

WESLEY COMMONS

WESLEY WINDOW YOUR WEEKLY NEWS

Greenwood, South Carolina

www.wesleycommons.org

August 4, 2025

WORSHIP SERVICE SUNDAY

Sunday, August 10, 2025

Vespers at 4:30 pm

Asbury Hall



Service Theme:

*Guest Speaker: Rev. Chris Christopher
Immanuel Lutheran Church
Greenwood*

LECTURE SERIES

Benjamin Franklin's Religious Beliefs

From a very religious family, Franklin initially thought of himself as a Presbyterian. Over the years, he studied a great many beliefs and found them all to have areas that he could not accept. Benjamin Franklin believed that God created the world and that God set the standards for morality and evil in our civilization. *In Asbury Hall, on Friday August 8 at 2:15 pm*, Franklin will explore how we account for evil and his concept of moral perfection.

SPECIAL EVENTS

Monday:

Chocolate Chip Cookie Grab N Go - 1 pm

Tuesday:

Dempsey's Pizza Lunch Trip - 10:30 am

Wednesday:

Weekly Documentary Series - 1 pm

Thursday:

Thursdays at Three - 3 pm

Activities Announcement

Claire will be out of office from August 6 through August 13, returning to work on August 14. If you would like to leave a direct message for Claire, you may leave a voicemail at Ext. 7221 or send an email to cbrannock@wesleycommons.org. She will not have access to her email or phone during that time. For any immediate Activities related questions or assistance, please contact Justin Jenkins at Ext. 7389.

ILRC President's Corner

"All dogs and cats must be kept on a leash no longer than six (6) feet long and must be under control when outside of the residence. The City of Greenwood does have a leash law and if that is violated, there is a monetary fine."

~ Nancy Schwartz, ILRC President

Welcome

Monday, August 4

Claire Palmer

102 Haven Way

Moving from Summerville, SC

Phone: 227-7438

New Monthly Podiatry Clinic Coming to Wesley Commons

We are pleased to announce a new partnership with KG Health Partners to provide on-site podiatry services at Wesley Commons. Through this collaboration, residents will now have access to monthly podiatry clinics right here on campus, helping to ensure timely care for both routine and urgent foot health needs. Our first clinic will be held on *Wednesday, August 6, in the temporary Wellness Complex clinic room, located directly across from the group fitness room*. Appointments are also being taken for future clinics.

We are proud to welcome Dr. Brian M. Elias, a podiatric surgeon with over 22 years of experience. Dr. Elias specializes in the treatment of painful foot conditions including bunions, hammertoes, neuromas, and heel spurs. He brings extensive expertise in wound care, diabetic foot management, bracing, orthotics, and surgical procedures. His compassionate approach and deep knowledge of podiatric care makes him a valuable addition to our health services. To schedule an appointment, please contact KG Health Partners at (727) 796-6900.

Please note: Routine foot care is covered by Medicare every 61 days, unless you are experiencing pain or an acute issue.

We look forward to this new opportunity to enhance our residents' wellness and mobility through quality, on-campus foot care.



Dempsey's Pizza Lunch Outing

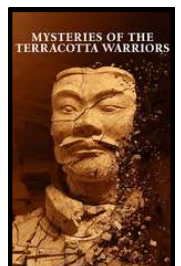
Join Activities for a group lunch outing to Dempsey's Pizza on Tuesday, August 5, departing from campus at 10:30 am. The drive to Clinton is about 40 minutes. Please indicate when you sign up if you plan on taking the bus or driving. If you have any questions, feel free to reach out to Claire at Ext. 7221

Movies and Music Team Trivia Event

It's time for an afternoon of TEAM TRIVIA! Cyndi & Tom Cioffi are hosting an interactive summer trivia event, right here in Asbury Hall. Make plans to join in the fun on *Monday, August 11, at 3:00 pm*. Be sure to sign up outside the Activities office, so we may properly prepare and accommodate for the event. We will be playing as teams of up to 6, so you can sign up as a team, or come on your own and we will help you form a team before the competition begins. No experience necessary! Just put on your thinking cap and be ready to explore summertime music and movies themed trivia questions. It also seems the summer days are just "floating on by", so we will be celebrating the sunshine and trivia time with ice cream floats at the event! Come enjoy friendly competition, lots of laughs, and yummy ice cream floats. If you have any questions, please contact Claire in the Activities office at Ext. 7221. Hope to see you there!

Wednesday Weekly Documentary Series

Join us in Asbury Hall every Wednesday at 1 pm as we learn about major historical events, nature, fascinating stories, and more. For this month, we will be featuring historical documentaries, specifically ancient history. This week, we will be showing *Mysteries of the Terracotta Warriors*. Directed by James Tovell, and 50 years after the discovery of the Terracotta Warriors, this documentary dives into new facts and secrets from China's first emperor's mausoleum, and its 8,000 pottery soldier guards. A treat will be provided in honor of a new month and topic, see you there!



Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

UPCOMING SPECIAL ACTIVITIES

- 4 Chocolate Chip Cookie Day Grab N' Go - 1 to 3 pm
- *5 Dempsey's Pizza Lunch Outing - 10:30 am
- 6 Weekly Documentary Series - 1 pm
- 7 Dementia Caregiver Support Group - PDR - 1:30 pm
- *7 Thursdays at Three - Arbor Room Cafe - 3 pm
- *11 Movies & Music Team Trivia Event - Asbury Hall - 3 pm
- 14 Coffee & Conversations with David - Asbury Hall - 10 am
- *18 Margarita Social Event with Activities - TBD
- *25 Movie Night and Pizza - Asbury Hall - 5 pm

**An asterisk indicates that sign-ups are required.*

We would like to remind you that if signups are required, sheets to reserve your spot will be located outside of the Activities office. Please notify us if you plan to cancel your reservation for an event or come by and cross your name off of the list. *Call Ext. 7221 with any questions.*

Dementia Caregiver Support Group

The next monthly meeting of the *Dementia Caregiver Support Group* will be at 1:30 pm on August 7 in the PDR. There will be a guest speaker this month from the Hospice & Palliative Care of the Piedmont organization. Dr. Nancy Hart Wicker, the Medical Director, will present "Hospice 101", and the role of hospice in late-stage dementia care. There will be a Q&A session following Dr. Wicker's talk. All current and past members of the Dementia Caregiver Support Group are invited to attend. Anyone who is a caregiver to a loved one with dementia, and wishes to join the group, should contact Chaplain Hinson at Ext. 7143, or Steve Douglass at Ext. 7334.

Crafts at The Greenwood Arts Center

Activities has partnered with the Greenwood Arts Center, where you will learn fundamental clay hand building techniques while creating a hanging wall pocket that can be used for many things such as flowers, mail, pens, etc. The image above is to give you a similar idea of what you can make. Each participant will be following their own creative vision and there are several different sizes, shapes, and styles that can be accomplished. This is a hands-on activity and is \$40 per person for the class, that will be charged to your resident account. The class will be held on *Friday, August 15 from 2 pm to 4 pm at The Arts Center. We will leave for the event at 1:30 pm. Sign up outside of Activities today as there are limited spots!*



Thursdays at Three

The next Thursdays at Three social event is scheduled for *Thursday, August 7, at 3 pm in the Arbor Room*. Please be sure to reserve your spot for this event as it helps us determine proper quantities of food and beverages.

National Chocolate Chip Cookie Day

Calling all cookie enthusiasts! Come stop by the *Activities Office on Monday, August 4 from 1 pm to 3 pm* to grab your cookie in honor of the national holiday. Activities will offer other cookie options as well for those with allergies, or alternative cookie preferences. Limit one per resident. Mark your calendar so you don't miss out!

Pet Policy Reminder

We love all of the furry companions that call Wesley Commons "home" but want to be sure that we maintain a safe and clean environment for all. We would like to remind everyone of a few pertinent details related to our campus' pet policy.

- The purpose of this policy is to ensure a safe, secure and humane environment for all residents, pets, staff, and visitors of our campus.
- All pet owners must complete a "Wesley Commons Pet Agreement" and comply with the statements included therein. Additionally, pet owners must submit a "Veterinarian's Report of Pet's Health" before a pet is brought onto campus (volunteers for pet visits are held to this same standard). All annual inoculations must be maintained and filed with the Resident Services office within one month of the previous inoculation's expiration.
- All dogs and cats must be kept on a leash no longer than six (6) feet long and must be under control when outside of the residence. The City of Greenwood has a leash ordinance, and if that law is violated, there is a monetary fine associated with it. Off-leash pet recreation should be limited to our campus dog park located near the primary entrance to the nature trail.
- Pets must not disrupt the peace and well-being of fellow residents, staff, or guests by engaging in behaviors such as growling, barking, scratching, biting, or jumping. This guideline applies not only to common areas but also extends to private residences that are either adjoining or in close proximity to others.
- Pets, with the exception of service dogs, will not be allowed in the Arbor Room Café, the Silver Leaf, the Brook Bistro, the Private Dining Room, the Dining Room in Palmetto Place, the Dining Room in the Health and Rehabilitation Center, or the Wellness Complex.
- It is the owner's responsibility to pick up and dispose of animal waste after his or her pet relieves themselves outdoors (This request extends to accidental indoor waste as well). This waste is to be disposed of in heavy-duty plastic bags and placed in the available pet waste stations around campus.

