

WESLEY COMMONS

WESLEY WINDOW YOUR WEEKLY NEWS

Greenwood, South Carolina

www.wesleycommons.org

May 11, 2026

WORSHIP SERVICE SUNDAY

Sunday, May 17, 2026

Vespers at 4:30 pm
Asbury Hall



Service Theme:

*Israel Mourns Jacob's Death
Genesis 50:1-14*

WEEKLY DOCUMENTARY

SERIES

Join us in Asbury Hall every
Wednesday at 1:00 pm as we learn
about major historical events, nature,
fascinating stories, and more!

— ★ ★ ★ —
This week we will be showing
episode four of the four-part series,
You Are What You Eat. Dive into the
fascinating world of nutrition,
habits, and the surprising ways our
food choices shape our bodies,
minds, and lives. Each episode
uncovers real-life transformations,
expert insights, and thought-
provoking stories that reveal just how
much our diets influence who we are.
See you there!

SPECIAL EVENTS

Monday:

Wesley World Tour - 11 am

Tuesday:

Wesley Wonders Spring Concert - 3 pm

Wednesday:

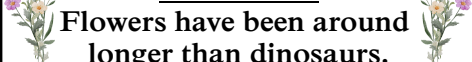
Documentary Series - 1 pm

Ninety-Six Spring Concert - 7 pm

Thursday:

Flower Arranging 101 - Curry Room

INTERESTING FACT OF THE WEEK


**Flowers have been around
longer than dinosaurs.**
Yes, really! Fossil evidence shows that
flowering plants first appeared
around 140 million years ago.

Wesley World Tour: Malta

Pack your curiosity and your sense of adventure because The Wesley World Tour is taking off again right here at Wesley Commons! Each month, we “travel” to a new country and explore its culture, traditions, history, and everyday life, all without leaving our community. Every session includes a themed snack tasting, a hands-on keepsake, and fun cultural discoveries along the way. Each participant receives a Wesley World Tour Passport and collects a stamp from every country we visit. By the end of the year, your passport will be filled with memories from around the globe! *Our next stop: Malta!* Takeoff is *Monday, May 11, in Asbury Hall at 11:00 am*. Malta is a small island country in the Mediterranean Sea, just south of Italy. Though tiny in size, it is filled with ancient history, stunning coastlines, and a blend of cultures influenced by Europe, North Africa, and the Middle East. During our visit, we’ll explore Malta’s history, daily life, traditions, and coastal culture. Participants will enjoy a themed snack and receive a special keepsake to remember our trip. Where will we go next? You’ll have to join us and see when we spin the travel wheel at the end of our session! No packing, airports, or plane tickets required. Don’t forget to sign up in the Commons Crossing, across from the mail room.



Wesley Wonders Spring Concert

What better way to “spring into Spring” than to immerse yourself in an afternoon of familiar mostly-Broadway tunes, celebrating the joys of music and of singing. Please join the Wesley Wonders (combined Chorus and Uni’qu’ules) and enjoy seeing your friends and neighbors share their talents. We hope you’ll come cheer them on and even sing along when you can! Who knows? You may even decide to participate with the group in the future! There’s always room in the Chorus, and beginner Ukulele lessons are ongoing. Mark your calendar for *Tuesday, May 12 at 3:00 pm in Asbury Hall*.



Election Notice: Council and Dining Committee Positions

The election process for IL Resident Council Representatives and Dining Committee Representatives is quickly approaching. Per our current Bylaws, there are a couple of simple eligibility requirements in order to be on each ballot. Council Reps. are to have 1) moved into WC no later than the last day of January of the present year, and 2) previously attended two meetings of either the Resident Council or a Town Hall meeting. Dining Committee Reps. are to have attended at least two meetings of the committee. The primary intent of this reminder to ask you to consider serving in one of these capacities, and to make you aware of the prerequisites. Both the Council and the Dining Committee meetings are open to all Independent Living residents. Final ballots for both are to be presented to the Council at its *September 15* meeting. Council meetings between now and then which you would be able to attend will be on *June 16* and *August 18*. At least one Town Hall Meeting will be scheduled in *August* or early *September*. Dining Committee Meetings will be on *June 23* and *August 25*. We encourage all residents to consider the possibility of running on the ballot for either the Council or the Dining Committee (per the Bylaws one cannot serve simultaneously on both). Serving in one of these capacities is a very good way to volunteer some of your time to benefit your IL community here at WC. You may speak with your current Council Rep. or Dining Committee Rep. about what is involved.
~ Bo Bowman, ILRC President

ILRC President’s Corner

“As a reminder, solicitation of any kind is not allowed on the premises without prior approval of the Resident Services Manager.”

