

WESLEY COMMONS

WESLEY WINDOW YOUR WEEKLY NEWS

Greenwood, South Carolina

www.wesleycommons.org

October 5, 2026

WORSHIP SERVICE SUNDAY

Sunday, October 8, 2026

Vespers at 4:30 pm
Asbury Hall



Service Information:

Faithfulness and Fruitfulness

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!

Grenfell: Uncovered -

This Netflix documentary examines the tragic Grenfell Tower fire in London in 2017, which claimed the lives of 72 people. The film looks closely at the events leading up to the disaster and explores how decisions made by businesses, government and other organizations contributed to the tragedy. It features survivors, bereaved families, and firefighters, giving them an opportunity to share their experiences and explain what happened. It encourages viewers to think about how decisions made by those in positions of power can affect ordinary people's lives.



SPECIAL EVENTS

Monday

Wesley World Tour: Ukraine - 11 am

Tuesday

Resident Services Shopping - 9:30 am

Lander Wind Ensemble Departure - 6:30 pm

Wednesday

Weekly Documentary Series - 1 pm

Thursday

Break on the Lake Departure - 11 am

FUN FACT OF THE WEEK

Pumpkins are technically fruit!

Although we usually call pumpkins vegetables, they are fruits because they grow from a flower and contain seeds. Botanically, pumpkins are a type of berry called a pepo.

ILRC President's Corner

"Official Ballots for electing ILRC Representatives and Dining Committee representatives will be distributed soon. Please be sure to vote for your choices and submit your ballot."

~ Bo Bowman, ILRC President

Hendersonville Day Trip

October 19, departing at 8:00 am - Are you looking for a fun day out? Join Activities on for a delightful day trip to Hendersonville, NC! *We will depart from Wesley Commons at 8 am*, to begin our two-hour drive. Our adventure will begin at Sky Top Orchard 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. Today, the restaurant retains much of its historical charm, featuring the original soda fountain and a working 1950s jukebox. Following lunch, we will take some time and head to downtown Hendersonville for shopping and exploring. There are many charming boutiques, shops, and local galleries. This outing is a perfect way to enjoy fresh apples, historic charm, and the vibrant atmosphere of Hendersonville on a lovely fall day. Enjoy beautiful mountain views, seasonal treats, friendly company, and plenty of wonderful memories along the way together. We will be returning and making it home before the end of dinner time. Sign up in the Commons Crossing to reserve your seat!

Health Services Review

October 8, at 2:30 pm in Asbury Hall - Residents are invited to join us for a Health Services Review, where members of our Health Services and Marketing teams will provide an overview of the levels of care available at Wesley Commons, along with helpful information about what to expect when additional assistance or support may be needed. The presentation will also address common questions about navigating care options, available resources, and next steps for residents and families. All interested residents are encouraged to attend, and light refreshments will be provided. If you have a specific question you would like addressed, you may submit it through **Wednesday, October 7**, by emailing activities@wesleycommons.org. We will work to incorporate submitted questions into the presentation.

Activities Fall Festival: The Great Oktoberfest

October 30, at 2:00 pm in Asbury Hall - Get ready to celebrate the season with an afternoon filled with great food, cold beer, live music, and even better company! Join us for a fun and festive Oktoberfest-inspired social where you can kick back, relax, and enjoy everything that makes this time of year so special. Gather with friends, meet your neighbors, and soak up the lively atmosphere while enjoying delicious food, refreshing drinks, and the sounds of live music. Whether you're a beer enthusiast looking to try a refreshing brew, a fan of German-inspired food and fall flavors, or simply looking for a fun way to spend the afternoon with friends, there will be something for everyone to enjoy. Come dressed in your favorite fall or Oktoberfest attire, grab a drink, and settle in for an afternoon of good conversation, laughter, music, and celebration. It's the perfect opportunity to take a break, socialize, and enjoy the season together.



- **Live Music & Good Times** - Sit back, relax, and enjoy live music from our featured band! Grab a drink, mingle with friends, and let the music set the mood for a lively Oktoberfest celebration.
- **Food & Beer** - Come hungry and thirsty! Enjoy a selection of delicious Oktoberfest-inspired food and refreshing beer throughout the afternoon. There will be plenty of tasty options to enjoy while you socialize and take in the festivities.
- **Door Prizes** - Everyone loves a little extra surprise! Be sure to stick around for your chance to win one of our fun door prizes.

