



This Week at Sherwood Oaks - January 17, 2021 to January 23, 2021
The Audio Bulletin Board 8489



Sunday, January 17

No Off Campus Transportation Today

Monday, January 18

Martin Luther King, Jr. Day

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am **NO** 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 Handbells - Auditorium

Tuesday, January 19

- 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 20

- 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

The strongest people are not those that show strength in front of us; but those who win battles we know nothing about.

Thursday January 21

- 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 22

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 23

- No Off Campus Transportation Today
- 7:00 pm Saturday Night Movie - **The Bucket List** - Rated (PG-13) - TV Channel 900

Focus On The World presents...



"A Place At The Table"

This documentary tells the powerful stories of three Americans who maintain their dignity even as they struggle just to eat. In a riveting journey that will change forever how you think about the hungry, this documentary shows how the issue could be solved forever, once the American public decides that ending hunger is in the best interest of us all. Actor Jeff Bridges is featured.

Thursday and Friday
Jan. 21 and 22
4:00pm and 7:30pm Each Day
TV Channel 900

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