

**This Week at Sherwood Oaks - September 13, 2020 to September 19, 2020**  
**The Audio Bulletin Board 8489**

**Sunday, September 13**

No Off Campus Transportation Today  
7:00 pm Outdoor Games - Summer House - Call  
Joni Pun at Ext. 8304

**Monday, September 14**

8:15 am Bus to Passavant Cranberry  
9:30 am Bus to Costco/Walmart/Passavant Main &  
Passavant Cranberry/Cranberry Mall  
10:00 am Aquacize - Swimming Pool  
11:15 am Take a Walk with a Friend  
1:00 pm Bus to Shop 'n Save/CVS Pharmacy/  
Passavant Cranberry & Main Campus  
1:00 pm Painting Class - Novice or Pro - Painting  
Studio - Lower Level - Space is Limited

**Tuesday, September 15**

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 - Auditorium - Limit 15 Participants  
call Bill Burtner at 8543 to schedule  
1:40 pm Bus to VA Clinic Cranberry/Passavant

**Wednesday, September 16**

Bus to UPMC Passavant Cranberry  
8:15am - 9:30am - 11:45am - 2:00pm  
9:30 am Bus to Rite Aid, Passavant Cranberry &  
228 Mall  
10:00 am Group Fitness - Auditorium - Limit 15  
Participants - Call Bill Burtner - Ext. 8543  
12:00 pm Granny's Attic Annex #156 - Appointment  
Only - Call Frank or Joanne - Ext. 8154  
1:00 pm Complimentary Hearing Aid Service -  
Dr. Francis - Appointment Necessary  
7:00 pm Outdoor Games - Summer House - Call  
Joni Pun at Ext. 8304

**Fitness Center Reopens September 14**  
**Monday-Friday 8-4:30 pm**

**For more information, contact the Fitness Center**  
**at ext. 8543.**

**Thursday September 17**

7:00 am Bus to Passavant Cranberry & Main  
9:30 am Bus to Passavant Cranberry/Passavant  
Main & Cranberry Mall  
10:00 am Aquacize - Swimming Pool  
10:00 am Yoga - Auditorium - Limit 15 Participants  
call Bill Burtner at ext. 8543  
11:15 am Take a Walk with a Friend - If interested,  
call Bill Burtner at ext. 8543  
1:00 pm Bus to Passavant Cranberry/Passavant  
Main & Streets of Cranberry  
1:00 pm Bus to Deener's Farm Market

**Friday, September 18**

Bus to UPMC Passavant Cranberry  
7 am - 9:30 am - 1 pm  
9:30 am Bus to Shop 'n Save/Passavant  
Cranberry & Passavant Main  
10:00 am Tai Chi - Auditorium - Limit 15 Participants  
call Bill Burtner at 8543 to schedule  
1:00 pm Bus to Costco/Walmart/Passavant Main &  
Passavant Cranberry  
2:00 pm Patching & Piecing Quilters - Craft Room

**Saturday, September 19**

No Activities or Off Campus Transportation Today

**NEW DINING SERVICES HOURS**

**RESIDENTS ONLY**

**PICK-UP MEAL FROM CAFE' MENU**

Sunday thru Saturday  
**11:30AM until 1:00PM**

**HAVE MEAL DELIVERED**

(no delivery charge)  
Sunday thru Saturday  
**4:30 - 6:00pm**

**MAIN DINING ROOM**

Reservations are required - ext. 8234  
Please reserve with your caller on  
Monday and/or Tuesday

Tuesdays - Lunch and Dinner (meal plan only)  
12:00PM, 4:30PM, 6:00PM

Wednesdays - Breakfast  
(meal plan or charge account)  
8:00AM to 9:30AM



# Grocery List

## Beverage Quarts \$1.20

- Whole
- 2%
- Skim
- Lactaid
- Orange Juice

## Eggs

- ½ Dozen \$1.25
- Hard Boiled Eggs (2) \$1.00

## Fruits \$0.50

- Apple
- Banana
- Orange
- Grapefruit

## Vegetables

- Onions \$0.50
- Potatoes \$0.50
- Cucumbers \$0.50
- Tomatoes \$0.50
- Peppers \$0.50
- Carrots \$2.00
- Celery \$2.00

## Single Serve Canned Soup \$1.00

- Vegetable
- Tomato
- Chicken Noodle

## Single Pot bag of Coffee \$1.00

- Regular
- Decaf

## Single Serve Boxed Cereal \$0.60

- Raisin Bran
- Special K
- Cheerios
- Honey Nut Cheerios
- Frosted Flakes
- Shredded Wheat
- Rice Krispies
- Corn Flakes

## Misc.

- Activia Yogurt: \$0.60  
Vanilla (or) Strawberry (or) Peach
- Jello Cup \$0.60
- Applesauce Cup \$0.60
- Pudding Cup: Chocolate (or) Vanilla \$0.60
- Dole Fruit Cup: \$0.60  
Pear (or) Peach
- Pound of Butter \$4.00
- Mozzarella Cheese Stick \$0.35
- 16 ounce jar of Jif peanut butter \$2.50
- 6 oz. Pouch of Tuna \$2.25
- Cottage Cheese 16 oz. \$1.95

## Snacks

- 2 pack Oreos \$0.25
- 100 Calorie pack \$0.35
- Single serve Lays Chips \$0.50
- Single serve pretzels \$0.50

## Loaf of Bread

- White \$1.35
- Wheat \$2.00
- Rye \$3.00
- Multi-Grain \$3.50
- English Muffins \$1.45
- Bagels \$3.00
- 1 slice of Wheat \$0.25

## Muffins \$0.85

- Blueberry
- Banana
- Chocolate

## Sundries

- Toilet Paper \* **1 roll per household per week. \$1.00**
- Box of Tissues \$1.00
- Dawn Dish Soap \$1.95
- Bar of Dove Soap \$0.50
- Dove Body Wash \$5.65
- Aveeno Body Lotion \$7.30
- Suave Shampoo/Conditioner 2 in 1 \$2.15
- Selsun Blue \$6.00
- Polident Denture Cleaner Tabs \$3.20
- Polident Denture Cream \$3.20
- Colgate Toothpaste \$1.60
- Dental Floss \$0.30
- Gillette Shave Cream \$2.00
- Speedstick Deodorant \$2.00
- Listerine \$0.70
- Gold Bond Powder \$4.20