So, grab your friends and raise a glass with us! This is all about good food, great music, cold beer, and spending time together. Please sign up in the Commons Crossing so Activities so can properly prepare. Let's make some fun fall memories together, Prost!

Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Specialist

UPCOMING SPECIAL ACTIVITIES

- *5 Wesley World Tour - Asbury Hall - 11 am
- *6 Lander Wind Ensemble Departure - Off Campus - 6:30 pm
- 7 Weekly Documentary Series - Asbury Hall - 1 pm
- *8 Lunch at Break on the Lake Departure - Off Campus - 11 am
- 8 Health Services Review - Asbury Hall - 2:30 pm
- *12 Autumn Trivia - Asbury Hall - 11 am
- 14 Weekly Documentary Series - Asbury Hall - 1 pm
- *15 Thursdays at Three - Asbury Hall - 3 pm
- *16 Door Mat Painting - Curry Room - 2 pm
- *19 Hendersonville Day Trip Departure - Off Campus - 8 am
- 20 Apple Cider Donut Grab-N-Go - Commons Crossing - 12 pm
- 21 Weekly Documentary Series - Asbury Hall - 1 pm
- *22 Fire Department Goodie Bags - Curry Room - 10 am
- *23 Reading Buddies Departure - Off Campus - 8:30 am
- *24 Rivertree Singers Departure - Off Campus - 6:30 pm
- *26 Firehouse Tour Departure - Off Campus - 12:45 pm
- *29 Movie Night and Pizza - Asbury Hall - 5 pm
- *30 Fall Festival: The Great Oktoberfest - Asbury Hall - 2 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.

Thursdays at Three

October 15 at 3:00 pm in Asbury Hall - Activities is happy to welcome a Bluegrass band to our next Thursdays at Three! Come to enjoy an afternoon of live bluegrass music as the group share their talents with us.

Fire Department Goodie Bags

October 22 at 10:00 am in the Curry Room - Join Activities for a special morning of giving back! We'll be putting together thoughtful goodie bags for our local fire department to show our appreciation for all they do for our community. Come spend some time with friends for this great opportunity to spread some kindness and thank the firefighters who work hard to keep our community safe. Please sign up in Commons Crossing.

Holman Community Gardeners

October 8, at 2:30 pm in the Curry Room - The meeting will discuss and make plans for changing out the raised flower beds in front of the garden. In addition, the status of additional raised bed will be reviewed. *For any questions or concerns please contact Bill Leonard at Ext. 1354.*

Lander Wind Ensemble Concert

October 6, departing at 6:30 pm - School is back in session, and so are the concerts! Join us as we attend the Wind Ensemble Concert at Lander University, free of charge. Sign up in the Commons Crossing today.

Rivertree Singers Performance

October 24, departing at 6:30 pm and 7:00 pm - Step into a luminous soundscape shaped by a thousand years of sacred tradition. *Sacred Radiance: A Millennium of Choral Music* invites listeners to encounter the enduring beauty of cathedral repertoire. Under the direction of Dr. Warren Cook, Rivertree Singers brings clarity, warmth, and expressive depth to this expansive collection. Join us for an evening of reflection, resonance, and radiant sound--where past and present converge in a living tradition of sacred music. Please sign up in the Commons Crossing to reserve a seat on one of the buses. *The first bus will depart at 6:30 pm, with a second bus departing shortly after, around 7:00 pm.* Come enjoy this beautiful evening of music, free of charge, at First Presbyterian Church.

Wesley World Tour: Ukraine

October 5 at 11:00 am in Asbury Hall

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. **Our next stop: Ukraine!** Ukraine is a country rich in history, vibrant traditions, beautiful landscapes, and warm hospitality. During our visit, we'll discover Ukrainian customs and daily life, explore the country's fascinating history and cultural traditions that make Ukraine unique. We'll also enjoy a traditional Ukrainian snack as part of our journey! 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. Just bring your curiosity and your Wesley World Tour Passport. We can't wait to travel with you!



Lunch at Break on the Lake

October 8, departing at 11:00 am - Activities will be offering a lunch trip to Break on the Lake! This casual restaurant located right on Lake Greenwood, offers a variety of delicious American foods and beautiful lake views to enjoy with your meal. Sign up in the Commons Crossing, come hungry, and enjoy a relaxing lunch with us. You won't want to miss this lovely afternoon!

