

WESLEY COMMONS

WESLEY WINDOW YOUR WEEKLY NEWS

Greenwood, South Carolina

www.wesleycommons.org

October 20, 2025

WORSHIP SERVICE SUNDAY

Sunday, October 26, 2025

Vespers at 4:30 pm

Asbury Hall



Service Theme:

*Joseph; From the Pit to Prison
Genesis 39:1-23*

LECTURE SERIES

Benjamin Franklin's Legacy

Upon his death, four countries governments elegeized Franklin. He was not so honored by the US government. His will contained a great many bequests with most of them going to support organizations that Franklin had founded. Franklin's image is as strong today as it was in the 1700's thanks to the availability of his autobiography and a large collection of his papers. This series concludes on *Friday, October 24 in Asbury Hall at 2:15 pm.*

SPECIAL EVENTS

Monday:

Simmer Pot Kit Craft - 2 pm

Tuesday:

Hendersonville Trip Departure - 8 am

Grief Share Series - 1:30 pm

Wednesday:

Weekly Documentary Series - 1 pm

Pumpkin Decorating Craft - 2:30 pm

Thursday:

*Estate Planning Lunch - 11:30 am
Culinary Staff & Resident Mixer - 2 pm*

Friday:

Games with the Greeks - 3:30 pm

Sunday:

Fall Concert Departure - 4 pm

Wesley Commons Spirit Week

Spirit Week is back! Join the WC staff as we dress up beginning Monday, October 27 through Friday, October 31. Daily themes for the week include:

- Monday: *Game Day* - Show your love for your favorite sports team.
- Tuesday: *Tacky Tuesday* - The crazier the outfit, the better.
- Wednesday: *Pink Out* - Wear pink for breast cancer awareness.
- Thursday: *Pajama Day* - Wear cozy pajamas, in time for the weekend.
- Friday: *Halloween* - Trick or treat! Wear your best costume.

Craft and Hobby Show Booths Update

By now, Activities should have received requests from everyone wanting to showcase a craft or hobby at the show. We are unable to accommodate last minute requests for this event. Claire will be reaching out this week to those who have signed up, but please feel free to reach out at Ext. 7221 with any questions. We will be announcing the date for the show soon so stay tuned!

Wesley Commons Greenhouse

If you have plants that don't like frosty temperatures, you may store them for the winter in the greenhouse at the Grounds Building. You will be responsible for the care and watering of your plants. Please remember to spray your plants with the pesticide provided. Volunteers will be monitoring the greenhouse temperature. Keeping your plants healthy and happy this winter, they will thank you!

Hendersonville Day Trip

Join Activities on *Tuesday, October 21* for a delightful day trip to *Hendersonville, NC!* We will depart from Wesley Commons at 8 am, to begin our 2-hour drive. Our adventure will begin at Granddad's Apple Farm, where you can pick fresh apples, explore the orchards, and visit the bakery for homemade treats. Afterwards, we will make our way to Mike's on Main for lunch. This establishment was known for housing the town's first soda fountain, built in the 1900s originally as a pharmacy. Following lunch, we will take some time and head to downtown Hendersonville for shopping and exploring. We will be returning and making it home before the end of dinner time. Spots are limited, so sign up outside of Activities.

Culinary Staff and Resident Mixer

Come out to help us celebrate our incredible culinary staff with a sweet afternoon of ice cream, conversation, and community! On *Thursday, October 23, at 2 pm in Asbury Hall*, we're hosting a special mixer to show our appreciation for the team that keeps our meals delicious and our days brighter. Enjoy a yummy, sweet treat while you mix, mingle, and get to know the wonderful people behind the scenes. It's a fun way to say a big "Thank you" to our culinary staff for all of their hard work!

Podiatry Services

KG Health Partners offers podiatry services every other Thursday right here on the WC campus. If you would like to see Dr. Brian M. Elias for podiatry services and are not already on his regular schedule, please contact Resident Services at Ext. 7170 for more information.

