



**This Week at Sherwood Oaks - January 10, 2021 to January 16, 2021
The Audio Bulletin Board 8489**



Sunday, January 10

No Off Campus Transportation Today

Monday, January 11

- 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 - Class Size Limited - 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 - Class Size Limited

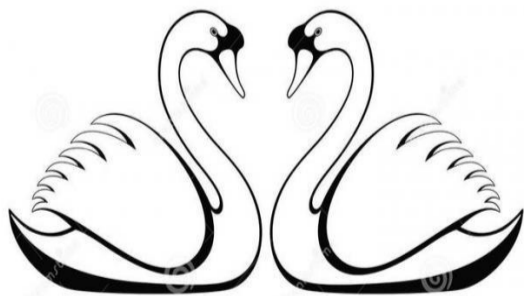
Tuesday, January 12

- 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 - Class Size Limited - 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, January 13

**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 - Class Size Limited - 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 January 14

- 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 - Class Size Limited - 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, January 15

**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 - Class Size Limited - 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

Saturday, January 16

- No Off Campus Transportation Today
- 7:00 pm Saturday Night Movie - **Fiddler on the Roof** - Rated (G) - TV Channel 900

"Hope" is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all.

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.

- Emily Dickinson



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