



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks August 2-8, 2026 The Audio Bulletin Board 8489

Sunday, August 2

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

2:00 pm Chapel Service - Card Room

Rev. Karen Slusser

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

Monday, August 3

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 NO - Aquacize - Swimming Pool

6:30 pm Monday Night Bridge - Lobby

Tuesday, August 4

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 and
Understand Great Art ~ Lessons 27 & 28 -**
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, August 5

8:15 am Bus to UPMC Passavant Cranberry

9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.

9:00 am NO - 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

3:00 pm Knitting with Mary - Lobby

7:00 pm Sing-a-Long and Snax - Sherwood Oaks Park

Thursday, August 6

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

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

2:30 pm Qwirkle - Lobby

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

3:30 pm Continued Learning: **How to Look at &
Understand Great Art ~ Lessons 27 & 28 -**
Channel 950

4:00 pm NO - Aquacize - Swimming Pool

Friday, August 7

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 **Resident Get Together with Mark Nord &
Management Team** ~ Auditorium

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

3:00 pm NO - Bus to Cran. Twp. Town Square Market

3:00 pm Caps for Kids Knit/Crochet - Lobby

Saturday, August 8

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

2:00 pm **Memorial Service for Richard Cox** - Aud

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

3:25 pm Bus to St. Ferdinand Church



SUNDAY 8/2/2026	MONDAY 8/3/2026	TUESDAY 8/4/2026	WEDNESDAY 8/5/2026	THURSDAY 8/6/2026	FRIDAY 8/7/2026	SATURDAY 8/8/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
American Bounty Vegetable Soup Potato Leek Soup	Cream of Asparagus Soup Chicken & Rice Soup	Chilled Peach Soup Chili	Creole Crab Soup Vegetarian Vegetable Soup	Navy Bean Soup Italian Wedding Soup	Cream of Potato Soup Tomato Basil Soup	Split Pea Soup Chicken Noodle Soup
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup	Mixed Greens House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Seasoned Snapper Stuffed Peppers Carved Turkey w/ Stuffing CF - Cheese Blintz	BW Manicotti Pork Milanese Honey Mustard Chicken CF - Baked Flounder	BW Chicken Quesadilla Creole Barramundi Beef Enchilada Bake CF - Grilled Vegetable Ravioli	BW Pecan Crusted Tilapia BBQ Pulled Pork on Onion Roll Creamy Vegetable Lasagna CF - Garlic Parm Chicken Wings	BW Sweet Berry Chicken Salad Deluxe Burger Lemon Dill Salmon CF - Pepperoni Pizza	BW Zucchini Ricotta Boats Bleu Cheese Crusted Beef Medallions Kielbasa with Kraut CF - Fried Oysters	BW Beef Broccoli Stir-Fry Honey Soy Chicken Crab Cake with Remoulade CF - Pork Pot Stickers
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Mashed Potatoes Green Beans Amandine Harvard Beets AA Mashed Potato AA Baked Potato	Oven Brown Potatoes Warm Chunky Applesauce Succotash AA Mashed Potato AA Baked Potato	Spanish Rice Sauteed Zucchini Roasted Cauliflower AA Mashed Potato AA Baked Potato	Baked Sweet Potato Balsamic Brussels Sprouts Fried Green Tomatoes AA Mashed Potato AA Baked Potato	Curly Fries Steamed Broccoli Soaker Beans AA Mashed Potato AA Baked Potato	Haluski Steamed Peas Tri-Colored Peppers AA Mashed Potato AA Baked Potato	Steamed Rice Garlic Sauteed Spinach Ginger Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Corn on the Cob						
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 Chocolate Ganache Bundt Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Key Lime Pie Red Velvet Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Reese's PB Cup Cookie Bananas Foster Sundae Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Apple Pie Marble Cake Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Turtle Cheesecake Scoop Peach Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Big Alaska Ice Cream Bar Strawberry Cream Pie Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup	Cherry Crisp Tiramisu Apple, Banana, or Orange Cookie of the Day Ice Cream Fresh Fruit Cup

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 am

Lunch - 10:30am-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