Wesley Commons Annual Food Drive

"Since fall has arrived, it's not too early to be thinking of the November Food Drive. I have been in charge for the past two years and would like to encourage another resident to take over. I have written instructions as to what the job entails, and Wesley Commons residents and staff have always been willing to help. If you would like more specific information, please call me at Ext. 7339 or email me at cghaml219@gmail.com. Thank you!"

~ Charlie Ham

ILRC President's Corner

"Any addition to landscaping maintained by Wesley Commons must be planned in consultation with the Facility Services Director and Grounds Manager."

~ Nancy Schwartz, ILRC President

A Heartfelt Thank You

I want to thank everyone who spoke words of sympathy and comfort to me at the passing of my mother... For the thoughts and prayers and for all the cards I received. I am truly blessed to live among wonderful staff and residents.

~Judy Adams

Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

UPCOMING SPECIAL ACTIVITIES

- *20 Simmer Pot Kit Craft - Curry Room - 2 pm
- *21 Hendersonville Trip Departure - Off Campus - 8 am
- 22 Weekly Documentary Series - Asbury Hall - 1 pm
- *22 Pumpkin Decorating Craft - Curry Room - 2:30 pm
- *23 Culinary Staff & Resident Mixer - Asbury Hall - 2 pm
- *24 Games with the Greeks - Asbury Hall - 3:30 pm
- *26 Immanuel Fall Concert Departure - Off Campus - 4 pm
- *27 Movie Night and Pizza - Asbury Hall - 5pm
- 28 Chocolate Grab N Go - Activities Office - 1 to 3 pm
- *28 Lander Lecture Outing - Off Campus - 5 pm
- *30 Thursday Trivia - Silver Leaf - 3 pm
- *31 Activities Fall Festival - Asbury Hall - 2 to 4 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.*

Pumpkin Decorating Craft

Come join Activities on *Wednesday October 22 at 2:30 pm in the Curry Room* for the updated pumpkin decorating craft! Activities will provide the pumpkins for the craft and all the supplies you will need to design your very own festive masterpiece. The pumpkins will be artificial so that you can reuse it for years to come! Whether you want silly or stylish, your pumpkin will be the perfect addition to your fall decorations. Don't miss out on this fun seasonal craft. Sign up outside of Activities today!

Veterans Bar-B-Q Supper

On *Thursday, October 23*, Rep. John McCravy is hosting an annual Bar-B-Q Supper, at the *Farmers Market Building*, to honor local Veterans! If you are a veteran and interested in attending, please sign-up outside the Activities office. Transportation will be provided. If you have any questions, please contact Claire at Ext. 7221.

Pigeon Forge Christmas Shows Trip

For anyone interested in a small trip to Pigeon Forge to experience 2-3 Christmas shows and a multi-night stay, please contact Harvey Brushhaber at Ext. 7304. *The trip dates are November 2-5, 2025.* This trip is not related to the Activities department and is resident-led.

Thursday Trivia

Put your Fall knowledge to the test at our Autumn Trivia on *Thursday, October 30, at 3 pm in the Silver Leaf*. From cozy seasonal traditions to harvest history and classic fall favorites, see how much you really know about the season that brings crisp air and colorful leaves. You might even take home a small prize. Sign up outside of the Activities office today. We look forward to seeing you there!

Activities Fall Festival

Are you ready to celebrate the spookiest and coziest season of the year? Join us for a festive afternoon at the Fall Festival on *Friday, October 31, starting at 2 pm in Asbury Hall!* Enjoy tasty fall snacks, exciting games, and activities that capture the best of the season. Whether you're looking to grab some candy, savor seasonal treats, or just have fun with friends, this is the perfect way to celebrate Halloween and Autumn. Don't miss out on this cheerful celebration filled with laughter, memories, and plenty of seasonal joy! More information will be coming soon, so stay tuned.

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. This week, we will be showing *History's Greatest Mysteries: The Salem Witch Trials*. Take a closer look at one of history's most famous events, the Salem Witch Trials. This documentary dives into the true story behind the hysteria in 1692 Salem, separating fact from fiction and revealing that it had nothing to do with secret societies or "witches." Discover the shocking events, hidden motives, and mysterious theories that kept a town shaking with fear and suspicion. Meet the people caught in the chaos and uncover the truths that history books often overlook. Don't miss out and come join us to learn more!



