



A part of UPMC Senior Communities  
Managed by Presbyterian SeniorCare Network

## This Week at Sherwood Oaks - June 21-27, 2026 The Audio Bulletin Board 8489

### Sunday, June 21

*Father's Day*

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

2:00 pm Chapel Service - Card Room

*Rev. Richard Mobley*

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

#### 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 Hours - 8:00 am - 4:00 pm**

### Monday, June 22

- 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 TBD - Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby

### Tuesday, June 23

- 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: **Holy Land Revealed - Lectures 27 & 28** ~ 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
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Backgammon - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm SORA Entertainment Committee Presents: **Happy Hour Jazz Club with Daniel May & Grace Elliott** (until 5:00pm - BOYB) ~ Auditorium

### Wednesday, June 24

- 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
- 1:15 pm Artificial Intelligence (AI) Activity - Conf. Rm.
- 2:00 pm Bus to Passavant/Cranberry & 228 Mall
- 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

### Thursday, June 25

- 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
- 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: **Holy Land Revealed - Lectures 27 & 28** ~ Channel 950
- 4:00 pm TBD - Aquacize - Swimming Pool

### Friday, June 26

- 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 27

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 10:00 am Pickleball Clinic - Cran Lake Fitness Center
- 9:30 am Bus to Ross Park Mall
- 12:30 pm Rummikub - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

SUNDAY Father's Day 6/21/2026	MONDAY 6/22/2026	TUESDAY 6/23/2026	WEDNESDAY Castaways Bday! 6/24/2026	THURSDAY 6/25/2026	FRIDAY 6/26/2026	SATURDAY 6/27/2026
<b>**choose (1)</b>						
Lobster Bisque Potato Leek Soup	BW Cauliflower Bisque Chicken & Rice Soup	Elephant Garlic Soup Chili	Fish Stew Root Vegetable	Lentil Soup Italian Wedding Soup	Beef Barley Tomato Basil Soup	Yankee Bean Soup Chicken Noodle
<b>choose (1)</b>						
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
<b>choose (1)</b>						
BW Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - New York Strip Roast	BW Ginger Citrus Chicken Montreal Beef Shoulder Bourbon Cherry Pork CF - Tuna Noodle Casserole	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Cheese Tortellini	Coconut Crusted Chicken Grilled Snapper w/Fruit Salsa Vegetable Stir Fry BBQ Beef	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - Breaded Pork Chops	BW Lasagna Roll-ups Apricot Chicken Fried Cat Fish w/Hushuppies CF - Pittsburgh Ham BBQ	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Grilled Vegetable Ravioli
<b>choose (3)</b>						
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	Pineapple Rice Fried Plantains Carrots 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	Parslied New Potatoes Sautéed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
<b>Vegetable of the Week - Southern Collard Greens</b>						
<b>choose (1)</b>						
Cinnamon Rolls	Garlic Breadstick	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Herbed Breadstick	Assorted Dinner Roll
<b>choose (1)</b>						
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	Toasted Coconut Pineapple Ice Cream Banana Upside Down 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

\*\*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

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