



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - June 7 - 13, 2026 The Audio Bulletin Board 8489



Sunday, June 7

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

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

Monday, June 8

- 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 Focus on the World: *Global Warning - Episode 2 - Against the Tide* ~ Channel 950
- 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 9

- 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: *The Brain - What Makes Me?* ~ 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
- 1:30 pm *SORA Quarterly (Annual) Meeting: Election of New Officers & Directors - Your Vote Matters!* ~ Auditorium
- 3:30 pm Book Club - Oak Lodge Great Room

Wednesday, June 10

- 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.

Wednesday, June 10 (Continued)

- 11:00 am 60 Second Circuit - Cran Lake Fitness Ctr.
- 11:45 am Bus to Passavant/Cranberry, 228 Mall & Cranberry Twp. Municipal Building
- 2:00 pm Bus to Passavant/Cranberry & 228 Mall
- 2:30 pm Outdoor Games - Sherwood Oaks Park
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby
- 3:30 pm Focus on the World: *Global Warning - Episode 2 - Against the Tide* ~ Channel 950

Thursday, June 11

- 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.
- 11:00 am Holy Communion, Episcopal Rite - Chapel
All Baptized Persons Welcome!
- 1:00 pm Build Your Own Iced Tea (until 4pm) - Lobby
Residents, Guests & Staff are Welcome!
- 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: *The Brain - What Makes Me?* ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, June 12

- 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 13

- 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
- 1:00 pm *Memorial Service for Ellen Brierly* - Aud.
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

SUNDAY 6/7/2026 **choose (1)	MONDAY 6/8/2026 **choose (1)	TUESDAY 6/9/2026 **choose (1)	WEDNESDAY 6/10/2026 **choose (1)	THURSDAY 6/11/2026 **choose (1)	FRIDAY 6/12/2026 **choose (1)	SATURDAY 6/13/2026 **choose (1)
Beef Barley Potato Leek Soup choose (1)	Creamy Corn Soup Chicken & Rice Soup choose (1)	Shrimp Bisque Chili choose (1)	Butternut Squash Soup Vegetarian Vegetable Soup choose (1)	Italian Wedding Soup Gazpacho choose (1)	New England Seafood Soup Tomato Basil Soup choose (1)	Beer Cheese Soup Chicken Noodle 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 Coq au Vin Grilled Trout w/ Chive Butter Beef Tenderloin CF - Sausage Gravy & Biscuits choose (3)	BW Sole Meuniere Veal Parmesan Chicken Picatta CF - Grilled Pork Chop choose (3)	Mushroom Ravioli Meatloaf Lemon Garlic Chicken Thighs CF - Blackened Tilapia choose (3)	BW Southwest Chicken Wrap English-Style Cod Chili Cheese Dog CF - Rigatoni w/Pork Ragu choose (3)	BW Chicken w/Avocado Salsa Sausage Pizza Braised Beef Brisket CF - Crawfish Etouffee choose (3)	BW Herb Roasted Salmon BBQ Bourbon Chicken Stuffed Shells Marinara CF - Moroccan Lamb Stew choose (3)	BW Strawberry Chicken Salad Yankee Pot Roast Blackened Catfish CF - Cheese Tortellini 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 - Roasted Eggplant						
choose (1) Muffins choose (1)	choose (1) Garlic Breadstick choose (1)	choose (1) Corn Bread choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Herb Breadstick choose (1)	choose (1) Assorted Dinner Roll choose (1)
Boston Cream Pie Oreo Madness Sundae Apple, Banana, or Orange Fresh Fruit Cup Ice Cream Cookie of the Day	French Cream Cheesecake 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	Ice Cream Sandwich 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

**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