Games with the Lander Greeks

Are you looking for a new and exciting way to socialize? Join Phi Mu from Lander University for an afternoon of playing board games on *Friday, October 24, at 3:30 pm in Asbury Hall*. Not only will you get to play new and classic games, but you'll also have the opportunity to learn more about what Phi Mu does on Lander's campus and in the community. Light refreshments will be provided, so bring a friend and come ready for some laughs and connection. Sign up outside the Activities Office. Don't miss out on the fun!

Fall Concert Outing

The Immanuel Lutheran Church will be hosting a free fall concert on *Sunday, October 26 at 4:30 pm*. The concert will feature Immanuel's Chancel Choir and Handbell Choir, as well as First Baptist's Chancel Choir and Hand chime Choir. The concert will also feature opera singer, Dr. Octavio Moreno. Transportation will be provided to the event, so be sure to sign up!

Lander Community Lecture Outing

Lander University will be hosting another Community Lecture on *Tuesday, October 28 at 5:30 pm at the Arts Center of Greenwood*. For this lecture, Dr. Andrew Jameson will review "A Drunken History". Activities will be providing transportation for this event. Sign up outside of Activities, as spots are limited, so you don't miss out! Contact Claire at Ext. 7221 with any questions.

Movie Night - October 27, 5 pm in Asbury Hall

Get ready for an evening full of laughs, pizza, drinks, and classic comedy as we watch *The Ghost and Mr. Chicken!* Follow the timid reporter Luther Heggs, played by the hilarious Don Knotts, famous for his roles in *The Andy Griffith Show*, *The Incredible Mr. Limpet*, and *The Shakiest Gun in the West*, as he bravely spends the night in a supposedly haunted house to prove himself, only to find himself in a series of hilarious and spooky mishaps. From creaky floors and mysterious shadows, you won't want to miss all of his laugh-out-loud misunderstandings. This charming comedy is packed with clever humor, quirky characters, and unforgettable moments that will keep you smiling all night. Grab a slice of pizza, sip on a drink, and enjoy a fun-filled night of food and laughter. *Doors will not open until 4:30 pm, as per our new process, so please prepare accordingly.* Sign-up outside the Activities office to reserve your spot. See you there!



Katie Winchester, CPT
Wellness Manager

WELLNESS NEWS

Brooklyn Capers
Wellness Assistant

"Success is the sum of small efforts, repeated day in and day out." – Robert Collier

Wellness Tip of the Week

A little motivation can go a long way! We are in time of year when the season is changing, holidays are coming, and with that, routines can also change with more seasonal activities. This can make it a little challenging to keep up with that consistent exercise routine. Exercising boosts your physical and mental health and helps us to continue living an independent and enjoyable lifestyle; but we can find ourselves unmotivated to get to a class or take that walk we know we need when we have other commitments calling our name. Here are some things you can do to stay motivated and make exercising a priority during the busy seasons. Find a way to make exercising a part of your day. You are more likely to do it if it's conveniently built in to the day. Find an activity that is fun and keeps you active. It never hurts to try something new and there are many seasonal activities that count as exercise. Make it a social gathering by working out with a friend. This can provide accountability and emotional support. If you end up with a break in your routine, don't give up. Start back slowly until you get back to your previous level of activity. Last, but not least, keep track of your progress. Make yourself a plan and reward yourself when you reach a goal. A healthy lifestyle is all about balance so enjoy this season, while staying active.



Demonstration Class

A big thank you to all who participated in our resistance bands demonstration class. We sincerely hope that you all enjoyed working with the resistance bands and gained some useful knowledge. If you missed the class and are interested in knowing more about the resistance bands, please reach out to Katie or Brooklyn at Ext. -7485. We can provide many helpful resources such as, exercises and stretches, where to get your own set of bands or handles, and of course when the class is typically offered.



