oaks Park

Thursday, July 10

- 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 Bus to Deener's Farm Market
- 1:00 pm Men's Pool - Pool Table Room
- 1:30 pm Duplicate Bridge - Lobby
- 2:00 pm *David Soloman (WQED): The Elizabeth
Black Project - Pt.2* ~ Auditorium &
Card Room
- 2:00 pm Mah Jongg - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Cont. Learning: *Nova ~ Decoding the
Universe* - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 7:00 pm Entertainment Committee: *YB3 Jazz Band* ~
Auditorium & Card Room

Food Drive

to benefit the Lighthouse Foundation

July 10-17

See Channel 950 or
Mail Room for details.



Friday, July 11

- 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

Saturday, July 12

- 9:00 am Mixed Pickleball League - Sherwood Oaks 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 7/6/2025	MONDAY 7/7/2025	TUESDAY 7/8/2025	WEDNESDAY 7/9/2025	THURSDAY 7/10/2025	FRIDAY 7/11/2025	SATURDAY 7/12/2025
**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)	**choose (2)
Beef Barley Potato Leek Soup	Creamy Corn Soup Chicken & Rice Soup	Shrimp Bisque Chili	Butternut Squash Soup Vegetarian Vegetable Soup	Italian Wedding Soup Gazpacho	New England Seafood Soup Tomato Basil Soup	Beer Cheese Soup Chicken Noodle 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
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Coq au Vin	BW Sole Meuniere Veal Parmesan Chicken Picatta CF - Roasted Pork Loin	Mushroom Ravioli Savory Meatloaf Lemon Garlic Chicken Thighs CF - Baked Scallops	BW Southwest Chicken Wrap English-Style Cod Chili Cheese Dog CF - Mushrooms and Penne	BW Chicken w/Avocado Salsa Sausage Pizza Braised Beef Brisket CF - Linguini w/Clam Sauce	BW Herb Roasted Salmon BBQ Bourbon Chicken Stuffed Shells Marinara CF - Stuffed Cabbage	BW Strawberry Chicken Salad Yankee Pot Roast Blackened Catfish CF - BBQ Rib Patty
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Rosemary Potatoes Green Beans & Mushrooms Roasted Beets AA Mashed Potato AA Baked Potato	Angel Hair w/Marinara Lima Beans Roasted Yellow Squash AA Mashed Potato AA Baked Potato	Mashed Potatoes Roasted Brussels Sprouts Steamed Broccoli & Cheese AA Mashed Potato AA Baked Potato	Seasoned French Fries BBQ Baked Beans Corn on the Cob AA Mashed Potato AA Baked Potato	Red Pepper Risotto Peas & Pearl Onions Sliced Buttered Carrots AA Mashed Potato AA Baked Potato	Baked Sweet Potato & Apples Creamed Spinach Sherried Mushrooms AA Mashed Potato AA Baked Potato	Garlic Mashed Potatoes Fresh Asparagus Roasted Tomato & Cauliflower AA Mashed Potato AA Baked Potato
Vegetable of the Week - Sweet & Sour Cabbage						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Muffins	Garlic Breadstick	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Herb Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Boston Cream Pie Funfetti Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Oreo Madness Sundae Lemon Meringue Pie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peachberry Pie Cinnamon Crumb Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Peanut Butter Silk Pie Frosted White Cake Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Mississippi Mud Cake Egg Custard Pie Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Blueberry Pie Chocolate Cake w/Choc Icing Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	Coconut Meringue Pie Apple Crisp Apple, Banana, or Orange Fresh Fruit Cup 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 (ask your server for the complete AA menu).

BW denotes the Be Well recipe option of the day.

Online ordering at www.sherwoodoaksdining.com

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