WESLEY COMMONS

WESLEY WINDOW

YOUR WEEKLY NEWS

Greenwood, South Carolina *www.wesleycommons.org* *November 9, 2026*

WORSHIP SERVICE SUNDAY
Sunday, November 15, 2026
Vespers at 4:30 pm
Asbury Hall

Service Information:
Our Eyes Look to You

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!

In observance of Veterans Day, we will be taking a break from the Documentary Series on *November 11*. Instead, we hope you will join us at the Veterans Day Ceremony. Let us take this day to honor those who have served – and to remind every Veteran that their courage and sacrifice will never be forgotten.

SPECIAL EVENTS

Monday
Wesley World Tour - 11 am

Tuesday
Town Hall Meeting - 10 am

Wednesday
Veterans Day Breakfast - 8:30 am
Veterans Day Program - 3:00 pm

Thursday
S'mores and Pours Social Hour - 3 pm

Friday
Augusta Shopping Departure - 10 am

Veterans Memorial Table
As we approach Veterans Day, we continue the honored tradition of a memorial for our Veterans that are no longer with us. We will have a table set up outside of Asbury Hall beginning on *Friday, November 6*, and we invite you to bring a picture of a Veteran to place on the memorial table. *Please note that we are not responsible for the photos placed on the table.*

ILRC President's Corner
"The ILRC would appreciate your attendance at our Town Hall Meeting. Meet the newly elected representatives and vote regarding ratification of a few ILRC Bylaws changes!"
~ Bo Bowman, ILRC President

Veteran's Day Breakfast and Ceremony 2026



November 11 - Veterans Day is a special time for us to pause, reflect, and give thanks to the brave men and women who have served our country with courage, dedication, and sacrifice. We are deeply grateful for all that our Veterans have done – and continue to do – to protect the freedoms.

8:30 am in Asbury Hall - *Veterans Breakfast*
We will begin the day with a warm and welcoming breakfast exclusively for our Veterans. This special gathering is a small token of our heartfelt appreciation for your service, sacrifice, and unwavering commitment to our country. We look forward to sharing this meaningful morning together as we honor you and celebrate your dedication. Invitations with additional details will be placed in each Veteran's mailbox.

3:00 pm in Asbury Hall - *Veterans Day Ceremony*
Join us in the afternoon as we come together as a community for our annual Veterans Day Ceremony. This special gathering will feature a heartfelt keynote address by *Colonel Art Wallace,* who retired after 36 years of distinguished U.S. Army service, including serving in the White House Medical Unit under Presidents George H. W. Bush and Bill Clinton. He went on to serve an additional ten years as a Navy civilian. Since retiring to Greenwood in 2018, Colonel Wallace has continued to make a meaningful impact through his community service. We are honored to welcome him to Wesley Commons as we come together to recognize and celebrate the brave men and women who have served our country.

Let us take this day to honor those who have served – and to remind every Veteran that their courage and sacrifice will never be forgotten. If you have any questions, please contact *Activities at Ext. 7221.*

Thanksgiving Day Dining
Beginning **November 9,** the Culinary team will begin accepting reservations for Thanksgiving. To make your reservation, *please call Jada at Ext. 7490.*

Thanksgiving Lunch Reservations
Culinary will be offering reservation times at 11:00 am and 12:15 pm, with the final seating at 1:30 pm in the Arbor Room. To best accommodate all of our residents and guests, each reservation will be for *one hour and fifteen minutes.* The large community table and the Pavilion will remain unreserved for those who prefer to walk in and dine. However, please keep in mind that seating cannot be guaranteed for those who do not make a reservation.

Thanksgiving Buffet & Pricing
The Arbor Room will exclusively offer our full Thanksgiving buffet. The cost will be *$13.95 per resident and $16.50 per guest*, with beverages included. Alcoholic beverages, bottled drinks, and canned drinks are excluded. *Children under the age of 12 may enjoy the buffet at the resident pricing of $13.95.* TO-GO orders will also be permitted. However, we ask that all TO-GO requests be submitted by the day before Thanksgiving to allow our team time to prepare them in advance.

