

WESLEY COMMONS

WESLEY WINDOW YOUR WEEKLY NEWS

Greenwood, South Carolina

www.wesleycommons.org

August 31, 2026

WORSHIP SERVICE SUNDAY

Sunday, September 6, 2026

Vespers at 4:30 pm

Asbury Hall

Service Information:

Rev. Robby Lybrand

St. Mark United Methodist Church



Vaccination Clinic

Wesley Commons is hosting a Vaccination Clinic for IL Residents on *September 15 in Asbury Hall from 9:00 am to 12:00 pm*. They will offer a wide variety of vaccines in addition to the annual flu shots *and will be offered on a drop-in basis—no appointments are necessary*. Consent forms will be delivered to resident mailboxes. Residents are asked to complete the form in advance and bring it with them when they arrive for their vaccination. *For any questions, please contact Resident Services at Ext. 7170.*

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 September 2, we will have a special showing of *Jeanne Robertson: Looking For Humor*, 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. Each week throughout the coming months, 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.



Wesley World Tour: Bhutan

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. 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: Bhutan! Takeoff is *September 14 in Asbury Hall at 11:00 am*. Bhutan is a small, mountainous country nestled in the eastern Himalayas between India and China. Known for its breathtaking mountain scenery, colorful Buddhist traditions, impressive monasteries, and peaceful way of life, Bhutan is unlike anywhere else in the world. During our visit, we'll explore Bhutan's traditions, daily life, history, and celebrations. We'll even have the opportunity to taste a traditional Bhutanese 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!



Room Reservation Updates

Due to the ongoing renovations, we are striving to make transitions as seamless as possible. **Effective Monday, August 31, the Hunt Room will undergo refurbishment.** The Curry Room will soon also be undergoing refurbishment, and more details will be sent out regarding the room changes next week. The following groups will temporarily transition to alternative meeting spaces:

- **Monday:**
 - In Stitches — Hunt Room Crossing
 - Chicago Bridge — Hunt Room Crossing
- **Tuesday:**
 - Dining Committee — Asbury Hall
 - Men's Study Group — Floor 4 Treehouse Landing
 - Contract Bridge (Tuesday) — Hunt Room Crossing
 - Hand and Foot — Hunt Room Crossing
- **Wednesday:**
 - Art Group — Hunt Room Crossing
 - Pinochle (Wednesday) — Hunt Room Crossing
- **Thursday:**
 - Current Events — Temporarily suspended
 - Contract Bridge (Thursday) — Hunt Room Crossing
- **Friday:**
 - MahJongg — Hunt Room Crossing
- **Saturday:**
 - Project Linus — TBD
 - Hand & Foot — Hunt Room Crossing
- **Sunday:**
 - Duplicate Bridge — Hunt Room Crossing

Please note: For all resident-led groups, please be mindful of the time you have reserved for your meeting, as going over your meeting time would negatively impact other groups. Please also note that all room reservations are still subject to change as we navigate the renovations process. Thank you for your understanding. Please contact Activities if you have any questions.

SPECIAL EVENTS

Tuesday

Resident Services Shopping - 9:30 am

Wednesday

Weekly Documentary Series - 1 pm

Friday

Cozy Coloring Session - 10 am

FUN FACT OF THE WEEK

Did you know malls were designed to manipulate how you walk through them. Architects intentionally use things like winding hallways, strategically placed escalators, and storefront layouts to slow you down and encourage you to explore more stores. Many malls have no clocks or very few windows so you lose track of time and stay inside longer.

ILRC President's Corner

“Names of candidates for council reps and dining committee reps for the various WC campus sections must be submitted to the Bylaws Committee via the current council representatives by *September 4*. ”

~ Bo Bowman, ILRC President

Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Specialist

UPCOMING SPECIAL ACTIVITIES

- 1 Resident Services Shopping - Off Campus - 9:30 am
- 2 Weekly Documentary Series - Asbury Hall - 1 pm
- *4 Cozy Color Session - Asbury Hall - 10 am
- *7 Founding Fathers Trivia - Asbury Hall - 2 pm
- *9 Pumpkin Decor Craft - Asbury Hall - 10 am
- 9 Weekly Documentary Series - Asbury Hall - 1 pm
- *11 Greenville Shopping Departure - Off Campus - 10 am
- *14 Wesley World Tour - Asbury Hall - 11 am
- 15 Vaccination Clinic - Asbury Hall - 9 am to 12 pm
- *17 Thursdays at Three - Asbury Hall - 3 pm
- *17 Genetic Center Program Departure - Off Campus - 5:30 pm
- *18 Bagel Breakfast Social - Silver Leaf - 8 am
- *21 Lunch at Red Bowl Departure - Off Campus - 11:00 am
- *23 Alzheimer's Association Presentation - Asbury Hall - 10 am

*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.