Thank you for putting these requests into action. Together, we can maintain a warm and welcoming campus for all to enjoy. If you have any questions regarding our campus pet policy or need help finding a veterinarian in our area to get your pet up-to-date on his or her inoculations, please contact Resident Services at Ext. 7170.

***Note:** If you are aware of a common area that needs housekeeping attention related to a pet accident or general use, you may alert the Commons Lobby front desk at Ext. 7290, and the appropriate staff members will be notified. This includes evening and weekend hours.*

St. Mark UMC Fellowship Announcement

All are welcome to join St. Mark UMC pastors and volunteers in the Library on *Thursday August 7 at 10:30 am*. You will get to enjoy a devotional, prayer, Holy Communion, and of course, lots of fellowship. Make your plans to meet old and new St. Mark friends. Hope to see you there!

Katie Winchester, CPT
Wellness Manager

WELLNESS NEWS

Matthew Anderson
Wellness Assistant

“Until you’re uncomfortable, you’ll never know true growth.” – Roger Sparks

Wellness Tip of the Week

As our bodies age, our normal sleep patterns may change slightly, such as feeling sleepy earlier, waking earlier, or not sleeping deeply. These are normal changes. Insomnia or other sleep disturbances are not part of normal aging. Establishing and maintaining a healthy sleep schedule has a profound impact on your overall health and well-being. During sleep, the body repairs any cell damage from the day, boosts the immune system and improves your concentration and cognitive function. A consistent sleep schedule is also associated with improved mood and reduced inflammation. Unhealthy sleep habits can interfere with your daily life, decreasing quality of life, and increasing risk of disease. If you are having trouble sleeping, speak with your physician. Small changes in your nighttime schedule, such as a relaxing bedtime routine, a consistent bedtime/waketime, and avoiding large meals, screen time, and caffeine close to bedtime, may be a few great ways to establish a healthy sleep schedule that works for you.



Group Fitness Room Fans cont.

We strive to maintain a welcoming, comfortable, and safe environment in our Wellness Complex. The group fitness room can get warm during class time, especially during the summer. We want everyone participating to feel comfortable in class, but every person’s body doesn’t react the same to changes in temperature. To keep the class as comfortable as possible, we ask that the fans stay off until 15 minutes into the current class. This will give those who are colder time to warm up and allow those who get warm a little easier time to cool down by the end of class. Thank you for keeping our Wellness Complex comfortable and inviting for all residents.

Class Recommendations

Water Aerobics – We now offer two water-based classes to serve you better. One is low impact with more aerobic and strength movements combined with some walking and jogging movements, while the other is a lower intensity, aerobic-style class with walking and other traveling movements combined with a few low impact aerobics movements. All movements are timed, allowing the participant to move at their own pace. This makes both classes beneficial for anyone looking for a great workout in a safe and joint-friendly environment.



Group Exercise Schedule

August 4, 2025 - August 29, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am		Water Aerobics		Water Aerobics	Water Aerobics
8:45 am	Fit & Flexible	Core & Balance	Fit & Flexible	Core & Balance	
9:30 am	Core & Balance	Tai Chi *Video Led	Core & Balance	Tai Chi *Video Led	Core & Balance
10:15 am	Wesley Weights	Mobility Moves & Water Walking	Wesley Weights	Mobility Moves & Water Walking	Wesley Weights
11:00 am	Line Dancing	Endurance & Agility		Endurance & Agility	Line Dancing
1:30 pm	Sit & Be Fit	Chair Yoga		Chair Yoga	Sit & Be Fit

Weekly Events Schedule

Monday, August 4

8:45a Fit & Flexible - Wellness Complex
 9:00a Pickleball - WC Courts
 9:30a Core & Balance - Wellness Complex
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
 10:00a In Stitches - Hunt Room
 10:15a Wesley Weights - Wellness Complex
 11:00a Line Dancing - Wellness Complex
 1:00p Ukulele Beginners - PDR
 1:00p Chicago Bridge - Hunt Room
1:00p Cookie Grab N Go Begins - Activities Office
 1:30p Sit & Be Fit - Wellness Complex
1:30p Euchre - Silver Leaf
 2:00p Bingo - Arbor Room
 2:00p Uniq'uleles Practice - PDR
 2:30p Shuffleboard - Gameland
3:00p Cookie Grab N Go Ends - Activities Office
 6:00p Mexican Train Dominos - Hunt Room
 6:00p Pinochle - Hunt Room