~ Bo Bowman, ILRC President

Memorial Day Ceremony 2026

We would like to formally invite you to the Wesley Commons 2026 Memorial Day Ceremony, while we take the time to honor those who have selflessly served our country, and made the biggest sacrifice of all for our freedom. The ceremony will take place on *Monday, May 25 at 9 am by the outdoor front entrance fountain, weather permitting*. Seating will be available on a first come, first serve basis. Please be on the lookout for communications emails that will promptly update you if there is inclement weather.

Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Assistant

UPCOMING SPECIAL ACTIVITIES

- *11 Wesley World Tour - Asbury Hall - 11:00 am
- 12 Wesley Wonders Spring Concert - Asbury Hall - 3 pm
- 13 Ninety-Six Band Spring Concert - Asbury Hall - 7 pm
- *14 Flower Arranging 101 - Curry Room - 2 pm
- *19 Birdhouse Decorating Craft - Curry Room - 2 pm
- 20 Bubble Drink Grab N Go - Commons Crossing - 11-1 pm
- *21 Thursdays at Three - Silver Leaf - 3 pm
- *22 Antique Shopping Trip Departure - Off Campus - 10 am
- 25 Memorial Day Ceremony - Front Entrance Fountain - 9 am
- *26 Paper Airplane Contest - Group Fitness Room - 3 pm

*An asterisk indicates that sign-ups are required.

We would like to remind you that if sign-ups are required, sheets to reserve a spot will be located in the Commons Crossing, across from the mail room. Please notify us if you plan to cancel for an event or cross your name off of the list. For any questions or concerns, Call Ext. 227-7221.

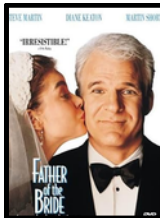
Bubble Drink Grab N Go

On *Wednesday, May 20*, stop by the Commons Crossing where Activities will have a table set up for a bubble drink Grab N Go! A bubble drink is a fruity fun drink with popping pearls and lemonade, that you can customize the flavor of! Popping pearls are soft, jelly like 'pearls' that add a fun and delicious element to the bottom of your drink. We will be serving from *11 am to 1 pm*, so be sure to stop by.



Movie Night - May 28, at 5 pm and 8:30 pm

Join us for a relaxing and enjoyable evening of movie night and pizza as we feature *Father of the Bride*, a warm, funny, and surprisingly heartfelt story, starring Steve Martin and Diane Keaton, about a devoted dad who struggles to come to terms with his daughter growing up and getting married.



As he gets swept into the chaos of wedding planning, complete with outrageous expenses, over-the-top traditions, and his own emotional spiral, you get a perfect mix of laugh-out-loud moments and genuine tenderness. The film runs approximately *1 hour and 45 minutes* and is perfect for an evening under the stars.

Please note the following changes to May Movie Night:

Due to the temporary closure of Asbury Hall, we've adjusted the May movie night to give our residents the best possible experience. Because indoor space is limited during construction, the main showing will now be held outdoors on the front lawn by the parking lot. The movie will be shown with a projector on a large movie screen. Drinks, popcorn, candy, and Italian ice, courtesy of Geathers Italian Ice company, will be provided. 'Doors' open at 8:30 pm, with the movie beginning once dark enough for clear viewing. *You are encouraged to bring your own lawn chair or blanket, but folding chairs will be available on a first come first serve basis. Golf cart parking will also be available for those who would like to enjoy a drive-in style evening from their cart.*

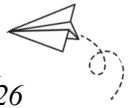
For those who prefer an earlier and indoor option, there will be a 5 pm showing in the Hunt Room and the Curry Room, with limited snacks provided. Seating for these rooms is limited and require sign-up. Separate sign-up sheets will be available for each viewing location, as well as a map for the outdoor movie option. We appreciate your understanding and patience as we do our best to host this highly popular event in some fashion, as cancelling is a last resort. If you have any questions, please contact *Activities at Ext. 227-7221*. See you there!

Flower Arranging 101

Join Activities on *Thursday, May 14 at 2:00 pm* in the Curry Room for a beginner's class to flower arranging. Learn the ins and outs of creating beautiful, well-balanced floral designs with real fresh flowers. Spots are limited, so be sure to sign up in Commons Crossing to reserve your place.