Greenville Shopping Trip

Join Activities for a fun shopping trip to Greenville on *September 11*. We will depart from Wesley Commons at 10 am to enjoy a day of shopping. We will start the day at Hamrick's arriving at about 11 am, then from there head to the Greenville Mall for some lunch and shopping! Spend the day browsing a variety of stores, finding great deals, and enjoying a relaxing lunch with friends. We will be back to WC in time for dinner. Sign up in the Commons Crossing so you don't miss this enjoyable day out filled with shopping!



Founding Fathers Trivia

Join Activities on *September 7 at 2:00 pm in Asbury Hall* for a fun and exciting game of Founding Fathers Trivia! Put your knowledge of America's Founding Fathers to the test as you answer questions about figures such as George Washington, Thomas Jefferson, and more. You may compete individually or as a group of up to 4 people. Be sure to sign up ahead of time, and please remember to bring your phone or tablet, as we will be utilizing Kahoot.

Cozy Coloring Session

Join Activities for a cozy and relaxing coloring session in Asbury Hall on *September 4 at 10:00 am!* Take a little time out of your day to slow down, relax, and enjoy the simple pleasure of coloring in a comfortable and welcoming setting. Whether you love coloring, are looking for a peaceful activity, or simply want to spend some time with others, this session is a great opportunity to unwind and have fun. Asbury Hall will be transformed into a cozy creative space where you can choose your favorite colors, explore your creativity, and enjoy a calm morning at your own pace. No artistic experience is needed—just come as you are and have fun! Don't forget to sign up in the Commons Crossing so you can grab a cup of your favorite drink, get comfortable, and let your creativity take over.



St. Mark UMC Service Reminder

Mark your calendars for *Thursday, September 3 at 10:30 am in Asbury Hall* to join St. Mark UMC staff and members for a time of fellowship, prayer, a spiritual message, and the service of Holy Communion. All are welcome to attend.

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*.

Pumpkin Decor Craft

Kick off the fall season with a fun and creative sock pumpkin craft! Come join *Activities on September 10, at 10 am in Asbury Hall* for a cozy morning of crafting, laughter, and fall fun as we turn simple socks into adorable little pumpkins. You'll get to choose your favorite colors and create a cute fall decoration to take home. No crafting experience is needed, and all supplies will be provided, so just bring yourself and your creativity! Grab a friend, get into the fall spirit, and make a cute decoration that you can enjoy for years to come. Don't forget to sign up in Commons Crossing to reserve your seat for this fun-filled craft!

Bagel Breakfast Social

Are you looking for a fun and delicious way to spice up your morning routine? Join us on *September 18 from 8:00 am to 10:00 am in the Silver Leaf* for a Bagel Breakfast Social! Stop by and start your morning with a fresh, tasty bagel and plenty of delicious toppings to choose from. With a variety of bagel flavors and toppings available, there will be something for everyone to enjoy. Whether you prefer something sweet, savory, or a little bit of both, you can create the perfect breakfast to get your day started right. Please sign up in the Commons Crossing, so we can make sure there is plenty of delicious food for everyone.

Lifelong Learner Lecture: Comedy in Wartime

The Lifelong Learners would like to welcome all on *September 14, at 3:00 pm in Asbury Hall* where resident Stuart Blickstein will present on comedy in wartime and stress. Stuart will review how comedy has existed as long as man, perhaps even longer. Throughout time, humor has functioned as a release valve, allowing humans to naturally 'let off the steam' in life. Not all stress is created equal, as the demanding everyday pressures of life, fluctuate from person to person, to time period, through economic depression, war, or even natural disasters. From these extreme conditions, high-stress humor emerges with something real at stake - and that changes everything about it. This presentation takes a journey through the history of high-stress comedy, exploring how people in history's most harrowing moments turned to laughter not merely as escapism, but as defiance, solidarity, and survival.

Thursdays at Three

Mark your calendars for our next Thursdays at Three event on *September 17 at 3:00 pm in Asbury Hall*. This week, we'll be enjoying a fun-filled afternoon of karaoke! You're invited to choose your favorite songs, take the microphone, and sing along to familiar tunes. Whether you love being in the spotlight or prefer to sit back and enjoy the show, there will be plenty of music and laughter for everyone. Bring your friends, enjoy some fellowship, and get ready to sing along to some of your favorite songs. We look forward to seeing you for an afternoon of music, smiles, and good times!



Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Specialist

Alzheimer's Awareness Month

September is Alzheimer's Awareness Month, a time dedicated to increasing the understanding of Alzheimer's disease and its impact on individuals, families, and caregivers. It provides an opportunity to educate the public about the signs and symptoms of the disease, encourage early detection, and promote compassion and support for those affected. This month also emphasizes the importance of continued research into prevention, treatment, and potential cures, while recognizing the millions of people living with Alzheimer's and the caregivers who support them. Below are two free events being offered:

- **September 17, 6 pm:** Dr. Rich Steet, Director of Research at the Greenwood Genetic Center, will discuss developments in Alzheimer's disease research, including new research into Mitochondrial Organelle Transplantation. We will provide transportation to the event, but space is limited so please sign up.
- **September 23, 10 am - The 10 Warning Signs of Alzheimer's:** An educational program will be presented by the Alzheimer's Association in Asbury Hall. You will learn about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis, and much more. We hope to see you there!

Lunch at Red Bowl

Join Activities for an exciting and delicious lunch outing to Red Bowl on *September 21!* Enjoy a variety of flavorful Asian-inspired dishes while spending time with friends in a fun and welcoming atmosphere. Whether you have a favorite dish you always order or are looking forward to trying something new, there will be plenty of options to enjoy. *The bus will depart from the lobby at 11 am*, and sign-ups are limited, so be sure to reserve your spot.

Room Reservation Update:

Please send all room reservation requests directly to **Claire Brannock** at

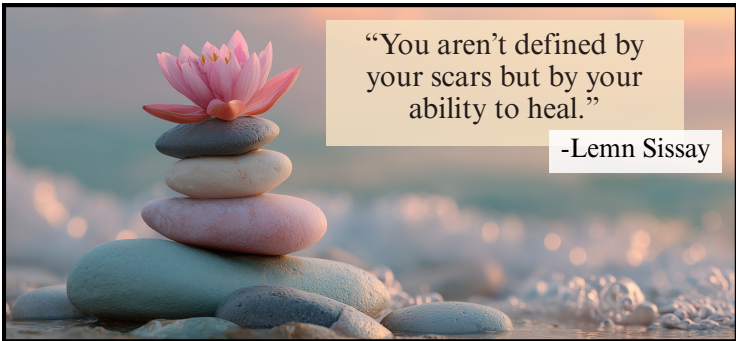
cbrannock@wesleycommons.org. To help ensure your request is received and processed promptly, please include the date, time, and any other important details regarding your reservation.

If you prefer to submit a written request, you may drop it off at the **Activities Office** or at the **Commons Lobby front desk**. Thank you for helping us keep room reservations organized and ensuring that all requests are handled efficiently.

Brooklyn Capers, CPT
Wellness Coordinator

WELLNESS NEWS

Dina Reyes
Wellness Assistant



"You aren't defined by your scars but by your ability to heal."

-Lemn Sissay

Wellness Tip of the Week

Aging is a natural part of life, but how well a person adapts to the challenges that come with it can make a major difference in their quality of life. Resilience is the ability to cope with difficult situations, adapt to change, and recover after experiencing stress, illness, or other challenges. Strong resilience can make a real difference in how older adults handle the challenges that come with aging. As people get older, they may face illness, injuries, loss of independence, or changes in relationships, and having the ability to cope and bounce back can help them maintain their quality of life. Research has found that older adults with greater resilience tend to have better physical functioning, fewer hospitalizations, and stronger recovery after illness. Resilience is not something that a person either has or doesn't have; it can be developed and strengthened throughout life. Seniors can build resilience by staying physically active, maintaining their strength, and developing healthy ways to manage stress, staying connected with family and friends, and having activities or goals that give their lives meaning. These things may seem simple, but together they can give older adults a stronger foundation to face difficult times and continue living as independently and confidently as possible.

Make a Splash & Move with Us!

Looking for a fun way to get moving, feel stronger, and enjoy some time with friends? Come try our new Water Aerobics class every Wednesday at 11 am! Water aerobics is a great way to exercise while being gentle on the joints. You can move at your own pace, enjoy the refreshing water, and have fun while working towards better strength, balance, and flexibility. You don't have to be an expert swimmer, and you don't have to be in perfect shape to join us. Just bring yourself, a positive attitude, and a willingness to have fun!

Class Cancellation Notice

Please note that the following classes are canceled on Thursday, September 3:

- Tai Chi
- Mobility
- Endurance & Agility
- Chair Yoga

Thank you for your understanding and flexibility. We look forward to seeing everyone back in class soon!