Tuesday, August 5

8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance - Wellness Complex
 9:30a Tai Chi - Wellness Complex
9:30a Resident Services Shopping - Off Campus
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
10:00a Susannah Wesley Circle - Library
 10:15a Mobility Moves - Wellness Complex
 10:15a Water Walking - Wellness Complex
10:30a Dempsey's Pizza Lunch Trip Departure - Off Campus
 11:00a Men's Study Group - PDR
 11:00a Endurance & Agility - Wellness Complex
 1:00p Contract Bridge - Hunt Room
 1:00p Coloring Group - Arbor Room Café
1:00p Wood Workers - Shop
 1:30p Chair Yoga - Wellness Complex
 1:30p Grief Share - PDR
 2:45p Wesley Wonders Rehearsal - Asbury Hall
 4:00p Table Tennis - Curry Room
 6:00p Hand and Foot - Hunt Room
 6:00p Mexican Train Dominos - Hunt Room

Wednesday, August 6

8:45a Fit & Flexible - Wellness Complex
 9:00a Pickleball - WC Courts
 9:00a Art Group - Hunt Room
 9:00a Food Lion Shopping Departure
 9:30a Core & Balance - Wellness Complex
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
 10:15a Wesley Weights - Wellness Complex
 10:30a Publix and Aldi Shopping Departure
 11:00a County Bank - Classroom
 1:00p Documentary Series - Asbury Hall
 1:00p Walmart Shopping Departure
 2:00p Chess Club - IL Library
 4:00p Table Tennis - Curry Room
 6:00p Pinochle - Hunt Room
 6:00p Mexican Train Dominos - Hunt Room

Thursday, August 7

8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance - Wellness Complex
 9:30a Tai Chi - Wellness Complex
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
 10:15a Mobility Moves - Wellness Complex
 10:15a Water Walking - Wellness Complex
 10:30a Current Events - PDR
10:30a St. Mark Fellowship Service - Library
 11:00a Endurance & Agility - Wellness Complex
 1:00p Afternoon Tunes w/ Uniq'uleles - Commons Crossing
 1:00p Contract Bridge - Hunt Room
 1:30p Chair Yoga - Wellness Complex

Thursday, August 7 (Continued)

1:30p Dementia Caregiver Support Group - PDR
3:00p Thursdays at Three - Arbor Room Café
 4:00p Table Tennis - Curry Room
 6:00p Mexican Train Dominos - Hunt Room
 8:15a Water Aerobics - Wellness Complex
 9:00a Pickleball - WC Courts

Friday, August 8

9:30a Core & Balance - Wellness Complex
 10:00a Table Tennis - Curry Room
 10:15a Wesley Weights - Wellness Complex
 11:00a Line Dancing - Wellness Complex
 1:00p Mah-Jongg - Hunt Room
 1:30p Sit & Be Fit - Wellness Complex
 2:15p Lecture Series - Asbury Hall
 4:00p Table Tennis - Curry Room
 6:00p Mexican Train Dominos - Hunt Room

Saturday, August 9

10:00a Table Tennis - Curry Room
 10:30a Bocce - Gameland
 1:00p Pool - Curry Room
 6:00p Hand and Foot - Hunt Room
 6:00p Mexican Train Dominos - Hunt Room

Sunday, August 10

9:30a Sunday School, 1st Pres, Main St. UMC, & 1st Baptist Departure
 10:30a Main St. UMC & 1st Pres Departure and pickup from Sunday School
 12:00p Pickup 1st Pres and Main St. UMC 1st Baptist
 2:00p Sunday Games - Arbor Room Café
 4:30p Vespers Service - Asbury Hall

Sunday Church Transportation

If you have questions about transportation to Sunday Church services, contact Cindy Gary at Ext. 7170.

Weekly Grocery Shopping

As a reminder, Resident Services offers weekly grocery shopping trips to Food Lion, Publix, Aldi, and Walmart. Moving forward, the weekly grocery shopping schedule will be as follows:

- **9:00am** - Food Lion
- **10:30am** - Publix and Aldi (Drop off at Publix, then to Aldi and back to Publix for pickup.)
- **1:00pm** - Walmart

If you have any questions, please call Cindy Gary, Resident Services Manager, at Ext. 7170.

Wesley Window Submissions

As a reminder, the deadline for weekly Wesley Window submissions is Tuesday at 5 pm. Submissions can be made in writing at the Commons Lobby front desk or by email at activities@wesleycommons.org. You may also deliver them to Claire Brannock in the Activities Office.

AFTER HOURS MAINTENANCE

If you have an emergency work order - one that must be taken care of right away - please call Ext. 7290. For all other Maintenance, Grounds, Pest Control, and housekeeping work orders, please call Ext. 7370.

EMERGENCY MEDICAL ASSISTANCE

If you are experiencing a medical emergency, call 911 first, and stay on the line to give the dispatcher your name, address, and the nature of your emergency. In the event of an emergency, pull the emergency pull cord located in the bathroom or Dial 0. If you have a pendant, you may also activate it for assistance.