Thanksgiving Evening Meal
All dining operations will be closed for the evening meal on *November 26* to allow our staff the opportunity to spend time with their families. To accommodate those who would still like an evening meal, we will be offering *boxed meals for $4.00 each.* Each boxed meal will include your choice of a Turkey, Ham, or Chicken Salad sandwich, accompanied by a fruit cup, chips, and a cookie. *Boxed meals will be available for pickup beginning at 2:00 pm on Thanksgiving Day.* Please remember to sign up for your boxed evening meal when making your Thanksgiving lunch reservation.

Thank you for your cooperation and understanding. We hope you take this opportunity to gather with loved ones and enjoy a delicious Thanksgiving meal. Our team is looking forward to serving you and helping create a wonderful holiday filled with good food, fellowship, and special memories. We wish you and your families a very happyThanksgiving!

Claire Brannock
Activity Coordinator

ACTIVITIES NEWS

Rayane Thomson
Activity Specialist

UPCOMING SPECIAL ACTIVITIES

*9 Wesley World Tour: Gambia - Asbury Hall - 11 am
11 Veterans Breakfast - Asbury Hall - 8:30 am *(Invitation only)*
11 Veterans Day Ceremony - Asbury Hall - 3 pm
*12 S'mores & Pours Social Hour - Pavilion - 3 pm
*13 Shopping in Augusta Departure - Off Campus - 10 am
*15 A Chorale Thanksgiving - Off Campus - 3 pm
*16 Lander Singers and Chamber Orchestra - Off Campus - 6:30 pm
*17 Thank You Cards to Staff - Curry Room - 2 pm
18 Snack Mix Grab-N-Go - Commons Crossing - 12 pm
19 Thursdays at Three - Asbury Hall - 3 pm
*19 Lander Jazz Band Concert - Off Campus - 6:30 pm
*20 Sock Snowman Craft - 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.*

Notification of Town Hall Meeting

November 10 at 10:00 am in Asbury Hall - In accordance with our Independent Living Resident Council Bylaws, we are hereby announcing a Town Hall Meeting.
The purposes of this meeting are as follows:

- To formally announce the results of the October election of Council and Dining Committee Representatives for 2027.
- To provide an opportunity for Independent Living residents to meet those elected to represent them.
- Resident Ratification of proposed Changes to the Council Bylaws as approved by the Council at a previous council meeting.

The History of Irish Immigration to America

It is estimated that one out of six Americans can trace some, or all, of their ancestry to Ireland. This certainly includes many of our WC residents. In a new Two-part lecture, Karen Blickstein will enlighten us about when and why the Irish came to America. In Part One, we'll learn about Ireland's turbulent history, including the difficult relationship between the Irish and the British, and the disaster known as the Irish Potato Famine that occurred in the mid-19 century. This history is a necessary step to understanding why the Irish left their homeland in such large numbers.
In Part Two, the focus will be on Irish immigration itself – when they left, how they traveled, and what life was like when they got to America. We'll also learn about the contributions made by the Irish to American society. Be sure to sign up for this Two-part class in the Commons Crossing.

- ***Part 1*** – November 16 at 11:00 am in Asbury Hall
- ***Part 2*** – November 19 at 11:00 am in Asbury Hall

Augusta Shopping Trip

November 13 departing at 10:00 am - Join us for a fun shopping trip to Augusta, Georgia. We will start the day at Hamrick's arriving around 11:00 am, then from there, we will head to the Augusta Mall, then back in time for dinner! Sign up today, You won't want to miss this!

Snowman Decor Craft

November 20, at 2:00 pm in Asbury Hall - Join Activities on for a cheerful time of crafting and seasonal fun as we turn simple socks into adorable snowmen. Create your own cute, cuddly snowman to take home and enjoy throughout the winter season! Don't forget to sign up in Commons Crossing. See you there!