Paper Airplane Contest with Wellness

Activities has partnered with Wellness to celebrate National Paper Airplane Day with a paper airplane contest! On *Tuesday, May 26 at 3 pm*, join us in the group fitness room where you will have the opportunity to fold and fly your plane. We will provide paper at the event, as well as a table to fold on. **Participants must fold their plane at the competition and may not bring one with them from home.** You will be judged on distance (how far your plane travels), design (how fancy or elaborate you can make your plane), and hang-time (how long your plane stays in the air when thrown). The highest performer of each of these categories will win a \$15 Visa gift card! Be sure to sign-up on the Activities binder in Commons Crossing so that we may prepare accordingly. See you there!



Antique Store Shopping Trip

Come join Activities on a trip to Little Mountain Unlimited antique store on *Friday, May 22*, departing from the WC lobby at 10 am. About 1 hour from Greenwood, this 25,000 square foot facility is filled with trinkets and treasures in over 150 booths, at great prices! This facility also features a cafe that boasts delicious food and drinks. Sign-up to join in on the fun in the Activity binder in Commons Crossing!

Holman Community Gardeners Meeting

The Holman Community Gardeners will hold their monthly meeting on *May 14 at 2:30 pm* in Asbury Hall. They will be discussing potential equipment purchases and the upcoming Festival of Flowers event in early June. This will be their last meeting until they resume in the fall. If you have any questions, please contact *Bill Leonard at Ext. 227-1354*.

Birdhouse Decorating Craft

On *Tuesday, May 19 at 2 pm*, join Activities in the Curry Room for our birdhouse decorating craft. With spring upon us, the flowers are blooming and the birds are chirping! Come to this craft to give these beautiful birds a great spot to perch on, enjoy a snack, and take in the beautiful weather. Bird seed will be provided for each birdhouse. The sign-up sheet is located in Commons Crossing, so stop by and add your name to the list to join the fun!



Pickleball Announcement

Following the resurfacing of courts, Wesley Commons resident-led pickleball will resume. Meetings will take place every *Monday, Wednesday, and Friday at 9 am*, and every *Tuesday, Thursday, and Saturday at 10 am*. For any questions, please contact *Barbara Rotach at Ext. 227-7306*.

Thursdays at Three

This month's Thursdays at Three will take place on *May 21 at 3 pm* in the Silver Leaf. Be sure to sign-up so you don't miss out, and stay tuned for this month's performer!

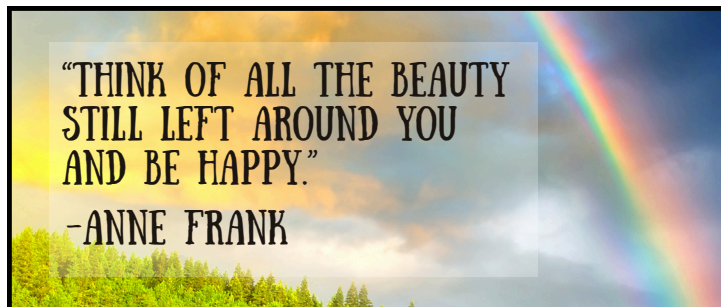
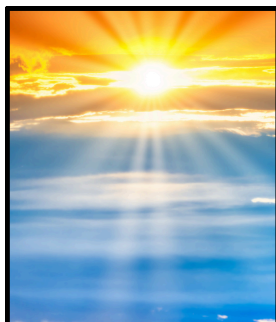
Brooklyn Capers
Wellness Coordinator

WELLNESS NEWS

Katie Winchester, CPT
Wellness Assistant

Wellness Tip of the Week

With the temps warmer than normal for this time of year, it's a great time to be outside, but that also comes with more sun exposure. As we age, we face several increased risks from the UV exposure. Aging skin is typically thinner, less elastic, and has a reduced ability to repair at the cellular level. This makes educating yourself on sun safety a daily priority rather than just a seasonal one. This goes for your eyes as well as your skin. Studies have shown that more than 50% of adults over age 65 will develop skin cancer due to cumulative sun damage at least once. Cataracts and macular degeneration are also more prevalent, as well as a decreased heat sensitivity which can increase the risk of burning without realizing it. A few key steps in sun safety can keep you protected. Make sure to avoid the peak hours when UV rays are strongest, typically from 10AM-4PM and wear protective clothing if possible. Make sure to apply a broad-spectrum SPF 30+ about 30 minutes before heading outside and remember to reapply every two hours or immediately after swimming/sweating. Make sure you are aware of any medications you are taking that may cause you to be sensitive to the sun. Lastly, remember to stay hydrated and seek shade when needed.



