

WESLEY COMMONS

WESLEY WINDOW YOUR WEEKLY NEWS

Greenwood, South Carolina

www.wesleycommons.org

August 10, 2026

WORSHIP SERVICE SUNDAY

Sunday, August 16, 2026

Vespers at 4:30 pm
Asbury Hall



Service Information:

Dr. Keith Jameson
First Baptist Church Greenwood
Music Concert

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!

On Wednesday, August 12, join us for a special showing of *Jeanne Robertson: Just for fun*, featuring one of America's most beloved humorists. Known for her gracious Southern charm, quick wit, and hilarious true-life stories, Jeanne Robertson delighted audiences for decades with her clean, family-friendly comedy. For the next month, we will be showing a new Jeanne Robertson special, so be sure to attend so you don't miss out on the laughter and fun! See you there.



SPECIAL EVENTS

Monday

Wesley World Tour - 10:30 am
President's Coffee & Conversations - 2 pm

Wednesday

Documentary Series - 1 pm

Thursday

Art History Trivia - 3 pm

Friday

Wildlife Safari Departure - 8 am

INTERESTING FACT OF THE WEEK

Did you know caffeine doesn't actually give you energy—it works by blocking adenosine, a brain chemical that builds up throughout the day and makes you feel sleepy, helping you feel more alert and awake without creating extra energy.

ILRC President's Corner

"With WC welcoming many new residents, please remember to wear your name badge. It helps new residents learn names and allows established residents to recognize newcomers."

~ Bo Bowman, ILRC President

Foundation Update — New Library:

The Wesley Commons campus has been buzzing lately with the construction of the new Arbor Ridge neighborhood and several significant interior renovations to the Commons Building. We are pleased to share the library project is proceeding on schedule. Several people have asked questions about the new library design and features, and many have asked how they can help. As always, donations of any amount are appreciated. The Foundation Office is excited to announce the following donor recognition plan:

Gift Amount Recognition:

- **\$100 or more:** Receive a leather bookmark honoring the opening of the new library.
- **\$250 or more:** Receive bookmark and a private tour of the library before the opening.
- **\$500 or more:** Receive bookmark, private tour and invited to cocktail reception.
- **\$1000 or more:** Receive all recognition above, as well as qualify for Covenant Club donor level.

To learn more, please contact Jon Scott or Boyd Yarbrough in the Foundation Office. You may reach Jon by phone at ext. 7397 or by email at jscott@wesleycommons.org. You may reach Boyd by phone at ext. 7495 or by email at byarbrough@wesleycommons.org.

President's Coffee and Conversation

You're invited to join us for President's Coffee and Conversation with President/CEO David Buckshorn on August 10, at **2:00 pm** in Asbury Hall. The afternoon will start with David sharing the latest news from around campus, including updates on our renovation and expansion project. Afterward, the conversation portion gives you the chance to ask questions and chat directly with David. Afternoon refreshments will be served—come for the coffee, stay for the updates and conversation. We look forward to seeing you there!

Eudora Wildlife Safari

Get ready for an unforgettable day of wildlife and fun! Join Activities on August 14 for an exciting trip to Eudora Wildlife Safari. The bus will depart from WC at 8:00 am. Eudora Wildlife Safari is home to more than 300 exotic animals from around the world! Tickets are \$15 and will be charged to your resident account. Lunch will be provided by Activities after the tour. Please sign up in the Commons Crossing, seats will disappear faster than a gazelle!

Wesley World Tour: Iceland

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, fun cultural discoveries, and an opportunity to learn about a different part of the world. 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: Iceland!** Takeoff is August 10, in Asbury Hall at 10:30 am. Known as the "Land of Fire and Ice," Iceland is famous for its breathtaking glaciers, powerful volcanoes, and spectacular waterfalls. This island nation is also home to fascinating Viking history and the magical Northern Lights. During our visit, we'll discover Icelandic customs and daily life, as well as its rich traditions, and remarkable history while enjoying a traditional Icelandic snack. 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. We can't wait to travel with you!

Thursdays at Three

Mark your calendars, the next Thursdays at Three event will be on August 20, at 3:00 pm in Asbury Hall. Stan Colbert will be sharing a beautiful program of timeless piano classics. His performance promises to be a relaxing and uplifting afternoon filled with familiar and peaceful melodies that everyone can enjoy.

Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Specialist

UPCOMING SPECIAL ACTIVITIES

- *10 Wesley World Tour - Asbury Hall - 10:30 am
- 10 President's Coffee and Conversation - Asbury Hall - 2 pm
- 12 Weekly Documentary Series - Asbury Hall - 1 pm
- *13 Art History Trivia - Asbury Hall - 3 pm
- *14 Eudora Wildlife Safari Departure - Off Campus - 8 am
- *17 Genetic Center Tour Departure - Off Campus - 9:30 am
- *17 Cruise Information Meeting - Asbury Hall - 3 pm
- *18 Rolling Greens Game Day - Asbury Hall - 2 pm
- 19 Weekly Documentary Series - Asbury Hall - 1 pm
- 20 Thursdays at Three - Asbury Hall - 3 pm
- *24 Lunch at Del Rio Departure - Off Campus - 12 pm
- *25 Pottery Mug Painting Departure - Off Campus - 4:15 pm
- *27 Movie Night and Pizza - Asbury Hall - 5 pm
- 27 Açaí Fruit Bowl Grab-N-Go - Commons Crossing - 12 pm
- *28 Wellness Lunch and Learn - Asbury Hall - 11 am
- *28 Lions Club Info Session - Asbury Hall - 3 pm

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

We would like to remind you that sign-up sheets are located in the Commons Crossing. Please notify us if you plan to cancel for an event or cross your name off of the list. For any questions, call Ext. 227-7221.

Pottery Mug Painting

Looking for a fun evening out? On *August 25, at 4:15 pm* the Wesley Commons bus will depart for an off-campus craft session at La Mesa in Uptown Greenwood! La Mesa will be hosting a private Wesley Commons pottery mug painting class, where their instructors will guide you step by step as you create functional piece of art. *The cost is \$20 per person* and will be charged to your resident account. Whether you're an experienced artist or trying pottery painting for the first time, this class is sure to be a fun and relaxing experience. After the class, we will enjoy Mig's Pizza for dinner. Spots are limited and filling up quickly, so be sure to sign up in the Commons Crossing soon!

Wesley Chorus Practice

The Wesley Chorus is kicking off again on *September 15 at 2:30 pm in Asbury Hall*. Anyone interested is invited to attend a few rehearsals as the chorus begins preparing its Christmas music. Whether you're a returning member or would like to join for the first time, all are welcome! For more information, contact *Beverly Sautter at Ext. 7311*.

Art History Trivia

Join Activities on *August 13 at 3:00 pm in Asbury Hall* for a fun game of Art History Trivia. You may compete individually or as a group of up to 4, just be sure to sign-up! ***Please remember to bring your phone or tablet as we will be utilizing Kahoot.***

Lions Club Info Session

A Greenwood Lions Club information session will take place in *Asbury Hall at 3:00 pm on August 28* to share who they are and how they serve the community. The Lions Club is made up of dedicated volunteers who are passionate about serving others. Their members support a wide range of local and global causes. Please sign up in the Commons Crossing. We hope to see you there!

Chaplain Hinson Address Announcement

As Chaplain Hinson begins this new chapter of life closer to his loved ones, your prayers, kind words, and well wishes are greatly appreciated. If you would like to send him a card or a note of encouragement, you may mail it to:

460 Oak Ridge Church Road, Kershaw, SC 29067

Greenwood Genetic Center Tour

The Greenwood Genetic Center is excited to welcome Wesley Commons residents for a behind-the-scenes visit on *August 17*. The bus will depart from WC at *9:30 am*. During the tour, residents will have the opportunity to explore the clinics and diagnostic laboratories while learning how genetics is improving lives of patients and families. **This trip is now full! Please note that due to laboratory requirements, all attendees *must* wear closed-toe shoes during the tour, there are no exceptions.**

Rolling Greens Game Day

Join Activities for a fun-filled afternoon of Mini Golf around Wesley Commons on *August 18, at 2:00 pm!* Gather your friends and enjoy a friendly round of mini golf as you make your way through a unique course set up throughout the common areas of the main building. You'll have the opportunity to sign up for a tee time with the group you'd like to play with, with a maximum of four players per group. The course will begin in Asbury Hall, where you'll receive your scorecard and instructions before heading out to tackle each creative hole. Once you've completed all the holes, return to Asbury Hall to celebrate with refreshments and compare scores with your fellow golfers. Be sure to reserve your tee time in Commons Crossing, arrive a few minutes before your scheduled start time, and get ready for a tee-rific afternoon of fun!