Virtual Devotions Return to WCTV

Beginning *November 3* Residents will once again have the opportunity to enjoy weekly programs offering biblical teaching, spiritual reflection, and encouragement from the comfort of their homes. Both programs will air on the Wesley Commons Community Channel, available on Channel 99.1 (HD) or Channel 9 (SD),
After Hours: Tuesdays at 10:00 am and 10:00 pm - After Hours is a Wesley Commons' YouTube program that provides Bible-based teaching and reflection as a support for the Vespers service. The name "After Hours" fits with the idea that these episodes occur with reference to past services, so they are "after" the hours of the liturgy. They can also be viewed at times that are more convenient for viewers. Because many residents may not attend our Vespers service—due to various obstacles—this content gives residents an opportunity to participate via the program. Experiencing instruction and encouragement from a scripture passage is one way of extending the ministry of Vespers beyond the confines of the service itself.
Sacred Space: Fridays at 10:00 am and 10:00 pm - Sacred Space is a new series from Chaplain Ryan Donell for the enrichment of each resident's spiritual life. These episodes are designed to engage scripture, meditating on it, chewing on it, learning and praying. So, these are three ancient Christian practices (scripture, meditation, and prayer) help us to live with Jesus Christ—to make our home in him. It draws on presentation of biblical history, poems, theological reflections, and other thinkers to connect diverse contributions in the body of Christ.

Snack Mix Grab-N-Go

November 18, at 12:00 pm in the Commons Crossing - Create your own delicious snack mix to take along and enjoy! Whether you're heading to an activity, catching up with friends, or settling in for a relaxing afternoon, your custom snack mix is the perfect treat to brighten your day. Come mix, mingle, and make yourself a tasty little snack to enjoy on the go!

Upcoming Concerts at Lander University

Enjoy the sounds of Lander University's talented musicians at two exciting live performances! These concerts offer a wonderful evening of great music, and spending time with friends.

- **November 16 -** Lander Singers and Chamber Orchestra *(Departing at 6:30 pm)*
- **November 19 -** Lander Jazz Band Concert *(Departing at 6:30 pm)*

Interested in attending? Please sign up in the Commons Crossing to reserve a seat on the bus! The event is open to the public if you are willing and able to drive. Don't miss this opportunity to experience great music and enjoy a special evening out. We hope you'll join us! *Spots are limited, so sign up today!*

Thursdays at Three

November 19, at 3:00 pm in Asbury Hall - Looking for a fun way to spend your afternoon? Join Activities for this months Thursday at Three, a social hour designed to bring friends together for good conversation, laughter, and a little time to unwind. Enjoy light background music and tasty snacks while catching up with neighbors and making new connections. Mark your calendar for a delightful afternoon of good conversation!

ACTIVITIES NEWS

Claire Brannock
Activity Coordinator

Rayane Thomson
Activity Specialist

S'mores & Pours Social Hour
November 12 at 3:00 pm under the Pavilion - Join us for a relaxing afternoon of S'mores and Pours! Enjoy delicious, gooey s'mores paired with refreshing drinks while spending time with friends and making new connections. Sign up in the Commons Crossing to today!

The Greenwood Festival Chorale
November 15, bus departing at 3:15 pm and 3:30 pm - The Greenwood Festival Choral will presents hymns and Masterpieces of Gratitude at First Presbyterian Church. The concert is open to the public. Many Wesley Commons residents will be among the featured singers. Sign up in the Commons Crossing to reserve a seat on the bus. For questions, please contact B*everly Sautter at Ext. 7311.*

Project Linus
November 7 at 10 am in the Classroom - For over 20 years "Blanketeers" from Wesley Commons have been making handmade blankets for children experiencing physical or emotional challenges. The tradition continues here the first Saturday of each month. There is no sewing involved as the group cut and edge fleece blankets. Materials are provided, you can bring your own big sharp scissors, if you would like. Drop by and see what they are about!

