



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - June 28 - July 4, 2026 The Audio Bulletin Board 8489

Sunday, June 28

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

- 10:30 am Friends (Quaker) Meeting - Chapel
2:00 pm Chapel Service - Card Room
Rev. Bill Dambaugh
3:00 pm Sit & Fit Strength Class - Channel 950

Monday, June 29

- 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
6:30 pm Bingo! (until 7:30pm) - Auditorium

Tuesday, June 30

- 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: **Unique Earth -
The Essence of Water** ~ 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

Wednesday, July 1

- 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
1:15 pm Artificial Intelligence (AI) Activity - Conf. Rm.
1:30 pm July 4th Comm: **Steve Cicero ~ Stars &
Stripes Forever** - Auditorium
2:00 pm Bus to Passavant/Cranberry & 228 Mall

Wednesday, July 1

- 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 2

- 7:00 am Bus to Passavant Cranberry & Main
9:00 am Blackburn's Scooter Clinic (until 2:30pm) -
Sign-up sheet is posted in Mailroom!
9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
10:00 am Men's Pool - Pool Table Room
10:00 am Line Dancing - Cranberry Lake Fitness Center
11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
1:00 pm Mah Jongg - Lobby
1:30 pm Duplicate Bridge - Card Room
1:30 pm **Bell Choir, Chorus & Drama Club
Program** - Auditorium
3:00 pm Sit & Fit Strength Class - Channel 950
3:30 pm Continued Learning: **Unique Earth -
The Essence of Water** ~ Channel 950
4:00 pm Aquacize - Swimming Pool

Friday, July 3

Independence Day Observed

- 7:00 am Bus to Passavant Cranberry & Main
9:30 am Bus to Shop 'n Save/Pass. Cranberry & Main
11:15 am **Patriotic Parade through Main Parking
Lot** ~ (meet at ambulance entrance at 11am)
11:30 am **Dixie Cupps Band (until 1:30)** - Main Park Lot
1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall
Passavant Main & Passavant Cranberry
3:00 pm Sit & Fit Strength Class - Channel 950
7:00 pm **Sparklers, Cake & Punch** - SO Park

July 3rd & 4th Hours



Main Dining Room/Tent

Lunch - 11:30 am - 1:30 pm
Outside Tent (July 3) - 11:30 am - 1:00 pm
Dinner - Closed

Café

Breakfast - 8-10:30 am
Takeout meals - 11:30 am - 1:30 pm
Lunch & Dinner - Closed

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



Saturday, July 4

Independence Day

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

SUNDAY 6/28/2026	MONDAY 6/29/2026	TUESDAY 6/30/2026	WEDNESDAY 7/1/2026	THURSDAY 7/2/2026	FRIDAY Holiday Observed 7/3/2026	SATURDAY Independence Day! 7/4/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
American Bounty Vegetable Soup	Cream of Asparagus Soup	Chilled Peach Soup	Creole Crab Soup	Navy Bean Soup	Cream of Potato Soup	Split Pea Soup
Potato Leek Soup	Chicken & Rice Soup	Chili	Vegetarian Vegetable Soup	Italian Wedding Soup	Tomato Basil Soup	Chicken Noodle Soup
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Mixed Greens House Salad	Mixed Greens House Salad	Mixed Greens House Salad	Mixed Greens House Salad	Mixed Greens House Salad	Mixed Greens House Salad	Mixed Greens House Salad
Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad	Iceberg House Salad
Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup	Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Seasoned Snapper	BW Manicotti	BW Chicken Quesadilla	BW Pecan Crusted Tilapia	BW Sweet Berry Chicken Salad	Hamburger	BW Beef Broccoli Stir-Fry
Stuffed Peppers	Pork Milanese	Creole Barramundi	BBQ Pulled Pork on Onion Roll	Deluxe Burger	Hot dog	Honey Soy Chicken
Carved Turkey w/ Stuffing	Honey Mustard Chicken	Beef Enchilada Bake	Creamy Vegetable Lasagna	Lemon Dill Salmon	BBQ Chicken Breast	Crab Cake with Remoulade
CF - Scrambled Egg Whites	CF - Fried Shrimp	CF - Mediterranean Veggie Pasta	CF - Lemon Honey Chicken	CF - Ham & Cheese Sliders	Seafood Salad	CF - Pork Pot Stickers
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes	Oven Brown Potatoes	Spanish Rice	Baked Sweet Potato	Curly Fries	Baked Beans	Steamed Rice
Green Beans Amandine	Warm Chunky Applesauce	Sauteed Zucchini	Balsamic Brussels Sprouts	Steamed Broccoli	Corn on the Cob	Garlic Sautéed Spinach
Harvard Beets	Succotash	Roasted Cauliflower	Parmesan Baked Tomato	Soaker Beans	Steamed Peas	Ginger Carrots
AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato	AA Mashed Potato		*
AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato	AA Baked Potato		*
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Scones	Assorted Dinner Roll	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Garlic Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Pumpkin Pie	Key Lime Pie	Reese's PB Cup Cookie	Apple Pie	Turtle Cheesecake Scoop	Ice cream Sandwich or Nutty Buddy	Cherry Crisp
Chocolate Ganache Bundt Cake	Red Velvet Cake	Bananas Foster Sundae	Marble Cake	Peach Pie	Red, White & Blue Cake	Tiramisu
Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange	Apple, Banana, or Orange
Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day	Cookie of the Day
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream
Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup

Vegetable of the Week - Italian Style Wax Beans

Hershey's Hand Scooped Ice Cream: Options change daily

**Choices to be made for delivery. No Substitutions. 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