

Greenwood, South Carolina

www.wesleycommons.org

May 12, 2025

WORSHIP SERVICE SUNDAY

Sunday, May 18, 2025

Vespers at 4:30 pm
Asbury Hall

Service Theme:
Jacob Falls In Love
Genesis 29:1-12



LECTURE SERIES

**Benjamin Franklin:
Printer & Postmaster**

Printing experienced rapid growth in the 18th century, and Benjamin Franklin emerged as one of its key pioneers. He not only trained and apprenticed young men but also helped establish them as printers in other cities—receiving half of their profits in return.

As a successful and wealthy printer, Franklin eventually shifted his focus to publishing and developing a postal system. We'll explore all of these fascinating efforts on Friday, May 16, at 2:15 pm in Asbury Hall.

SPECIAL EVENTS

Tuesday:

Doug's Culinary Corner – 10 am

Wednesday:

Garden Gnome Art Project – 10 am

Tuesday:

*Coffee & Conversation – 10 am
Thursdays at Three - 3 pm*

Friday:

Mike's Minutes - 10:30 am

Senior Health & Fitness Fun Day



Join us for fun filled day of activities celebrating National Senior Health and Fitness Day!

WEDNESDAY
MAY 28, 2025

Daily activities will include:

- 3k Fun Walk for residents and staff
- Residents vs Staff Pickleball Exhibition
- Performance from the Greenwood Dance Center Elite dancers
- Ice cream Social and more!

To sign up or for more information, contact Wellness at Ext 7485

Wesley Commons Welcomes USA Today Bestselling Author Laura Bradford

Wesley Commons is pleased to invite you to a special event featuring Laura Bradford, a USA Today Bestselling author and Greenwood County resident. Join us in the IL Library on Thursday, May 22, at 1:00 pm for an engaging talk about her journey as a writer.

Laura will share what it's like to be an author, offer advice for those interested in writing—whether fiction or personal stories—and answer questions during a Q&A session. It's a perfect opportunity for readers, writers, and anyone curious about the creative process. Light refreshments will be served. This event is free, but registration is required.

RC President's Corner

"If you are going away for 5 days or more, fill out a 'HOLD MAIL' form and turn it in to our post office prior to departure. Forms are also available at the Commons Lobby front desk."

~Nancy Schwartz, RC President

ACTIVITIES NEWS

UPCOMING SPECIAL ACTIVITIES

- 13 Doug's Culinary Corner - Asbury Hall - 10 am**
- * **14 Garden Gnome Art Project - Curry Room - 10 am**
- 15 Coffee & Conversation w/ David - Asbury Hall - 10 am**
- * **15 Thursdays at Three w/ Entertainment - Arbor Room - 3 pm**
- 16 Mike's Minutes - Asbury Hall - 10:30 am**
- * **19 Movie Night & Pizza - Asbury Hall - 5 pm**
- 20 Resident Council Meeting - Library - 10 am**
- * **22 Laura Bradford Workshop - Library - 1 pm**
- 23 WC Flag Fly - Campus Grounds - 9 am**
- 26 Memorial Day Ceremony - Fountain - 10 am**
- * **28 Senior Health & Fitness Day - Details TBA**

An asterisk indicates that sign-ups are required. We would like to remind you that if sign ups are required, sheets to reserve your spot will be located outside of the Activities office. Please notify us if you plan to cancel your reservation for an event or come by and cross your name off of the list. Please call Ext. 7221 with any questions.

Coffee and Conversation with CEO David Buckshorn

We're pleased to invite all residents to our quarterly Coffee and Conversation with President and CEO, David Buckshorn, on Thursday, May 15, at 10 am in Asbury Hall.

This meeting will offer a firsthand look at the exciting plans for the new campus neighborhood and upcoming renovations to several common areas. It's a valuable opportunity to stay informed, ask questions, and engage in meaningful dialogue about the future of our community.