Thank You Cards to Staff
November 17, at 2:00 pm in the Curry Room - Residents are invited to make thank-you cards for our wonderful staff members to show appreciation. Once the cards are made, the activity staff will hand-deliver all cards to the intended staff member. Residents can personalize each card with heartfelt messages.

Flip Goes Berserk
November 7, at 9:00 am in Asbury Hall - Join the Flip Goes Berserk Group! It's a great opportunity to learn and enjoy traditional Filipino and folk dances led by *Welma Horn*. Whether you're new to dancing or simply looking to try something different, everyone is welcome! For more information, please contact *Welma Horn at Ext. 1350.*

Lifelong Learning Lecture Series
Do you have a story to tell? The Lifelong Learning Lecture Series is looking for engaging speakers! There are so many interesting people here with wonderful life stories, and this is the perfect opportunity to share yours. Our team will help you organize your ideas and information. For more information or questions, contact *Pat Roth at Ext. 7433.*

WELLNESS NEWS

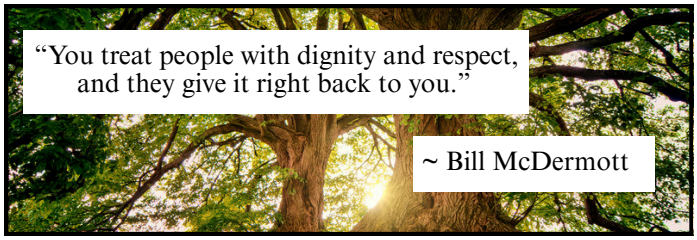
Brooklyn Capers, CPT
Wellness Coordinator

Dina Reyes
Wellness Assistant

Wellness Tip of the Week



Balance is something many of us don't think about until we need it. Good balance helps us move confidently, stay active, and enjoy life. That is why it's important to challenge ourselves and maintain balance as part of a healthy lifestyle. Balance relies on several systems working together. Your muscles provide strength and stability, your eyes help you understand your surroundings, your inner ear detects motion and direction, and your brain processes this information to keep you upright. As these systems change with age, balance can become more challenging. One significant change is the loss of muscle mass and strength, especially in the legs and core. These muscles support your body. When they weaken, it becomes harder to recover from a stumble, get up from a chair, or navigate uneven surfaces safely. Aging can also slow reaction time. Changes in vision can impact balance. Conditions such as cataracts, glaucoma, or reduced depth perception can make it harder to judge distances or identify obstacles. The inner ear also experiences age-related changes that can cause unsteadiness, dizziness, or difficulty maintaining balance during everyday movement. The good news is that balance can improve with practice. Research shows that regular exercise focused on strength, coordination, and functional movement can improve stability and reduce fall risks, regardless of age. Simple movements like standing from a chair, stepping over obstacles, reaching in different directions, or practicing single-leg balance can make a meaningful difference over time. Growing older is inevitable, but losing confidence in your movement doesn't have to be. By staying active and challenging your balance, you can build strength, improve stability, and maintain independence for years to come. Balance is a skill; the more you practice, the better it becomes!



Class Recommendation
Looking for a class that enables you to feel more confident and steadier with everyday movement? Core and Balance is an intermediate-level class designed for active seniors who are ready to take their fitness to the next level. This engaging class combines both seated and standing exercises to help strengthen your core, improve balance, enhance posture, and increase body awareness. Through functional movements that mimic real-life activities, you will build the strength and stability needed to move through your day with greater confidence and independence.

New Class Alert: Meditation Mondays
We're excited to introduce Meditation Mondays. Starting *November 9.* Join us every Monday starting at 2:15 pm for a 20-minute guided meditation. This class is open to *ALL* mobility levels and welcomes everyone, whether you're brand-new to meditation or looking to deepen your existing practice. Through guided breathing, mindfulness, and moments of reflection, we'll create space to release stress, quiet the mind, and reconnect with ourselves. Take a moment to relax, breathe, and recharge with no equipment, no experience, just show up and enjoy the peaceful atmosphere. The best gift anyone can give themselves is a few moments of peace. Join us and experience the difference yourself!

