



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks August 30-September 5, 2026

The Audio Bulletin Board 724-776-8489

Sunday, August 30

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

2:00 pm Chapel Service - Card Room

Rev. Tom Parkinson

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

Monday, August 31

8:15 am Bus to Passavant Cranberry

9:00 am Mixed Pickleball League - Sherwod Oaks Park

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, September 1

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: **Gustav Mahler -
Origins ~ 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

6:30 pm Bingo! (until 7:30pm) - Auditorium

Wednesday, September 2

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

3:00 pm Knitting with Mary - Lobby

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

Thursday, September 3

7:00 am Bus to Passavant Cranberry & Main

9:00 am Bllackburn's Scooter Repairs (until 2:30)
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

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

2:30 pm Qwirkle - Lobby

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

3:30 pm Continued Learning: **Gustav Mahler -
Origins ~ Channel 950**

4:00 pm Aquacize - Swimming Pool

Friday, September 4

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 Cran. Twp. Town Square Market

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

Saturday, September 5

9:00 am Mixed Pickleball League - Sherwod Oaks Park

10:00 am Pickleball Clinic - Cran Lake Fitness Center

9:30 am Bus to Beaver Valley Mall

12:30 pm Rummikub - Lobby

1:30 pm **Memorial Service for Mary Ann**

Williamson ~ Auditorium & Card Room

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

3:25 pm Bus to St. Ferdinand Church

Reminder:

You must dial the full 10-digits to make
and/or receive calls for all independent living
residences (101-360, 600s, 700s).

Extensions 8100-8599 - dial 724-776+ext.

Extensions 4600-4699 - dial 724-742+ext.

Extensions beginning with 86 - you must call
the reception desk (724-776-8100) to be
transferred. These extensions are internal only
and cannot be reached by dialing 10-digits.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8/30/2026	8/31/2026	9/1/2026	9/2/2026	9/3/2026	9/4/2026	9/5/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Lobster Bisque Potato Leek Soup	BW Cauliflower Bisque Chicken & Rice Soup	Elephant Garlic Soup Chili	Chilled Vichyssoise Vegetarian Vegetable Soup	Lentil Soup Italian Wedding Soup	Beef Barley Tomato Basil Soup	Yankee Bean Soup Chicken Noodle
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
BW Maple Glazed Salmon Pork Paprikash Rack of Lamb CF - Cheese Blintz	BW Ginger Citrus Chicken Montreal Beef Shoulder Bourbon Cherry Pork CF - Lobster Ravioli	BW Trout Amandine BBQ Chicken Thighs Taco Salad CF - Old Fashion Ham Loaf	Eggplant Parmesan Chicken Marsala Meatballs CF - Seafood Salad Croissant	Turkey Burger w/avocado mayo Braised Cod Peperonata Beef Burgundy w/Noodles CF - National Baby Back Ribs Day	BW Lasagna Roll-ups Apricot Chicken Fried Cat Fish w/Hushuppies CF - Cajun Butter Steak	BW Garden Chicken Salad Baked Orange Roughy Glazed Corned Beef CF - Osso Bucco
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)
Smashed Red Skin Potatoes Roasted Cauliflower Yellow Squash AA Mashed Potato AA Baked Potato	Scalloped Potatoes Sauteed Green Beans Honey Glazed Carrots AA Mashed Potato AA Baked Potato	Dijon Roasted Potatoes Baby Lima Beans Broccoli AA Mashed Potato AA Baked Potato	Angel Hair Marinara Roasted Mushrooms Sauteed Zucchini AA Mashed Potato AA Baked Potato	Sweet Potato Fries Creamed Spinach Corn on the Cob AA Mashed Potato AA Baked Potato	Pierogies w/Onions Peas & Peppers Asparagus AA Mashed Potato AA Baked Potato	Parsiled New Potatoes Sauteed Cabbage Baby Carrots AA Mashed Potato AA Baked Potato
Vegetable of the Week - Smashed Rutabagas						
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 Banana Choc Marble Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Cherry Pie Orange Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Chocolate Cream Pie Butter Toffee Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Strawberry Rhubarb Pie Cookies & Cream Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Olive Oil Cake Lemon Blueberry Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Hot Fudge Sundae Strawberry Shortcake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream Cookie of the Day	Banana Cream Pie Triple Chocolate Cake Fresh Fruit Cup Apple, Banana, or Orange Ice Cream 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