Class Recommendations

Sit and be Fit - This class is designed to improve cardiovascular endurance while keeping movement safe and accessible for everyone. Activities may include seated marching, arm movements, and simple transitions. The goal is to build stamina, strengthen muscles, and improve circulation- all while moving at a comfortable pace. This class is perfect for those looking to stay active, increase energy, and support heart health.

Water Aerobics - A low-impact aerobics class performed in our pool to improve cardiovascular health, flexibility, balance, strength and overall mobility. The warmed pool is amazing for arthritic pain, and sore/tight muscles.

Brain Teaser

Last Weeks: What runs around the whole yard without moving?... A FENCE

This Weeks: I am a box that holds keys without locks, yet they can unlock your soul. What am I?



Group Exercise Schedule

May 1, 2026 - May 30, 2026

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: Resistance Bands	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, May 11

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
11:00a Wesley World Tour - Asbury Hall
 12:45p Ukulele Beginners - Curry Crossing
 1:00p Chicago Bridge - Hunt Room
 1:30p Uniq'uleles Practice - Curry Crossing
 1:30p Sit & Be Fit - Wellness Complex
 2:00p Bingo - Silver Leaf
 2:30p Shuffleboard - Gameland
3:00p Holy Communion - Curry Room
 4:00p Table Tennis - Curry Room
 6:00p Pinochle - Hunt Room

Tuesday, May 12

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 Pickleball - WC Courts
 10:15a Mobility Moves - Wellness Complex
 10:15a Water Walking - Wellness Complex
 11:00a Men's Study Group - Hunt Room
 11:00a Endurance & Agility - Wellness Complex
11:00a Episcopal Communion - Asbury Hall
 1:00p Contract Bridge - Hunt Room
 1:30p Chair Yoga - Wellness Complex
~~2:30p Wesley Wonders Rehearsal - Asbury Hall~~
3:00p Wesley Wonders Spring Concert - Asbury Hall
 6:00p Hand and Foot - Hunt Room

Wednesday, May 13

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
 2:00p Mid-Week Prayer Meeting - Treehouse 3008
 4:00p Table Tennis - Curry Room
 6:00p Mexican Train Dominos - Hunt Room
 6:00p Pinochle - Hunt Room
7:00p Ninety-Six Band Spring Concert - Asbury Hall

Thursday, May 14

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 Pickleball - WC Courts
 10:15a Mobility Moves - Wellness Complex
 10:15a Water Walking - Wellness Complex
 10:20a Golfing Group - Off Campus
 10:30a Current Events - Hunt Room
 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
2:00p Flower Arranging 101 - Curry Room

Friday, May 15

8:15a Water Aerobics - Wellness Complex
 9:00a Pickleball - WC Courts
 9:30a Core & Balance - Wellness Complex
10:00a Doug's Culinary Corner - Asbury Hall
10:30a Mike's Minutes - Asbury Hall
 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
 4:00p Table Tennis - Curry Room

Saturday, May 16

10:00a Project Linus - Hunt Room
 10:00a Pickleball - WC Courts
 1:00p Pool - Curry Room
 2:00p Rock Pres. Group - Silver Leaf
 6:00p Hand & Foot - Hunt Room

Sunday, May 17

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 - Silver Leaf
 4:30p Vespers Service - Asbury Hall



Joke of the Week:

What bird do you see at a construction site?
The crane.



Asbury Hall Temporary Closure

Please be advised that Asbury Hall will be temporarily closed from *Monday, May 18 to Friday, May 29*. The following activities have been changed or cancelled:

5/19 - Resident Council Meeting - Cancelled
 5/20 - Mass & Confession - Cancelled
 5/20 - Documentary Series - Cancelled
 5/20 - Tech Talk - Cancelled
 5/21 - First Presbyterian K-Group - Cancelled
 5/22 - Lecture Series - Cancelled
 5/24 - Vespers - Cancelled (Service will be pre-recorded)
 5/27 - Documentary Series - Cancelled
 5/28 - Movie Night - Rescheduled and relocated
 5/29 - Lecture Series - Cancelled

Notes From Resident-Led Groups

- Susannah Wesley Circle will not be meeting in the summer months, and will resume in September.
- As a reminder, Holy Communion service is held every *Monday at 3 pm in the Curry Room*. A Eucharistic Minister from Our Lady of Lourdes is here at that time to celebrate the Eucharistic.

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.