No sign ups are required, and light morning refreshments will be provided. We look forward to seeing you there and sharing what's ahead!

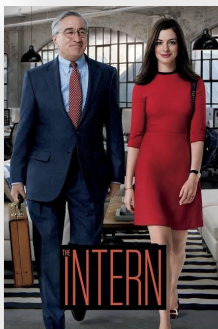
Episcopal Communion

Episcopal Communion will be held at 11 am in the library on Tuesday, May 13. Everyone is welcome to attend. Please note that there will be no services at Wesley Commons during June, July, and August. For more information, contact Dottie Russell at Ext. 7405.

Movie Night and Pizza May 19, 5pm in Asbury Hall

The Intern is a 2015 comedy-drama directed by Nancy Meyers, starring Robert De Niro and Anne Hathaway. De Niro plays Ben Whittaker, a 70-year-old widower who becomes a senior intern at a trendy online fashion company run by the much younger Jules Ostin (Hathaway). As the two navigate generational differences and workplace challenges, they form a unique friendship that blends warmth, humor, and life wisdom.

To ensure an enjoyable experience for all attendees, please sign up outside the Activities Office.



Quick Campus News

- On May 12, the **Pickleball group** resumes their summer time: Monday, Wednesday, & Friday at 9 am.
- Doug's Culinary Corner** is scheduled for Tuesday, May 13, at 10 am in Asbury Hall.
- The **Current Events Group** will not meet on Thursday, May 15, allowing members to attend Coffee & Conversation with David Buckshorn.
- Our next **Thursdays at Three wine social** will be held on May 15 at 3 pm and will feature music performed by Nicole Quinn. Sign up today!
- The May **Mike's Minutes** event will be held on Friday, May 16.
- The **IL Resident Council** will hold their monthly meeting on Tuesday, May 20.

Garden Gnome Art Project

We're thrilled to announce a new collaboration with the Arts Center of Greenwood to bring you year-round creative opportunities—including onsite and studio art classes, educational experiences, and gallery tours.

Our first project kicks off with a Garden Gnome Painting Workshop on Wednesday, May 14, from 10 am to 12 pm in the Curry Room. Once decorated, your unique gnomes will be featured in a whimsical art gallery throughout the Rabbit Patch garden.

Start thinking about how you'll design your gnome—and don't forget to come up with a fun, catchy name to go along with it! Space is limited with only a few spots remaining, so be sure to sign up today!

"I was overwhelmed by your thoughtfulness and kindness at the passing of my husband, Stewart. Your calls, notes, cards, visits, food, flowers, and hugs were a great comfort and support. I am truly grateful. Thank you, Wesley Commons family." ~ Dottie Russell

Thank
you ❤️

St. Mark UMC sends a BIG thank you to the residents who took part and accepted the Lenten Challenge. These folks used a Lenten Calendar and took time each of the days of Lent to count simple blessings that surround us each day, pray and give thanks for our abundance, and put an offering into the Blessing Bag. Last week at our the monthly St. Mark Fellowship time on the Wesley Commons campus, we had a "Blessing of the Bags". While the bags were small, the offerings for the blessings were bountiful totaling \$959.17. Thank you to the residents for these kind and generous gifts, your gifts will help St. Mark UMC share God's Blessings with those in Greenwood and beyond.

All residents and staff are invited to join us for the monthly fellowship followed by a devotional, time of prayer, and holy communion. We hope to see you at 10:30 am on the FIRST Thursday of each month in the Wesley Commons Library. Mark your calendars for June 5....we hope to see you there. Blessings to you all.

~St. Mark UMC

Memorial Day Flags and Ceremony

Wesley Commons invites all residents, staff, families, and guests to honor and remember our nation's heroes during our annual Memorial Day ceremony, held Monday, May 26, at 10 am by the fountain.

