



**This Week at Sherwood Oaks - October 18 2020 to October 24, 2020
The Audio Bulletin Board 8489**

Sunday, October 18

No Off Campus Transportation Today

Monday, October 19

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 9:30 am Men's Bible Study - Auditorium - Call Ernie Pinyot at 724-591-5160 to Register
- 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 - Painting Studio - Lower Level - Space is Limited

Tuesday, October 20

- 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 Participants call Bill Burtner at ext. 8543 to register
- 1:40 pm Bus to VA Clinic Cranberry/Passavant

Wednesday, October 21

**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
- 1:00 pm How to Write Your Life Story - Must be pre-registered - Oak Lodge Great Room

Focus On The World

Quarterly Collection for Gleaner's Food Bank

Sunday, October 18 - Saturday, October 24

**People in southwestern Pennsylvania struggle with deciding how to pay for food.
WE CAN HELP!**

Every \$1 donated to area food banks will buy \$5 worth of food for those in need.

Make checks payable to Gleaner's Food Bank and leave in cubby #348 or donate to a pantry of your choice.

Thursday October 22

- 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 Participants call Bill Burtner at ext. 8543
- 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 & Streets of Cranberry
- 1:00 pm Bus to Deener's Farm Market
- 1:30 pm Grief Support Group - Oak Lodge Great Room - Limit 10 - Call Ann Ferguson at 8269 to Register

Friday, October 23

**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 Participants call Bill Burtner at 8543 to register
- 1:00 pm Bus to Costco/Walmart/Passavant Main & Passavant Cranberry
- 2:00 pm Craft Group - Craft Room

Saturday, October 24

No Off Campus Transportation Today

- 7:00 pm Saturday Night Movie - **Just Mercy** - Rated PG-13 -2hr 17min - Watch on Channel 900

DINING SERVICES HOURS

RESIDENTS ONLY

PICK-UP MEAL FROM CAFE' MENU

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

HAVE MEAL DELIVERED

(no delivery charge)
Sunday thru Saturday
4:30 - 6:00pm

MAIN DINING ROOM

Reservations are required - ext. 8234
Please reserve with your caller on
Monday and/or Tuesday

Tuesdays - Lunch and Dinner (meal plan only)
12:00PM, 4:30PM, 6:00PM

Wednesdays - Breakfast
(meal plan or charge account)
8:00AM to 9:30AM

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