WESLEY COMMONS

WESLEY WINDOW

YOUR WEEKLY NEWS

Greenwood, South Carolina | *www.wesleycommons.org* | *November 16, 2026*

WORSHIP SERVICE SUNDAY
Sunday, November 22, 2026
Vespers at 4:30 pm
Asbury Hall

Service Information:
His People, Our King

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!

There will be no Documentary Series on *November 18.* The series will resume on *November 25.* Thank you for your understanding!

Veterans Memorial Table
As we conclude our Veterans Day memorial, please pick up all Veteran's photo from the table by November 18. Thank you to everyone who participated in helping us honor and remember our Veterans!

SPECIAL EVENTS

Monday
Lander Concert Departure - 6:30 pm

Tuesday
Thank You Cards to Staff - 2 pm

Wednesday
Snack Mix Grab-N-Go - 12 pm

Thursday
Thursdays at Three - 3 pm
Lander Jazz Concert - 6:30 pm

Friday
Sock Snowman Craft - 2 pm

Games in the Decades
Game pieces for the following games are now available in the Decades:
- Checkers
- Chess
- Backgammon

If the games are not already set out on a table, you can find them on the console table behind the couch. We hope you enjoy playing!

Fun Fact Of The Week
Did you know Turkeys can blush? When a Turkey gets excited, scared, or angry, the skin on its head and neck can change colors friom red to blue or white.

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!

White Christmas at Greenwood Community Theatre



December 3, Shuttle beginning at TBD - Wesley Commons is excited to announce its sponsorship of the upcoming production of White Christmas at the Greenwood Community Theatre! All residents are invited to enjoy a special evening at the theatre for the final dress rehearsal and sponsored performance. This special event is free of charge, and all residents are welcome to attend! This delightful production is sure to bring back fond memories and put everyone in the holiday spirit. Whether you have enjoyed this classic many times before or are seeing it brought to life on stage for the first time, it promises to be a wonderful evening of entertainment. We hope you will take advantage of this opportunity to enjoy a night out, spend time with friends and neighbors, and support the wonderful local arts and theatre community here in Greenwood. To make the evening as convenient as possible, Wesley Commons will provide shuttle transportation to and from the Greenwood Community Theatre. Additional details regarding shuttle times will be shared soon! Residents are also welcome to drive themselves or arrange their own transportation if they prefer. Gather your friends, mark your calendars, and get ready for an evening filled with music, laughter, and Christmas magic. We hope to see you there.

If you plan to attend, please be sure to sign up in the Commons Crossing so we can get an accurate headcount. When signing up, please indicate whether you plan to take the Wesley Commons shuttle or provide your own transportation. This will help us coordinate transportation and ensure everyone has a smooth and enjoyable evening.

Rayane Thomson
Activity Coordinator

ACTIVITIES NEWS

UPCOMING SPECIAL ACTIVITIES

*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
*23 Movie Night & Pizza - Asbury Hall - 5 pm
24 Pop In & Play in the Decades - The Decades - 1 pm
30 Pop In & Play in the Decades - The Decades - 3 pm

Upcoming December Activities

*1 Lander Old Main Singers Concert - Off Campus - 6:30 pm
*2 Weekly Documentary Series - Asbury Hall - 1 pm
*3 GCT White Christmas - Off Campus - Shuttle beginning at TDB
*5 Children's Christmas Pageant - Asbury Hall - 10 am
*5 Cokesbury Christmas Open House - Off Campus - 4 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

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.

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!

Page Turners Meeting

November 17, at 1:00 pm in the Colgan Home - The Page Turners will be enjoying its last book discussion of this year at the home of Robin and John Colgan. Robin will lead us in a discussion of *Kristin Hannah's novel, On Mystic Lake.* They will also share our suggestions for the coming year's reading selections. C*all the Colgan's at Ext. 7358* if you are an Interested in becoming a new member

Movie Night & Pizza



November 23, at 5:00 pm in Asbury Hall
Join Activities for a fun-filled evening of movie entertainment and pizza as we feature Song Sung Blue! Based on an inspiring true story, this film follows two down-on-their-luck musicians who come together to form a Neil Diamond tribute band called Lightning & Thunder. Through their shared love of music, they discover friendship, romance, and the courage to follow their dreams. Filled with laughter, memorable music, and emotional moments, this uplifting story celebrates love, resilience, and the power of music to bring people together. The movie runs approximately 2 hours and 13 minutes. 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 save your seat. You won't want to miss this heartwarming evening filled great company!