In preparation, we will begin placing approximately 1,000 American flags along the main thoroughfares of campus on Friday, May 23, at 9 am. This powerful display is a moving tribute that inspires all who see it.

Everyone is welcome to participate in both the flag placement and the ceremony. Let's come together as a community to reflect, remember, and pay our respects.

As a reminder, if you have not completed resident consent forms for publishing birthdays, anniversaries, and event photographs (or need to confirm that you have), please contact Justin Jenkins at Ext. 7389!

Katie Winchester, CPT
Wellness Manager WELLNESS NEWS **Matthew Anderson**
Wellness Assistant

Wellness Tip of the Week

Research shows that self-care plays a vital role in managing stress and enhancing happiness—both of which are essential to overall health. But what exactly is self-care? While some may mistakenly see it as selfish or indulgent, self-care is actually the deliberate practice of nurturing your well-being, especially during times of stress. It means taking care of yourself mentally, physically, emotionally, socially, and spiritually. At its core, self-care is about creating balance in your life.



Living a healthier life starts with simple steps: eat nourishing foods, get quality sleep, and move your body regularly. Be proactive about both your physical and emotional health. Maintain meaningful relationships, carve out time for activities you enjoy, and make space to relax and recharge. Self-care isn't a luxury—it's a necessity for a thriving, resilient life.

“Self-care is not selfish. You cannot serve from an empty vessel.” – Eleanor Brown

Class Recommendations

Wesley Weights – This is a strength training class, focusing on improving muscular strength and endurance, as well as proper form and range of motion. This class may be performed standing or sitting, utilizing a variety of weights, medicine balls and/or resistance bands.

Wellness Reminder

Please be reminded that our Wellness Complex is a positive space where all residents should feel welcome and able. The weight room equipment is available on a first come, first serve basis and we encourage all residents to show patience and be respectful toward one another when working out.

Are you interested in beginning a regular fitness schedule but don't know where to start? If so, reach out to Wellness at Ext. 7485, and we will be happy to help you determine which classes or offerings would best help you reach your personal health and wellness goals!

Group Exercise Schedule
May 5, 2025 - May 30, 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 AM		Water Aerobics		Water Aerobics	Water Aerobics
8:45 AM	Fit & Flexible	Core & Balance	Fit & Flexible	Core & Balance	
9:30 AM	Core & Balance	Tai Chi *video led	Core & Balance	Tai Chi *video led	Core & Balance
10:15 AM	Wesley Weights	Mobility Moves	Wesley Weights	Mobility Moves	Wesley Weights
11:00 AM	Line Dancing	Endurance & Agility	Dancercise *video led	Endurance & Agility	Line Dancing
1:30 PM	Sit & Be Fit	Chair Yoga		Chair Yoga	Sit & Be Fit

Weekly Events Schedule

Monday, May 12

8:45a Fit & Flexible - Wellness Complex
 9:00a Pickleball – WC Courts
 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
 11:00a Line Dancing - Wellness Complex
 1:00p Ukulele Beginners - PDR
 1:00p Chicago Bridge - Hunt Room
 1:30p Sit & Be Fit - Wellness Complex
 2:00p Bingo – Arbor Room
 2:00p Uniq'uleles Practice - PDR
 2:30p Shuffleboard - Gameland
 6:00p Mexican Train Dominos - Hunt Room
 6:00p Pinochle - Hunt Room

Tuesday, May 13

8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance –Wellness Complex
 9:30a Tai Chi - Wellness Complex
10:00a Doug's Culinary Corner - Asbury Hall
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
 10:15a Mobility Moves - Wellness Complex
 11:00a Men's Study Group - PDR
 11:00a Endurance & Agility - Wellness Complex
11:00a Episcopal Communion - Library
 1:00p Contract Bridge - Hunt Room
 1:00p Coloring Group - Arbor Room Café
 1:30p Chair Yoga - Wellness Complex
 1:30p Grief Share - PDR
 4:00p Table Tennis - Curry Room
 5:45p Hand and Foot - Hunt Room
 6:00p Mexican Train Dominos - Hunt Room

