



**This Week at Sherwood Oaks - November 29, 2020 to December 5, 2020
The Audio Bulletin Board 8489**



Sunday, November 29

No Off Campus Transportation Today

Monday, November 30

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Auditorium - Limit 15 Participants - Call Bill Burtner - Ext. 8543
- 10:00 am Aquacize - Swimming Pool
- 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
- 1:30 pm Men's Bible Study - Auditorium

Tuesday, December 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 - Auditorium - Limit 15 People call Bill Burtner at ext. 8543 to register
- 1:30 pm Crocheting Plastic Bags - Craft Room
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

Wednesday, December 2

**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



Thursday December 3



**Pick Up Poinsettia Orders Today!
Lobby
1:00pm and 2:30pm**

- 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 People - call Bill Burtner at ext. 8543
- 10:00 am Crocheting Plastic Bags - Craft Room
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry

Friday, December 4

**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 People call Bill Burtner at 8543 to register
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Craft Group - Lower Level Craft Room
- 2:00 pm Sew & So - Painting Studio - Lower Level Craft Room

Saturday, December 5

No Off Campus Transportation Today

- 7:00 pm Saturday Night Movie - **Ray** - (Rated PG-13) - Watch on Channel 900

A New Game!

The Craft Group has created 29 GNOMES for you to find. All are between 6 and 12 inches high and can be found near some residents' units in independent living. They may be hidden in door wreaths, on posts, or in other decorations that residents have displayed. They are not in trees or bushes that are off the walkways nor are they to be found behind the homes. If you see one and want to play - do not remove it; but jot down where you saw it (i.e. near unit #300). The person who finds the most gnomes will win a small prize. If you think you have found them all, call Ann Ferguson at ext. 8269. No gnomes are hidden in the 600 or 700 units.

Happy Hunting!

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
- Low Fat 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

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