Class Recommendations

Fit and Flexible - Fit & Flexible is an advanced mat-based class combining Pilates, core strength, yoga, and stretching. We'll also work on safe techniques for getting down to and up from the floor, with a focus on strength, mobility, and balance.

Brain Teaser

I can't be bought, but I can be stolen with a glance.
I'm worthless to one but priceless to two. What am I?

★ ★ ★
Brain Teaser Answer 8/24:



What has cities but no houses, forests but no trees, and water but no fish?

Answer: A Map



Weekly Events Schedule

Monday, August 31

8:00a Pickleball - WC Courts
 8:45a Fit & Flexible - Wellness Complex
 9:30a Core & Balance - Wellness Complex
 10:00a In Stitches - **Hunt Room Crossing**
 10:15a Wesley Weights - Wellness Complex
 11:00a Line Dancing - Wellness Complex
 12:45p Ukulele Beginners - Curry Crossing
 1:00p Chicago Bridge - **Hunt Room Crossing**
 1:30p Uniq'uleles Practice - Curry Crossing
 1:30p Sit & Be Fit - Wellness Complex
 2:00p Bingo - Silver Leaf
 2:30p Shuffleboard - Gameland
 4:00p Table Tennis - Curry Room

Tuesday, September 1

8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance - Wellness Complex
 9:30a **Resident Services Shopping - Off Campus**
 9:30a Tai Chi - Wellness Complex
 9:30a Pickleball - WC Courts
 10:00a **Susannah Wesley Circle - Asbury Hall**
 10:15a Mobility Moves - Wellness Complex
 10:30a **First Pres Womens Circle - Silver Leaf**
 11:00a Men's Study Group - **Floor 4 Treehouse Landing**
 11:00a Endurance & Agility - Wellness Complex
 1:00p Contract Bridge - **Hunt Room Crossing**
 1:00p **Wood Workers - Shop**
 1:30p Chair Yoga - Wellness Complex
 6:00p Hand and Foot - **Hunt Room Crossing**

Wednesday, September 2

8:00a Pickleball - WC Courts
 8:45a Fit & Flexible - Wellness Complex
 9:00a Art Group - **Hunt Room Crossing**
 9:00a Food Lion Shopping Departure - Off Campus
 9:30a Core & Balance - Wellness Complex
 10:15a Wesley Weights - Wellness Complex
 10:30a Publix and Aldi Shopping Departure - Off Campus
 11:00a Water Aerobics - Wellness Complex
 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 Pinochle - **Hunt Room Crossing**

Thursday, September 3

8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance - Wellness Complex
 9:30a ~~Tai Chi - Wellness Complex~~
 9:30a Pickleball - WC Courts
 10:15a ~~Mobility Moves - Wellness Complex~~
 10:20a Golfing Group - Off Campus
 10:30a **St. Mark Fellowship Service - Asbury Hall**
 11:00a ~~Endurance & Agility - Wellness Complex~~
 1:00p Afternoon Tunes w/ Uniq'uleles - Commons Crossing
 1:00p Contract Bridge - **Hunt Room Crossing**
 4:30p ~~Chair Yoga - Wellness Complex~~

Friday, September 4

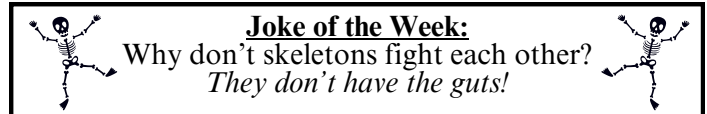
8:00a Pickleball - WC Courts
 8:30a Water Aerobics - Wellness Complex
 9:30a Core & Balance - Wellness Complex
 10:00 **Cozy Coloring Session - Asbury Hall**
 10:15a Wesley Weights - Wellness Complex
 11:00a Line Dancing - Wellness Complex
 1:00p Mah Jongg - **Hunt Room Crossing**
 1:30p Sit & Be Fit - Wellness Complex
 4:00p Table Tennis - Curry Room

Saturday, September 5

9:30a Pickleball - WC Courts
~~10:00a Project Linus - Hunt Room~~
 1:00p Pool - Curry Room
 6:00p Hand & Foot - **Hunt Room Crossing**

Sunday, September 6

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



Cards of Blessing

The Activities department has had the privilege of receiving dozens of handmade cards donated to their office. These cards range from greeting cards to birthday cards; there's a card for just about any occasion.

These beautiful cards come from Greenwood resident, Debra Anderson, for our very own residents and staff to use! If you are interested in picking out a few of these cards, free of charge, *please call Activities at Ext. 7221*, so that they may arrange a time for you to come and pick them up.



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.