



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks July 5 - 11, 2026 The Audio Bulletin Board 8489

Sunday, July 5

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

2:00 pm Chapel Service - Card Room

Rev. James Shoucair

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

Monday, July 6

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

Tuesday, July 7

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: *Aaron Copland & the
American Sound* ~ 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

1:30 pm *SORA Board Meeting* - Card Room

2:00 pm Backgammon - Lobby

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

Wednesday, July 8

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 8 (Continued)

3:00 pm Knitting with Mary - Lobby

6:00 pm Qwirkle - Lobby

Thursday, July 9

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.

11:00 am Holy Communion, Episcopal Rite - Chapel
All baptized persons welcome!

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: *Aaron Copland & the
American Sound* ~ Channel 950

4:00 pm Aquacize - Swimming Pool

Friday, July 10

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

2:00 pm *Ballroom Dancers* - 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, July 11

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

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

3:25 pm Bus to St. Ferdinand Church



SUNDAY 7/5/2026	MONDAY 7/6/2026	TUESDAY 7/7/2026	WEDNESDAY 7/8/2026	THURSDAY 7/9/2026	FRIDAY 7/10/2026	SATURDAY 7/11/2026
**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 Casserole choose (3)	BW Chicken Romano Vegetable Stuffed Portobello Spaghetti w/Meat Sauce ** - Scallops Saint Jacques choose (3)	BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce CF - Baked Flounder Mediterranean choose (3)	BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - Pesto Chicken Pesto choose (3)	Beef Stroganoff Turkey Devonshire Basil Tilapia CF - Mustard Glazed Pork choose (3)	BW Crispy Sesame Chicken Vegetable Egg Roll Pepper Steak CF - Salmon Cakes choose (3)	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Stuffed Cabbage 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) Mini Donuts choose (1)	choose (1) Herb 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) Assorted Dinner Roll choose (1)	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 Butterfinger 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 - Corn on the Cob

**Baked w/Shallots, cognac, cream & breadcrumbs

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