



**This Week at Sherwood Oaks - August 2, 2020 to August 8, 2020
The Audio Bulletin Board 8489**



Sunday, August 2

No Off Campus Transportation Today

7:00 pm Outdoor Games - Summer House - Call
Joni Pun at Ext. 8304

Monday, August 3

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 - **CANCELLED**
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, August 4

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 - **CANCELLED**
1:40 pm Bus to VA Clinic Cranberry/Passavant

Wednesday, August 5

**Bus to UPMC Passavant Cranberry
8:15am - 9:30am - 11:45am - 2:00pm**

9:30 am Bus to Rite Aid, Passavant Cranberry &
228 Mall
12:00 pm Granny's Attic Annex #156
1:00 pm Complimentary Hearing Aid Service -
Dr. Francis - Appointment Necessary
7:00 pm Outdoor Games - Summer House - Call
Joni Pun at Ext. 8304

DINING SERVICES HOURS

RESIDENTS ONLY



**ALL MEALS WILL BE DELIVERED
THIS WEEK
(no delivery charge)**

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

PICK-UP MEAL FROM CAFE'
Temporarily on Hold

MAIN DINING ROOM
Temporarily Closed

Thursday August 6

7:00 am Bus to Passavant Cranberry & Main
9:30 am Bus to Passavant Cranberry/Passavant
& Cranberry Mall
10:00 am Aquacize - Swimming Pool
10:00 am Yoga - **CANCELLED**
11:15 am Take a Walk with a Friend - **CANCELLED**
1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry

Friday, August 7

**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 - **CANCELLED**
1:00 pm Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry
2:00 pm Craft Group - Craft Room- Space is
Limited - Contact Joni Pun at Ext. 8304

Saturday, August 8

No Activities or Off Campus Transportation Today



*Keep your face to the sunshine
and
you cannot see the shadows.
It's what the sunflowers do.*

Helen Keller

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