Reading Buddies with Woodfields Elementary

October 23, departing at 8:30 am - We are excited to introduce our Reading Buddies program in partnership with our local Woodfields Elementary School! This program brings generations together through the joy of reading. You will have the opportunity to spend time with first-grade students, about an hour, helping them practice their reading skills. Please sign up for this special opportunity to work with these students on their reading skills.

Apple Cider Donut Grab-N-Go

October 20 at 12:00 pm in the Commons Crossing - Fall is here, and what better way to celebrate than with a delicious Apple Cider Donut Grab-N-Go! Join us to pick up a sweet, seasonal treat. Enjoy the warm flavors of apple cider and cozy fall spices in every bite, fresh from Sky Top Apple Orchard. Bring a friend, stop by between activities, and grab a donut to make your day a little sweeter. It's the perfect fall treat to enjoy with friends and kick off the season in a delicious way.

Door Mat Painting

October 16 at 2:00 pm in the Curry Room - Get creative and add a personal touch to your home by painting your very own door mat with

Activities. Join us for a fun and relaxing afternoon of creativity as you design a custom door mat that reflects your personality and style. Choose your favorite colors, create a design you love, and enjoy some creative time with friends and neighbors. No artistic experience is needed so sign up today!



Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Specialist

Movie Night and Pizza

October 29 at 5:00 pm in Asbury Hall - Join Activities for a delightful evening with a movie and pizza as we feature *You've Got Mail*! This beloved romantic comedy follows Kathleen Kelly, the owner of a small, charming bookstore in New York City, and Joe Fox, the owner of a large bookstore chain that threatens her business. Although the two are business rivals in real life, they unknowingly begin developing a friendship through anonymous emails and online conversations. As their relationship grows, they find themselves sharing thoughts, dreams, and feelings without realizing who is on the other side of the screen. Filled with humor, romance, and heartwarming moments, the movie explores friendship, love, unexpected connections, and the possibility of finding happiness in the most surprising places. With memorable characters, charming moments, and a cozy New York setting, this classic film is sure to bring plenty of smiles and laughter. It is a wonderful choice for an evening of relaxation, good food, and enjoyable entertainment with friends. The film runs approximately 2 hours. 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!



Local Firehouse Tour

October 26, departing at 12:45 pm - Have you ever wondered what happens inside a local firehouse when the alarm sounds? If so, this is the perfect opportunity to step inside and get a behind-the-scenes look at the important work our firefighters do every day. During our visit, we'll meet local firefighters, see the fire trucks and equipment they use, and learn more about fire safety and emergency preparedness. This special outing will be a wonderful opportunity to connect with our community heroes, ask questions, and gain a greater appreciation for those who are always ready to answer the call. *Please note the tour will include moderate walking.* Come enjoy this unique and exciting experience. Spots are limited so sign up in the Commons Crossing.



Autumn Trivia

October 12 at 11:00 am in Asbury Hall - Put your Fall knowledge to the test at our Autumn Trivia. 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. Sign up in the Commons Crossing today. See you soon!

Brooklyn Capers, CPT
Wellness Coordinator

WELLNESS NEWS

Dina Reyes
Wellness Assistant

Class Recommendation

Mobility Moves – Improve flexibility, mobility, and range of motion through simple, effective movements you can do standing or sitting. Gently stretch and mobilize your body from head to toe at a comfortable pace. Whether you want to move with more ease, release everyday tension, or improve flexibility, Mobility Moves is a great class for you!

October Golden Pumpkin Wellness Challenge

Get ready for a month of fun, movement, teamwork, surprises, and friendly competition! This October, we're turning Wellness into an exciting community adventure with our Golden Pumpkin Wellness Challenge! Each week, you'll have a variety of fun wellness challenges to choose from. Try to complete as many as you can to earn points. Some can be completed on your own, while others encourage you to grab a friend and participate together. Here's where it gets even more exciting: every 10 points you earn = 1 raffle ticket! The more activities you complete, the more points you can earn! But there's one activity you won't want to miss: The Golden Pumpkin Hunt! Every week, our Golden Pumpkin will disappear and reappear in a brand-new location somewhere in the community. Where will it turn up next? Keep your eyes open and detective skills ready to find out! The pumpkin hunt is a special weekly challenge that requires a partner, so grab your favorite teammate and work together to track down the Golden Pumpkin. And just when you think you've figured out its hiding spot... we'll move it again! Each week brings a new location, a new opportunity to search, and a new chance to earn points. Our staff are getting in on the action too! You may see us completing challenges, searching for the pumpkin, and joining in on the fun. So, gather your partner, put on your thinking cap, and get ready to move, laugh, explore, and have fun! You never know where the next clue will appear or where that Golden Pumpkin may be hiding.



