



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - May 31- June 6, 2026 The Audio Bulletin Board 8489

Sunday, May 31

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

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

Monday, June 1

- 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 7:30) - Auditorium

Tuesday, June 2

- 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: *How to Look at & Understand Great Art - Lessons 25 & 26 ~ 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 **SORA Board Meeting** - Card Room
- 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 3

- 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.

Wednesday, June 3 (Continued)

- 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
- 7:00 pm Sing-A-Longs & Snax - Sherwood Oaks Park

Thursday, June 4

- 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 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 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: *How to Look at & Understand Great Art - Lessons 25 & 26 ~ Channel 950*
- 4:00 pm Aquacize - Swimming Pool

Friday, June 5

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Ladies Pickleball - Cran. Lake Fitness Ctr.
- 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 6

- 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
- 3:25 pm Bus to St. Ferdinand Church



| SUNDAY 5/31/2026 | MONDAY 6/1/2026 | TUESDAY 6/2/2026 | WEDNESDAY 6/3/2026 | THURSDAY 6/4/2026 | FRIDAY 6/5/2026 | SATURDAY 6/6/2026 |
|--|---|---|---|---|--|---|
| **choose (1) Manhattan Clam Chowder Potato Leek Soup **choose (1) | **choose (1) Minestrone Soup Chicken Rice Soup **choose (1) | **choose (1) Chilled Strawberry Soup Chili **choose (1) | **choose (1) Vegetarian Vegetable Soup Beef & Rice Soup **choose (1) | **choose (1) Italian Wedding Soup Chicken Tortilla Soup **choose (1) | **choose (1) Wonton Soup Tomato Basil Soup **choose (1) | **choose (1) Cream of Broccoli 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 Stuffed Pork Chop Citrus Cod Prime Rib au Jus CF - French Toast choose (3) | BW Chicken Romano Vegetable Stuffed Portobello Spaghetti w/Meat Sauce CF - Perch Piccata choose (3) | BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce **CF - Snapper Livornese choose (3) | BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - MTO Philly Cheese Steak choose (3) | Beef Stroganoff Turkey Devonshire Basil Tilapia CF - Old Fashioned Ham Loaf choose (3) | BW Crispy Sesame Chicken Vegetable Egg Roll Pepper Steak CF - Baked Scallops choose (3) | BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Country Fried Steak choose (3) |
| Baked Potato Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato | Roasted Ranch Potatoes Fresh Broccoli Baked Tomato Half AA Mashed Potato AA Baked Potato | Cheesy Potatoes Lemon Green Beans Roasted Butternut Squash AA Mashed Potato AA Baked Potato | Creamy Cheesy Grits Sautéed Collard Greens Fried Okra AA Mashed Potato AA Baked Potato | Egg Noodles Steamed Peas Honey Glazed Carrots AA Mashed Potato AA Baked Potato | Fried Rice Spinach Midori Blend AA Mashed Potato AA Baked Potato | Baked Sweet Potato Fried Zucchini Sautéed Mushrooms AA Mashed Potato AA Baked Potato |
| choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) | choose (1) |
| Mini Donuts choose (1) | Herb Breadstick 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) |
| Peanut Butter Cup Sundae Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Caramel Apple Walnut Pie Lemon Layer Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Triple Berry Tart Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Salted Caramel Pretzel Brownie Butterfingers Sundae Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Fresh Berries w/Whipped Cream Banana Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Spice Cake w/Cream Cheese Frosting Lemon Bar Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup | Blueberry Crisp Cookies & Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup |

Vegetable of the Week - Lemon Garlic Artichokes

Hershey's Hand Scooped Ice Cream: Options change daily
****Sauce of tomatoes, capers, olives and roasted garlic**
 **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 Meal Pick Ups

11:30 am - 1 pm
 4:30-6:30 pm
Corner Market
 8 am - 6:30 pm