Weekly Events Schedule

Monday, November 9
8:45a Fit & Flexible - Wellness Complex
9:00a Pickleball - WC Courts
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: The Gambia - Asbury Hall
11:00a Line Dancing - Wellness Complex
12:45p Ukulele Beginners - **Asbury Hall**
1:00p Chicago Bridge - **Hunt Crossing**
1:30p Uniq'uleles Practice - **Asbury Hall**
1:30p Sit & Be Fit - Wellness Complex
2:00p Bingo - Arbor Room
2:15p Meditation Monday - Wellness Complex
2:30p Shuffleboard - Gameland
3:00p Holy Communion - Assisted Living Den
4:00p Table Tennis - Curry Room

Tuesday, November 10
8:15a Water Aerobics - Wellness Complex
8:45a Core & Balance - Wellness Complex
9:00a Pickleball - WC Courts
9:30a Tai Chi - Wellness Complex
10:00a ILRC Town Hall Meeting - Asbury Hall
10:15a Mobility Moves - Wellness Complex
11:00a Men's Study Group - Floor 4 Treehouse Landing
11:00a Endurance & Agility - Wellness Complex
1:00p Contract Bridge - **Hunt Crossing**
1:30p Chair Yoga - Wellness Complex
2:30p Wesley Wonders Chorus - Asbury Hall
6:00p Hand and Foot - **Hunt Crossing**

Wednesday, November 11
8:30a Veterans Breakfast - Asbury Hall *(Invitation only)*
8:45a Fit & Flexible - Wellness Complex
9:00a Pickleball - WC Courts
~~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 - **Marketing Conference Room**
1:00p Weekly Documentary Series - Asbury Hall
1:00p Walmart Shopping Departure - Off Campus
2:00p Mid-Week Prayer Meeting - Treehouse 3008
3:00p Veterans Day Ceremony - Asbury Hall
4:00p Table Tennis - Curry Room
6:00p Pinochle - **Hunt Crossing**

Thursday, November 12
8:15a Water Aerobics - Wellness Complex
8:45a Core & Balance - Wellness Complex
9:00a Pickleball - WC Courts
9:30a Tai Chi - Wellness Complex
10:15a Mobility Moves - Wellness Complex
10:20a Golfing Group - Off Campus
11:00a Endurance & Agility - Wellness Complex
1:00p Afternoon Tunes w/ Uniq'uleles - Commons Crossing
1:00p Contract Bridge - **Hunt Crossing**
1:30p Chair Yoga - Wellness Complex
2:00p Holman Garden Meeting - Asbury Hall
3:00p S'mores & Pours Social Hour - Pavilion

Friday, November 13
8:30a Water Aerobics - Wellness Complex
9:00a Pickleball - WC Courts
9:30a Core & Balance - Wellness Complex

Friday, November 13
10:00a Shopping in Augusta Departure - Off Campus
10:15a Wesley Weights - Wellness Complex
11:00a Line Dancing - Wellness Complex
1:00p Mah Jongg - **Hunt Crossing**
1:30p Sit & Be Fit - Wellness Complex
4:00p Table Tennis - Curry Room

Saturday, November 14
9:00a Pickleball - WC Courts
1:00p Pool - Decades
6:00p Hand & Foot - **Hunt Crossing**

Sunday, November 15
9:00a Flip Goes Berserk Group - Asbury Hall
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 - Arbor Room
4:30p Vespers Service - Asbury Hall

Joke of the Week:
Why is it hard to play cards in the jungle?
Too many Cheetahs

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.

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.*

Continued Growth and Renewal
"In the section titled "Continued Growth and Renewal", page 8, near the bottom of the page "Wilkinson Lane" is mentioned That should be Wilkerson Lane. This street was named for a man who very early on donated his time to work on the nonexistent lawn when there was no money for that. Apologies for the error!"

- Sunni Bond