A Note From Wellness

Thank you to all who participated in our fitness testing and VSTBalance testing. ***We will have results in your mailbox by Friday, October 24th.*** Thank you for your patience and your support of our Wellness Complex!

Class Recommendations

Fit & Flexible - A full body stretch class also focusing on core strength, balance, and mobility. This class is a combination of moves found in yoga and Pilates to give you a gentle, yet effective, full body stretch. While most of this class is performed lying on the floor on a yoga mat, some moves may be in the seated or standing position. ***Join us on Mondays and Wednesdays at 8:45 am!***

Group Exercise Schedule

October 6, 2025 - October 31, 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, October 20

- 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 Chicago Bridge - Hunt Room
- 1:30p Sit & Be Fit - Wellness Complex
- 1:30p Uniq'uleles Practice - PDR
- 1:30p Euchre - Silver Leaf**
- 2:00p Bingo - Arbor Room
- 2:00p Simmer Pot Kit Craft - Curry Room**
- 2:30p Shuffleboard - Gameland
- 4:00p Table Tennis - Curry Room
- 6:00p Pinochle - Hunt Room

Tuesday, October 21

- 8:00a Hendersonville Trip Departure - Off Campus**
- 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
- 10:00a Resident Council - Library**
- 10:15a Mobility Moves - Wellness Complex
- 10:15a Water Walking - Wellness Complex
- 11:00a Men's Study Group - PDR
- 11:00a Endurance & Agility - Wellness Complex
- 1:00p Contract Bridge - Hunt Room
- 1:00p Page Turners - Library**
- 1:30p Chair Yoga - Wellness Complex
- 1:30p Grief Share Series - PDR**
- 2:45p Wesley Wonders Rehearsal - Asbury Hall
- 6:00p Hand and Foot - Hunt Room

Wednesday, October 22

- 8:45a Fit & Flexible - Wellness Complex
- 9:00a Pickleball - WC Courts
- 9:00a Art Group - Hunt Room
- 9:00a Food Lion Shopping Departure - Off Campus
- 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 - Off Campus
- 11:00a County Bank - Classroom
- 1:00p Weekly Documentary Series - Asbury Hall
- 1:00p Walmart Shopping Departure - Off Campus
- 2:30p Pumpkin Decorating Craft - Curry Room**
- 4:00p Table Tennis - Curry Room
- 6:00p Mexican Train Dominos - Hunt Room
- 6:00p Pinochle - Hunt Room

Thursday, October 23

- 8:15a Water Aerobics - Wellness Complex
- 8:45a Core & Balance - Wellness Complex
- 9:30a Tai Chi - Wellness Complex
- 10:00a Golfing Group - Off Campus**
- 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
- 11:00a Endurance & Agility - Wellness Complex
- 11:30a Estate Planning Lunch Presentation - Off Campus**
- 1:00p Afternoon Tunes w/ Uniq'uleles - Commons Crossing
- 1:00p Contract Bridge - Hunt Room
- 1:30p Chair Yoga - Wellness Complex
- 2:00p Culinary Staff and Resident Mixer - Asbury Hall**

Friday, October 24

- 8:15a Water Aerobics - Wellness Complex
- 9:00a Pickleball - WC Courts
- 9:30a Core & Balance - Wellness Complex
- 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
- 3:30p Games with the Greeks - Asbury Hall**
- 4:00p Table Tennis - Curry Room

Saturday, October 25

- 1:00p Pool - Curry Room
- 6:00p Hand & Foot - Hunt Room

Sunday, October 26

- 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
- 1:30p Duplicate Bridge - Hunt Room**
- 2:00p Sunday Games - Arbor Room Café
- 4:00p Immanuel Fall Concert Departure - Off Campus**
- 4:30p Vespers Service - Asbury Hall



Joke of the Week:

What do you call a fake noodle?
An impasta!



As a reminder, please send all Wesley Window requests to Claire Brannock, Activities Coordinator, at cbrannock@wesleycommons.org, or drop off your written request at the Commons Lobby front desk. Submissions should be made by Tuesday end-of-day.

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.