The History of Irish Immigration to America

It is estimated that one in six Americans has Irish ancestry, including many of our WC residents! Join Karen Blickstein for a two-part lecture exploring the history of Irish immigration to America. In Part One, learn about Ireland's turbulent history, its relationship with Britain, and the devastating Potato Famine that led many to leave their homeland. In Part Two, discover when and how the Irish came to America, the challenges they faced, and their lasting contributions to American society. Be sure to sign up for this fascinating 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

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!*

Lander Old Main Singers Concert

December 1, departing at 6:30 pm - The Old Main Singers will present a concert at First Baptist Church of Greenwood. The performance will feature a wide array of a cappella Christmas music. Professor Rodney Cleveland will join the ensemble on organ, and audience members will be invited to sing along with some of their favorite beloved Christmas carols. Sign up in the Commons Crossing to resirve a seat on the bus. Spots are limited. We hope to see you there.

Pop in & Play in the Decades

Activities will be hosting two Pop In & Play sessions, giving you the opportunity to check out the games available and learn how to play them in the Decades. There's something for everyone to enjoy, and you might even discover a new favorite along the way! Never played before? No problem! We'll be there to introduce you to the different games, explain the rules, and help you get started. Our goal is to help you feel comfortable exploring and enjoying the new space, learn about the activities and entertainment options available, and encourage everyone to take advantage of this fun new addition. It's also a wonderful chance to meet fellow game enthusiasts, make new connections, and enjoy some relaxed social time.

- ***Session 1*** - November 24 from 1:00 pm to 3:00 pm
- ***Session 2*** - November 30 from 3:00 pm to 5:00 pm

Rayane Thomson
Activity Coordinator

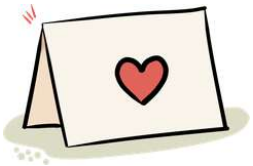
ACTIVITIES NEWS

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. We hope to see you there!

Christmas at Cokesbury Event
December 5, departing at 3:30 pm **-** Mark your calendar, the annual Cokesbury Christmas Open House will be from 4:00 pm to 7:00 pm with food, drinks and holiday music to enjoy. You are invited to visit this historic site. Informational tours of the college and the history of the Cokesbury community will be available. This is a free event. Sign up in the Commons Crossing to save a seat on the bus. Spots are limited and filling up fast!

Children's Christmas Pageant
December 5, at 10:00 am in Asbury Hall **-** Activities is excited to welcome the St. Mark Children's Christmas Pageant to help kick off the holiday season! This is a wonderful opportunity to get into the holiday spirit and enjoy the magic of the season. Please sign up in the Commons Crossing if you plan to attend. We look forward to welcoming everyone for this special holiday tradition!

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.*

Bible Study Meeting
November 20, at 3:00 pm in the Group Exercise Room **-** The Resident-Led Bible Study will be resuming this week with a new meeting time! The group will now meet *every Friday from 3:00 pm to 4:00 pm.* This season, the book *They Met Jesus* will serve as the foundation for weekly biblical studies, meaningful discussions, and opportunities for spiritual growth and exploration. Residents are welcome to join the group for fellowship, learning, and shared reflection. For more information or questions regarding the group, please contact Doug Nelson at Ext. 7407.

Brooklyn Capers, CPT
Wellness Coordinator

WELLNESS NEWS

Dina Reyes
Wellness Assistant

Wellness Tip of the Week
You may be asking, why does senior fitness testing matter? These assessments focus on important aspects of everyday fitness, including lower and upper-body strength, flexibility, balance, agility, and endurance. These abilities play a major role in completing everyday activities such as getting up from a chair, walking, reaching for items, carrying groceries, and moving around safely. By participating in fitness testing, older adults can gain valuable insight into their physical health and learn which areas may benefit from additional exercise and attention. One of the greatest benefits of senior fitness testing is that it provides a starting point for setting realistic and personalized wellness goals. Rather than guessing which exercises may be most beneficial, testing can help identify specific areas to focus on. These assessments also provide an opportunity to track progress over time, celebrate improvements, and recognize how consistent physical activity can positively impact daily life. Senior fitness testing can also play an important role in fall prevention and maintaining independence. Improving muscle strength, balance, flexibility, and coordination can help make everyday movement safe and more manageable. Wellness is about more than simply avoiding illness. It is also about taking proactive steps to prevent potential problems before they start. By identifying strengths and weaknesses, setting personal goals, and regularly reassessing fitness levels, older adults can stay informed about their progress and take an active role in maintaining their health, mobility, and independence. Ultimately, senior fitness testing is not about competition or achieving perfection. It is about understanding where you are today, recognizing opportunities for improvement, and taking small, consistent steps toward a healthier, stronger, and more confident future. Regular testing also encourages motivation, builds confidence, and reinforces the importance of staying active at every stage of life.

Lunch & Learn: Nutrition after 60
December 2, 11:00 am in Asbury Hall **-** We are excited to welcome Michele E. Gehr, RDN, LDN, Community Dietitian with Self Regional Food & Nutrition Services. Michele will share helpful tips and information on how good nutrition can support energy, strength, and overall wellness as we age. Residents will also enjoy a fresh lunch while learning about simple ways to make healthy eating part of everyday life.

