



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks July 26 - August 1, 2026 The Audio Bulletin Board 8489

Sunday, July 26

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

Monday, July 27

- 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, July 28

- 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 29 & 30 ~ 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 29

- 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
- 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

Wednesday, July 29 (Continued)

- 3:00 pm Knitting with Mary - Lobby

Dining Services' Birthday Theme Today is...



A WORLD OF COLOR!

Thursday, July 30

- 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: *Holy Land Revealed ~
Lectures 29 & 30 ~ Channel 950*
- 4:00 pm Aquacize - Swimming Pool

Friday, July 31

- 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
- 1:30 pm Health Affairs Committee: *Neuropathy
Presentation ~ Auditorium*
- 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, August 1

- 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	MONDAY	TUESDAY	WEDNESDAY World of Color Bday!	THURSDAY	FRIDAY	SATURDAY
7/26/2026	7/27/2026	7/28/2026	7/29/2026	7/30/2026	7/31/2026	8/1/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Lobster Bisque	BW Cauliflower Bisque	Elephant Garlic Soup	Chilled Vichyssoise	Lentil Soup	Beef Barley	Yankee Bean Soup
Potato Leek Soup	Chicken & Rice Soup	Chili	Chilled Blueberry	Italian Wedding Soup	Tomato Basil Soup	Chicken Noodle
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green House Salad	Mixed Green 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 Maple Glazed Salmon	BW Ginger Citrus Chicken	BW Trout Amandine	Kaleidoscope Chicken Salad	Turkey Burger w/avocado mayo	BW Lasagna Roll-ups	BW Garden Chicken Salad
Pork Paprikash	Montreal Beef Shoulder	BBQ Chicken Thighs	Rainbow Cottage Pie	Braised Cod Peperonata	Apricot Chicken	Baked Orange Rougny
Rack of Lamb	Bourbon Cherry Pork	Taco Salad	Salmon w/Strawberry Balsamic Reduction	Beef Burgundy w/Noodles	Fried Cat Fish w/Hushpuppies	Glazed Corned Beef
CF - Creamed Chipped Beef	CF - Baked Swai Fish	CF - Cavatappi w/Wild Mushrooms	Prismatic Vegetable Pizza	CF - Pork Jagerschnitzel	CF - Hot Sausage Sandwich	CF - Butternut Squash Ravioli
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes	Scalloped Potatoes	Dijon Roasted Potatoes	Smothered Fries	Sweet Potato Fries	Pierogies w/Onions	Parsiled New Potatoes
Roasted Cauliflower	Sauteed Green Beans	Baby Lima Beans	Ratatouille	Creamed Spinach	Peas & Peppers	Sauteed Cabbage
Yellow Squash	Honey Glazed Carrots	Broccoli	Roasted Asparagus w/Tomatoes	Corn on the Cob	Asparagus	Baby Carrots
AA Mashed Potato	AA Mashed Potato	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	AA Baked Potato	AA Baked Potato
Vegetable of the Week - Smashed Rutabaga						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Cinnamon Rolls	Garlic Breadstick	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Herbed Breadstick	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Peach Melba Sundae	Cherry Pie	Chocolate Cream Pie	Funfetti Cake	Olive Oil Cake	Hot Fudge Sundae	Banana Cream Pie
Banana Choc Marble Cake	Orange Cream Cake	Butter Toffee Cake	Cheesecake Scoop w/Fruit	Lemon Blueberry Cake	Strawberry Shortcake	Triple Chocolate Cake
Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup	Fresh Fruit Cup
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
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream
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

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

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 am
 Lunch - 10:30 am-4:30 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