



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - June 14-20, 2026 The Audio Bulletin Board 8489

Sunday, June 14

Flag Day

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

- 2:00 pm Chapel Service - Card Room
Rev. Graham Standish
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, June 15

- 8:15 am Bus to Passavant Cranberry
- 9:00 am Mixed Pickleball League - Cran Lake Fitness 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
- 2:00 pm Pinochle (double deck) - Lobby
- 2:30 pm Pinochle (single deck) - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

Tuesday, June 16

- 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 Continued Learning: *Alaska - Russian
America* ~ Channel 950
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
- 1:00 pm Ladies' Pool - Pool Table Room
- 1:00 pm Rummikub - Lobby
- 1:30 pm Drama Club Meeting - Auditorium
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Backgammon - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950

Wednesday, June 17

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:00 am PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:30 am Bus to Passavant/Cranberry & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.
- 11:45 am Bus to Passavant/Cranberry, 228 Mall &
Cranberry Twp. Municipal Building
- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Passavant/Cranberry & 228 Mall

Wednesday, June 17 (Continued)

- 2:30 pm Chorus Practice - Auditorium
- 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 Sing-a-longs & Snax - Sherwood Oaks Park

Thursday, June 18

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Men's Pool - Pool Table Room
- 10:00 am Group Walk - Meet outside Scooter Entrance
- 10:30 am St. Ferdinand Confession - Card Room
- 11:00 am St. Ferdinand Mass - Card Room
- 11:00 am Stretch & Stability - Cran Lake Fitness 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 Mah Jongg - Lobby
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Continued Learning: *Alaska - Russian
America* ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, June 19

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

Saturday, June 20

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 10:00 am Pickleball Clinic - Cran Lake Fitness Center
- 9:30 am Bus to Beaver Valley Mall
- 12:30 pm Rummikub - Lobby
- 1:00 pm *100th Birthday Party for Joan Treleven*
(until 3pm) - Card Room - All residents and
staff are welcome to stop by!
- 1:30 pm *Memorial Service for Mary K. Whitehouse* -
Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

SUNDAY 6/14/2026 **choose (1)	MONDAY 6/15/2026 **choose (1)	TUESDAY 6/16/2026 **choose (1)	WEDNESDAY 6/17/2026 **choose (1)	THURSDAY 6/18/2026 **choose (1)	FRIDAY 6/19/2026 **choose (1)	SATURDAY 6/20/2026 **choose (1)
Potato Leek Soup Beef Noodle Soup choose (1)	Chicken & Rice Soup French Onion choose (1)	Chili Watermelon Gazpacho choose (1)	Vegetarian Vegetable Soup Meatball Stew choose (1)	Italian Wedding Soup Cream of Mushroom Soup choose (1)	Tomato Basil Soup Split Pea Soup choose (1)	Chicken Noodle Soup Stuffed Pepper Soup choose (1)
Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)	Mixed Green House Salad Iceberg House Salad Prune Cup choose (1)
BW Orange Baked Flounder Red Wine Braised Chicken Baked Ham CF - Boursin Cheese Scrambled Eggs choose (3)	BW Cilantro Grilled Chicken Coconut Shrimp Beef Teriyaki CF - Lobster Ravioli choose (3)	BW Herb Crusted Pork Loin Buffalo Chicken Salad Rodeo Burger CF - Baked Orange Roughy choose (3)	BW Raspberry Peach Chicken Steak Medallions w/Mushroom Sauce Perch Meuniere CF - Mushroom & Spinach Pasta choose (3)	BW Salmon Berry Salad Calves Liver Barbecue Baby Back Ribs CF - Chicken Cordon Bleu choose (3)	Cheese Pizza Chicken Cacciatore Fettuccine Bolognese CF - Battered Cod choose (3)	Beef Ropa Vieja Honey Soy Tilapia Bratwurst w/Onions CF - Monterey Chicken choose (3)
Sweet Potato Casserole Sautéed Zucchini Roasted Eggplant AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Peas Maple Glazed Carrots AA Mashed Potato AA Baked Potato	Mac & Cheese Swiss Chard Stewed Tomatoes AA Mashed Potato AA Baked Potato	Roasted Red Potatoes Steamed Broccoli Key West Veggie Blend AA Mashed Potato AA Baked Potato	Potato Pancakes Roasted Asparagus Corn Souffle AA Mashed Potato AA Baked Potato	Yukon Gold Potatoes Walnut Pesto Green Beans Hubbard Squash AA Mashed Potato AA Baked Potato	Brown Rice Steamed Brussels Sprouts Tri-colored Peppers AA Mashed Potato AA Baked Potato
Vegetable of the Week - Cauliflower & Cheese Sauce						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Donuts choose (1)	Assorted Dinner Roll choose (1)	Corn Bread choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)	Assorted Dinner Roll choose (1)
Chocolate Mint Pie New York Cheesecake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Tres Leche Cake Hazelnut Crunch Bar Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Brownie Bite Sundae Fruit of the Forest Pie Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Cocount Cake Turtle Sundae Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Dutch Apple Pie Yellow Cake Chocolate Icing Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Coconut Custard Pie Lemon Sheet Cake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day	Chocolate Silk Pie Strawberry Swirl Cheesecake Apple, Orange, or Banana Fresh Fruit Cup Ice Cream Cookie of the Day

Hershey's Hand Scooped Ice Cream: Options change daily

**Choices to be made for delivery. No Substitutions. If picking up 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 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 - 8-10:30am

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

8:00am - 6:30pm