Senior Fitness Testing and VST Testing
December 3, at 9:00 am in Wellness **-** Mark your calendars for 9:00 am to 1:00 pm for an opportunity to focus on your health and well-being! We will be offering Senior Fitness Testing and VST Testing to help you learn more about your fitness, overall health, and wellness. A sign-up sheet with available time slots is located at the Wellness Entry Table. Stop by and choose a time that works best for you! Your health matters at every age! Take this opportunity to check in with your body, recognize your strengths, and identify areas for improvement. Every small step makes a difference in staying strong, healthy, and independent.

Class Cancellation Announcement
All Wellness classes will be canceled on November 26 and November 27, in observance of the Thanksgiving holiday. All Wellness classes will resume on November 30. We hope you enjoy this time to relax, recharge, and make special memories with family and friends. Take a moment to reflect on all the things you are grateful for and enjoy some well-deserved time together. From all of us in Wellness, we wish you and your families a safe, happy, and wonderful Thanksgiving filled with joy, laughter, love, and plenty of reasons to be thankful! We look forward to seeing everyone back in class soon!

Weekly Events Schedule

Monday, November 16
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 Line Dancing - Wellness Complex
11:00a Lifelong Learning Lecture- Asbury Hall
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
1:30p Euchre - Hunt Crossing
2:00p Bingo - Arbor Room
2:15p Meditation Monday - Wellness Complex
2:30p Shuffleboard - Gameland
4:00p Table Tennis - Curry Room
6:30p Lander Concert Departure - Off Campus

Tuesday, November 17
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 Resident Council - Asbury Hall
10:15a Water Walking - Wellness Complex
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
1:00p Page Turners - The Colgan Home
1:30p Chair Yoga - Wellness Complex
2:00p Thank You Cards to Staff - Curry Room
2:30p Wesley Wonders Chorus - Asbury Hall
6:00p Hand and Foot - Hunt Crossing

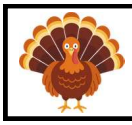
Wednesday, November 18
8:45a Fit & Flexible - Wellness Complex
9:00a Pickleball - WC Courts
~~9:00a Art Group - Hunt Room Crossing~~
9:00a Food Lion Shopping Departure - Off Campus
9:30a Core & Balance - Wellness Complex
10:15a Wesley Weights - Wellness Complex
10:30a Publix and Aldi Shopping Departure - Off Campus
11:00a Water Aerobics - Wellness Complex
11:00a County Bank - TBD
11:00a Mass and Confession - Asbury Hall
1:00p Grab-N-Go Begins - Commons Crossing
~~1:00p Weekly Documentary Series - Asbury Hall~~
1:00p Walmart Shopping Departure - Off Campus
2:00p Mid-Week Prayer Meeting - Treehouse 3008
3:00p Grab-N-Go Ends - Commons Crossing
4:00p Table Tennis - Curry Room
6:00p Pinochle - Hunt Crossing

Thursday, November 19
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 Water Walking - Wellness Complex
10:15a Mobility Moves - Wellness Complex
10:20a Golfing Group - Off Campus
11:00a Endurance & Agility - Wellness Complex
11:00a First Pres K-Group - ALF Den
1:00p Afternoon Tunes w/ Uniq'uleles - Commons Crossing
1:00p Contract Bridge - Hunt Crossing
1:30p Chair Yoga - Wellness Complex
3:00p Thursdays at Three - Asbury Hall
6:30p Lander Jazz Concert Departure - Off Campus

Friday, November 20
8:30a Water Aerobics - Wellness Complex
9:00a Pickleball - WC Courts
9:30a Core & Balance - Wellness Complex
10:00a Doug's Culinary Corner - Asbury Hall
10:15a Wesley Weights - Wellness Complex
10:30a Maintenance Minutes - Asbury Hall
11:00a Line Dancing - Wellness Complex
1:00p Mah Jongg - Hunt Crossing
1:30p Sit & Be Fit - Wellness Complex
2:00p Sock Snowman Craft - Asbury Hall
3:00p Bible Study - Group Exercise Room
4:00p Table Tennis - Curry Room

Saturday, November 21
9:00a Flip Goes Berserk Group - Asbury Hall
9:00a Pickleball - WC Courts
1:00p Pool - Decades
6:00p Hand & Foot - Hunt Crossing

Sunday, November 22
9:00a Sunday School, 1st Pres Departure
9:30a Main St. UMC & 1st Baptist Departure
11:00a Main St. UMC & 1st Pres and pickup from Sunday School
1:30p Duplicate Bridge - Hunt Crossing
12:00p Pickup 1st Pres and Main St. UMC
2:00p Bunco - Arbor Room
2:00p Sunday Games - Arbor Room
4:30p Vespers Service - Asbury Hall



Joke of the Week:
Why did the Turkey join a band?
He already had the drumsticks!



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.