Wellness Tip of the Week

You don't have to complete a long workout to give your body a health boost. For older adults, "micro-movements" - small, intentional bursts of activity lasting as little as 20-60 seconds - can be an easy way to stay active throughout the day. Try seated toe taps, ankle circles, gentle stretches, posture changes, heel raises or simply standing up and walking around the room. These small movements can help increase circulation, keep joints moving and reduce stiffness, which may be especially helpful first thing in the morning when muscles and joints can feel tight. Regular movement also helps maintain muscle strength and functional mobility, supports balance and coordination, and can contribute to independence with everyday activities. Micro-movements can also provide benefits beyond muscles and joints. Short bouts of activity can support cardiovascular and metabolic health, while regular physical activity is associated with better mood and emotional well-being. The best part? There's no special equipment or lengthy workout required. They can be incorporated into everyday routines - during television breaks, between household tasks, or after sitting for a while. Before getting started in the morning, spend a few minutes gently moving your ankles, shoulders, arms and legs. Then make a habit of moving for a minute or two every hour throughout the day. The goal isn't to do more all at once, it's to keep your body moving, one small movement at a time.



Brain Teaser Answer 9/28:

What can you put in a bucket to weigh less?

Answer: A Hole



Weekly Events Schedule

Monday, October 5

8:00a Pickleball - WC Courts
 8:45a Fit & Flexible - Wellness Complex
 9:30a Core & Balance - Wellness Complex
 10:00a In Stitches - Floor 3 Treehouse Landing
 10:15a Wesley Weights - Wellness Complex
11:00a Wesley World Tour - Asbury Hall
 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
1:30p Euchre - Third Floor Treehouse
 2:00p Bingo - Arbor Room
 2:30p Shuffleboard - Gameland
3:00p Holy Communion - Curry Room
 4:00p Table Tennis - Curry Room

Tuesday, October 6

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 - Arbor Room
 11:00a Men's Study Group - Floor 4 Treehouse Landing
 11:00a Endurance & Agility - Wellness Complex
1:00p Wood Workers - Shop
 1:00p Contract Bridge - Hunt Room Crossing
 1:30p Chair Yoga - Wellness Complex
 2:30p Wesley Wonders Chorus - Asbury Hall
 6:00p Hand and Foot - Hunt Room Crossing
6:30p Lander Wind Ensemble Departure - Off Campus

Wednesday, October 7

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, October 8

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
11:00a Break on the Lake Departure - Off Campus
 11:00a Endurance & Agility - Wellness Complex
 1:00p Afternoon Tunes w/ Uniq'uleles - Commons Crossing
 1:00p Contract Bridge - Hunt Room Crossing
 1:30p Chair Yoga - Wellness Complex
2:30p Health Services Review - Asbury Hall
2:30p Community Garden Meeting - Curry Room

Friday, October 9

8:00a Pickleball - WC Courts
 8:30a Water Aerobics - Wellness Complex
 9:30a Core & Balance - Wellness Complex
 10:15a Wesley Weights - Wellness Complex
 11:00a Line Dancing - Wellness Complex

Friday, October 9 (Cont.)

1:00p Mah Jongg - Hunt Room Crossing
 1:30p Sit & Be Fit - Wellness Complex
 4:00p Table Tennis - Curry Room

Saturday, October 10

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

Sunday, October 11

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 Crossing
 2:00p Sunday Games - Arbor Room
 4:30p Vespers Service - Asbury Hall



Joke of the Week:

Why did the pumpkin get promoted?
It was outstanding in its field!



Heartfelt Thank You Note

A special "Thank You" to the Wesley Commons family, friends, and employees that made my "75" birthday the best birthday yet! Your cards, calls and visits were such a "blessing". This is a wonderful place to call home and to be with such caring people. May God bless you "ALL".
 ~ Jane Morris

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.