



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks August 9-15, 2026 The Audio Bulletin Board 8489

Sunday, August 9

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

2:00 pm Chapel Service - Card Room

Rev. Moni McIntyre

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

Monday, August 10

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 Focus on the World: *Sinking Cities ~
New York City - Channel 950*

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, August 11

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: *The Brain: How do
I decide? ~ 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, August 12

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

3:30 pm Focus on the World: *Sinking Cities ~
New York City - Channel 950*

Thursday, August 13

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

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

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 - Lobby

2:30 pm Qwirkle - Lobby

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

3:30 pm Continued Learning: *The Brain: How do
I decide? ~ Channel 950*

4:00 pm Aquacize - Swimming Pool

Friday, August 14

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, August 15

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

ARMSTRONG® Installation Schedule

Wednesday, August 12

101, 102, 103, 104, 105, 106, 107, 108, 110, 311

Thursday, August 13

109, 111, 112, 113, 114, 115, 116, 117, 118, 119

Friday, August 14

120, 121, 122, 123, 124, 125, 126, 127, 129, 131,
132, 133, 135, 136, 137, 138, 140, 142, 145, 146

Monday, August 17

151, 152, 153, 154, 157, 158, 159, 160, 164, 165,
167, 171, 172, 174, 176, 177, 178, 181, 183

SUNDAY 8/9/2026	MONDAY 8/10/2026	TUESDAY 8/11/2026	WEDNESDAY 8/12/2026	THURSDAY 8/13/2026	FRIDAY 8/14/2026	SATURDAY 8/15/2026
**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)	**choose (1)
Manhattan Clam Chowder Potato Leek Soup	Minestrone Soup Chicken Rice Soup	Chilled Strawberry Soup Chili	Vegetarian Vegetable Soup Beef & Rice Soup	Italian Wedding Soup Chicken Tortilla Soup	Wonton Soup Tomato Basil Soup	Cream of Broccoli Soup Chicken Noodle Soup
**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 Stuffed Pork Chop Citrus Cod Prime Rib au Jus CF - French Toast	BW Chicken Romano Vegetable Stuffed Portobello Spaghetti w/Meat Sauce CF - New England Baked Scallops	BW Baked Breaded Chicken Breast Pesto Cream Tortellini Beef Shoulder w/Mushroom Sauce CF - Portuguese Fish Stew	BW Cajun Pork Loin Trio Salad Blackened Shrimp CF - Lemon Honey Chicken	Beef Stroganoff Turkey Devonshire Basil Tilapia CF - Vegetable Casserole	BW Crispy Sesame Chicken Vegetable Egg Roll Pepper Steak CF - Snapper Livornese	BW Swai with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Sloppy Joes
choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	choose (3)	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 Sauteed 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 Sauteed Mushrooms AA Mashed Potato AA Baked Potato
Vegetable of the Week - Caramelized Cabbage & Onions						
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)
Mini Donuts	Herb Breadstick	Corn Bread	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll	Assorted Dinner Roll
choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	choose (1)	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

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-4:30pm

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