



**This Week at Sherwood Oaks - January 24, 2021 to January 30, 2021
The Audio Bulletin Board 8489**



Sunday, January 24

No Off Campus Transportation Today

Monday, January 25

- 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 Women's Bible Study - Auditorium

Tuesday, January 26

- 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 27

- 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
- 10:00 am VACCINES, Calling the Shots - one hour educational video - Channel 900
- 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
- 4:00 pm VACCINES, Calling the Shots - one hour educational video - Channel 900
- 7:30 pm VACCINES, Calling the Shots - one hour educational video - Channel 900

No one is useless in this world who lightens the burden of another.

- Charles Dickens



Thursday January 28

- 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 29

**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 30

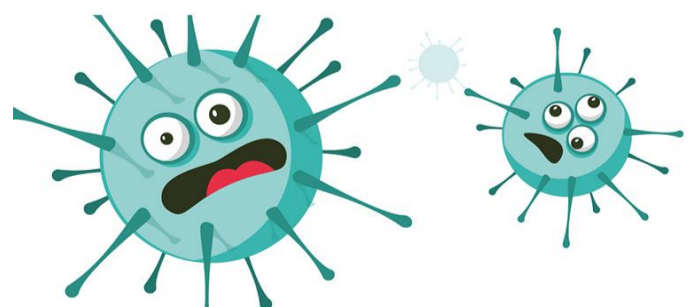
- No Off Campus Transportation Today
- 7:00 pm Saturday Night Movie - **Mr. Roberts** - Not Rated - TV Channel 900

**VACCINES...
Calling the Shots**

"The science of vaccination and the personal medical consequences when too many people decline to cooperate in the public health measure."

**Wednesday - January 27
10am, 4pm, 7:30pm
TV Channel 900**

In anticipation of the upcoming voluntary vaccine distribution to IL residents, this one-hour educational video is being presented by the Health Affairs Committee.



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