



**This Week at Sherwood Oaks - July 5, 2020 to July 11, 2020
The Audio Bulletin Board 8489**



Sunday, July 5

No Activities or Off Campus Transportation Today

Monday, July 6

- 7:30 am Bus to Shop N Save & Passavant Cranberry
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 10:00 am Aquacize - Swimming Pool
- 11:15 am Take a Walk with a Friend - If interested, call Bill Burtner at ext. 8543
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm Painting Class - Novice or Pro - Art Room Lower Level - Space is Limited

Tuesday, July 7

- 5:30 am Bus to Walmart & Giant Eagle
- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry Passavant Cranberry & Pittsburgh/Oakland
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

Wednesday, July 8

- Bus to UPMC Passavant Cranberry**
8:15am - 9:30am - 11:45am - 2:00pm
- 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary

Thursday July 9

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Passavant Cranberry & Passavant Main
- 10:00 am Aquacize - Swimming Pool
- 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

Friday, July 10

- Bus to UPMC Passavant Cranberry**
7 am - 9:30 am - 1 pm
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry

Saturday, July 11

No Activities or Off Campus Transportation Today

SWIMMING POOL GUIDELINES

1. Available for resident use only
2. Hot tub will remain closed until further notice
3. Swimmers are required to wear a mask/face covering at all times when in the Community Center, except when they are in the water.
4. Swimmers will stop at reception desk for a pool key.
5. No more than two (2) residents permitted in the locker room at one time.
6. It is recommended that swimmers avoid using the locker rooms and showers by changing at their residence IF possible.
7. Maintain six feet of physical distancing when possible.



**SHERWOOD GIFTS
OPEN MONDAY - FRIDAY
12:00-1:30PM**

CONTACT JANE PAUL AT EXT. 8341 WITH QUESTIONS

**GRANNY'S ATTIC ANNEX #156
OPEN WEDNESDAY
12:00-2:30PM
BY APPOINTMENT ONLY**

CONTACT FRANK OR JOANNE WEISS AT EXT. 8154 TO SCHEDULE AN APPOINTMENT

GIFT SHOP & ANNEX GUIDELINES

- * Only two people permitted in the shop/annex at one time
- * Hand sanitizer must be used before entering
- * Masks/face coverings must be worn
- * Six-foot social distancing guidelines must be followed

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

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