Lifelong Learner Lecture: History of Immigration

The Lifelong Learners would like to welcome all on *August 24, at 3:00 pm in Asbury Hall* where resident Karen Blickstein will present part one of a series on the History of Immigration to the United States. Karen will review how the United States has long considered itself a "Nation of Immigrants", yet immigration has been the subject of political debate and social discrimination since the early 1800's. In this session, Karen will also provide an overview of the various waves of immigration (Irish, German, Italian, etc.), the rise of anti-immigrant sentiment, and some of the major legislation that has helped and hurt the flow of immigrants to the United States.

Lunch at Del Rio

This month, Activities is excited to host a lunch outing to Del Rio, a local Greenwood Mexican restaurant. The bus will depart from WC on *August 24 at 12:00 pm*. Sign up in the Commons Crossing to reserve a seat.

Tech Talk

The next Tech Talk meeting will be on *August 19 at 2 pm in the Curry Room*. The topics will be organizing your photos into albums and focusing on residents adding info about themselves on the Uniguest app. For any questions, *please contact Kay Post at Ext. 1364*. ***Please be sure to bring your phone or tablet.***

Cruise Interest Meeting

On *August 17 at 3:00 pm in Asbury Hall*, Activities will be hosting a second Cruise Interest Meeting. During this meeting, we will continue discussing specific cruise details and complete an additional informational form to help move forward with the planning stages. If you have any questions regarding the meeting, or if you are interested, but unable to attend and would like to complete the form, *please contact Activities at Ext. 7221*.



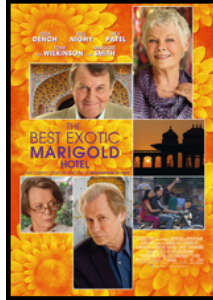
Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Specialist

Movie Night and Pizza - August 27, 5 pm

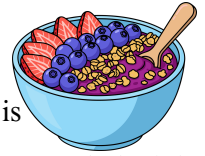
Join Activities in Asbury Hall for an enjoyable evening with a movie and pizza on as we feature *The Best Exotic Marigold Hotel*, a warm comedy-drama filled with humor, friendship, and new beginnings. The story follows a group of British retirees who travel to India after being drawn to what they believe is a luxurious retirement hotel. Upon arrival, they discover that the hotel is not quite as glamorous as advertised. However, under the enthusiastic management of the young and optimistic Sonny Kapoor, the guests gradually find that life's greatest adventures often come from the most unexpected places. Filled with colorful scenery, memorable characters, and plenty of laughter, *The Best Exotic Marigold Hotel* is an inspiring reminder that it's never too late to embrace change, pursue happiness, and begin a new chapter in life. The film runs approximately 2 hours and 4 minutes and is perfect for an evening of thoughtful entertainment and good company. Pizza and drinks will be provided. *Doors will not open until 4:30 pm, with the movie starting by 5:15 pm, so please plan accordingly.* Sign up in the Commons Crossing to reserve your spot. You will not want to miss this fun evening!



Açaí Fruit Bowl Grab-N-Go

On August 27 starting at 12:00 pm in the Commons Crossing Activities will have an Açaí Bowl Grab-N-Go!

If you've never tried Açaí before, this is the perfect opportunity to see what all the buzz is about. An açaí bowl (pronounced ah-sigh-EE) is very similar to a smoothie bowl. Both are made by blending frozen fruit into a thick, creamy consistency that you eat with a spoon instead of drinking through a straw. The difference is that an açaí bowl is made with açaí berries, a fruit from the Amazon rainforest that is known for its rich purple color and natural antioxidants. You can customize your bowl with a variety of delicious toppings to make it your own.



Choose from toppings like:

- Fresh Strawberries, Bananas, and Blueberries
- Granola
- Coconut flakes
- Honey
- Nut butter

If you enjoy smoothies, this treat is just for you. Stop by and build your perfect bowl to enjoy a healthy treat with friends. We can't wait to see you there!

Brooklyn Capers
Wellness Coordinator

WELLNESS NEWS

Dina Reyes
Wellness Assistant

Lunch and Learn

Join Wellness for an informative Lunch and Learn on Senior Medication Safety on August 28, at 11:00 am in Asbury Hall. Wellness is pleased to welcome Teresa from Cornerstone as our guest speaker this month. Teresa will discuss the importance of medication safety for seniors. Her presentation will offer helpful reminders and easy-to-understand information that can support healthy habits and encourage safe medication use. This educational session is a wonderful opportunity to learn valuable information, ask questions, and enjoy lunch with fellow residents in a welcoming and relaxed setting. Please sign up in the Commons Crossing *before August 21* to reserve your seat for this session. *If you have any questions, please contact Wellness at Ext. 7485.*

