



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks July 19-25, 2026 The Audio Bulletin Board 8489

Sunday, July 19

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

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

Monday, July 20

- 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 *Guitarist, Dale Cinski* - Auditorium
- 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, July 21

- 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: *Madagascar ~ The Last Untouched Wilderness* ~ 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 22

- 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, July 22 (Continued)

- 11:45 am Bus to Passavant/Cranberry, 228 Mall & Cranberry Twp. Municipal Building
- 1:15 pm Artificial Intelligence Activity - Card Room
- 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

Thursday, July 23

- 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 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
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:30 pm Continued Learning: *Madagascar ~ The Last Untouched Wilderness* ~ Channel 950
- 4:00 pm Aquacize - Swimming Pool

Friday, July 24

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Shop 'n Save/Pass. Cranberry & 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
- 3:00 pm Bus to Cranberry Twp. Town Square Market
- 3:00 pm Caps for Kids Knit/Crochet - Lobby

Saturday, July 25

- 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
- 1:30 pm *Memorial Service for James Burghacher* - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm Bus to St. Ferdinand Church