Wednesday, May 14

8:45a Fit & Flexible – Wellness Complex
 9:00a Pickleball – WC Courts
 9:00a Art Group - Hunt Room
 9:00a Food Lion Shopping Departure
 9:30a Core & Balance - Wellness Complex
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
10:00a Garden Gnome Art Project - Curry Room
 10:15a Wesley Weights - Wellness Complex
 10:30a Publix and Aldi Shopping Departure
 11:00a County Bank - Classroom
 11:00a Dancercise - Wellness Complex
 1:00p Walmart Shopping Departure
 2:00p Chess Club - IL Library
 4:00p Table Tennis - Curry Room
 6:00p Pinochle - Hunt Room
 6:00p Mexican Train Dominos - Hunt Room

Thursday, May 15

8:15a Water Aerobics - Wellness Complex
 8:45a Core & Balance- Wellness Complex
 9:30a Tai Chi - Wellness Complex
 10:00a Devotion with Chaplain Hinson - WCTV 99.1
10:00a Coffee & Conversation - Asbury Hall
 10:15a Mobility Moves - Wellness Complex
~~10:30a Current Events - PDR~~
 11:00a Endurance & Agility - Wellness Complex
11:00a First Presbyterian K-Group - Arbor Room
 1:00p Afternoon Tunes w/ Uniq'uleles - Commons Crossing
 1:00p Contract Bridge - Hunt Room
 1:30p Chair Yoga - Wellness Complex
3:00p Thursdays at Three w/ Music - Arbor Room
 4:00p Table Tennis - Curry Room
 6:00p Mexican Train Dominos - Hunt Room
 10:00a Devotion with Chaplain Hinson - WCTV 99.1

Friday, May 16

8:15a Water Aerobics - Wellness Complex
 9:00a Pickleball – WC Courts
 9:30a Core & Balance - Wellness Complex
 10:00a Table Tennis - Curry Room

Friday, May 16 Continued

10:15a Wesley Weights - Wellness Complex
10:30a Mike's Minutes - Asbury Hall
 11:00a Line Dancing - Wellness Complex
 1:00p Mah-Jongg - Hunt Room
 1:30p Sit & Be Fit - Wellness Complex
 2:15p Lecture Series - Asbury Hall
 4:00p Table Tennis - Curry Room
 6:00p Mexican Train Dominos - Hunt Room

Saturday, May 17

10:00a Table Tennis - Curry Room
 10:30a Bocce - Gameland
 1:00p Pool - Curry Room
 5:45p Hand and Foot - Hunt Room
 6:00p Mexican Train Dominos - Hunt Room

Sunday, May 18

8:15a St. Mark UMC Departure
 9:00a Our Lady of Lourdes Departure
 9:30a Church of the Resurrection, Main St. UMC,
 1st Pres, & 1st Baptist Departure
 10:30a Main St. UMC & 1st Pres Departure and
 pickup from Our Lady of Lourdes
 11:00a Pickup St. Mark UMC, Church of the
 Resurrection, Main St. UMC, & 1st Pres.
 12:00p Pick up Main St. UMC & 1st Pres
 2:00p Sunday Games - Silver Leaf
 4:30p Vespers Service - Asbury Hall

Sunday Games Line-Up

The Sunday Games Group meets weekly in the Silver Leaf at 2 pm on Sunday. Current featured games:

* **Card Games:** Shanghai Rummy

* **Board Games:** Rummikub

Questions about joining in on the fun? If so, contact Marianne Morgantini at Ext. 1332 to learn more.

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.

Wesley Window Submissions

As a reminder, the deadline for weekly Wesley Window submissions is Tuesday at 5 pm. Submissions can be made in writing at the Commons Lobby front desk or by email at activities@wesleycommons.org.