Wellness Tip of the Week

As people age, muscle mass and strength naturally decline due to changes such as lower hormone levels, slower muscle protein synthesis, and a reduction in motor neurons that help activate muscles. Resistance training helps counter these changes by providing a stimulus that tells the body muscles are still needed. When someone lifts weights or performs resistance exercises, muscle fibers experience mechanical tension, which triggers muscle repair and growth. The nervous system also becomes more efficient at activating muscles, improving strength, balance, and daily function. Even adults in their 70s, 80s, and 90s can build strength and increase muscle size with consistent training. Resistance training also supports bone health by placing controlled stress on bones, which activates bone-building cells called osteoblasts. This helps slow bone loss and strengthens areas at risk for fractures. Stronger muscles also support joints, improve stability, and can reduce stress and discomfort associated with arthritis. Regular resistance training is a powerful tool for maintaining independence, mobility, and quality of life as someone ages.

"I'm a great believer in luck and
I find the harder I work, the
more I have of it."

-Thomas Jefferson

Wellness Update

Wellness is excited to announce the arrival of a new weight rack, complete with a full set of brand-new dumbbells! This addition expands the many strength training options in the Wellness complex. Come try it out to see for yourself!

Class Recommendations

Sit and Be Fit - A chair-based exercise class designed too improve cardiovascular health, strength, and flexibility through low-impact aerobics movements. This class is perfect for individuals who prefer or require seated exercise while still benefiting from an effective workout. Participants perform a variety of movements that help increase heart health, improve circulation, enhance coordination, and build muscular endurance.

Brain Teaser

What has a head, a tail, but no body?



★ ★ ★
Brain Teaser Answer 8/3:



They come out at night without being called and are lost in the day without being stolen. What are they?

Answer: Stars

Weekly Events Schedule

Monday, August 10

8:00a Pickleball - WC Courts
 8:45a Fit & Flexible - Wellness Complex
 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
10:30a Wesley World Tour - Asbury Hall
 11:00a Line Dancing - Wellness Complex
 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 President's Coffee and Conversation - Asbury Hall
 2:00p Bingo - Silver Leaf
 2:30p Shuffleboard - Gameland
3:00p Catholic Holy Communion - Curry Room
 4:00p Table Tennis - Curry Room

Tuesday, August 11

7:00a Runoff Voting Begins - Asbury Hall
 8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance - Wellness Complex
 9:30a Tai Chi - Wellness Complex
 9:30a Pickleball - WC Courts
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
 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
 1:00p Contract Bridge - Hunt Room
 1:30p Chair Yoga - Wellness Complex
 6:00p Hand and Foot - Hunt Room
7:00p Runoff Voting Ends - Asbury Hall

Wednesday, August 12

8:00a Pickleball - WC Courts
 8:45a Fit & Flexible - Wellness Complex
 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

Thursday, August 13

8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance - Wellness Complex
 9:30a Tai Chi - Wellness Complex
 9:30a Pickleball - WC Courts
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
 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
3:00p Art History Trivia - Asbury Hall

Friday, August 14

8:00a Eudora Wildlife Safari Departure - Off Campus
 8:00a Pickleball - WC Courts
 8:15a Water Aerobics - Wellness Complex
 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
 4:00p Table Tennis - Curry Room

Saturday, August 15

9:30a Pickleball - WC Courts
 1:00p Pool - Curry Room
 6:00p Hand & Foot - Hunt Room

Sunday, August 16

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:
 Why did the coffee file a police report?
Because it got Mugged.



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.

WC IL Resident Council Wants You!

Each October, the ILRC election is held to fill council representative vacancies as well as dining committee member vacancies in accordance with the Article IV-Elections of the Bylaws, which includes eligibility requirements (be a WC resident as of January 31 of the current year, have attended at least 2 council or town hall meetings). The IL resident council serves as the connecting link between WC residents and the WC administration for mutual benefit and understanding. It is also a great opportunity to get to know others on campus as well. If you are interested in serving on the resident council or dining committee, please contact your current council representative or any other council members whose names are posted on the mailbox area bulletin board.

Welcome

Thursday, August 13

Luan Vinson
 Treehouse 3002
 Moving from Pawely's Island, SC
 Phone: 330-1308

Friday, August 14

Jean Schaffer
 Bristol Court O
 Moving from Bluffton, SC
 Phone: 227-7321

Friday, August 14

Kate Silver
 Heritage House 125
 Moving from Clarksville, TN
 Phone: 227-7125

