

WESLEY COMMONS

WESLEY WINDOW
YOUR WEEKLY NEWS

Greenwood, South Carolina

www.wesleycommons.org

July 4, 2022

WORSHIP SERVICE SUNDAY

Service with Kelvin Hinson at
4:30pm in Asbury Hall.

Service Theme:
"Blind Hatred"

Suggested Bible Readings:
John 9: 13-23



LECTURE SERIES

The United States and Empire

After the United States victory in the Civil War, we entered a stage of world politics that recognized us as a stable power.

History is made by great individuals, not by social or economic forces. Abraham Lincoln was such an individual.

Our lecture at 2:15pm on Friday, July 9 will explore events that led to our becoming an established world leader.

SPECIAL EVENTS

Monday:

Fourth of July Ice Cream Social
1:45pm

Tuesday:

Resident Services Shopping Trip
10am

Wednesday:

Collect American Flags 8:30am
Games with Greta 3pm

Thursday:

Break on the Lake Departure
11am

Interactive Art Challenge

In the lobby outside of the mailroom, you might notice a new painting! Barbara Van Gelderen has graciously let us hang one of her paintings, and she wants it to be an interactive experience! The painting is of a table with 10 objects, the objects represent different countries, some being from the same country as another...can you guess where each object is from? Under the painting you will find a sheet of paper you can write your guesses on that is labeled 1-10. After guessing, you will sign it and put it in our answer box. When the week is over we will put the answer key out for everyone to see, and the Activities Department will check the answers of the participants who submitted answer sheets. Anyone who guesses them all right will win a prize and bragging rights! We are looking forward to this interactive art activity with you, and cannot wait to see your guesses. Please contact the Activities Department or Barbara Van Gelderen at EXT. 7325 if you have any questions.



We are going for lunch at "Break on the Lake" July 7, departing from the main lobby at 11:00am. Break on the Lake is a restaurant right on Lake Greenwood, with perfect lake views! You can order anything from a mahi club sandwich, to shrimp tacos, to a burger, to a salad! Sign-ups are required so we can get a reservation, if you are driving separately, please still sign up and specify that! We look forward to seeing you there!

Need to Dispose of Old or Unwanted Medicine?

If you have prescription drugs that you no longer have need for, the Greenwood area, aside from our nurses here on campus, has many locations that will properly dispose of these for you. At the following locations you can find secure drop boxes: Greenwood County Sheriff's Office, Ninety Six Police Department, Edgefield County Sheriff's office, McCormick County Sheriff's Office, Strom's Drug Store, Abbeville Area Medical Center, Abbeville County Sheriff's Office, and Due West Police Department. For more information go to cornerstonecares.org.

Library Update

There are newly organized sections in the library that are available to all residents.

The variety of sections consists of LARGE PRINT, Regular Fiction, Paperback Fiction, Religion, Biography, History, also including a section for S.C History and misc. Romance novels are also available. If you have any questions regarding the library or the books available please contact Judy Adams at EXT. 7220. She and the other ladies who volunteer to keep it organized look forward to seeing you there!

Are you interested in playing Bunko? There is a group that is planning to start a Bunko Group once a week here on campus! If you are interested in playing please call the Activities Department. Time will be decided when the group knows more about who wants to play!

Alexandra McDowell
Activities Coordinator

ACTIVITIES NEWS

Greta Hinson
Activities Assistant

SPECIAL ACTIVITIES FOR JULY

- * 4 Ice Cream Social—1:45pm—Arbor room
- * 6 Games with Greta—3:00pm—Arbor Room
- * 7 Break On The Lake —Depart @ 11am
- 12 Trivia (General Knowledge)3pm—Arbor Room
- * 14 Cards for Boys Farm—2pm—Library
- * 15 Fridays @ 3--3:00pm—Arbor Room
- * 19 Live Musician and Happy Hour—2:45pm—Arbor Room
- * 20 Self Regional Volunteer Services Presentation-2:30pm—Asbury Hall
- 21 Community Movie TBA—2:30pm—Asbury Hall
- 26 Bowling Alley and Brews TBA

The asterisk indicates sign up is required. We would like to remind you that if signups are required, sheets to reserve your spot will be located outside of the Activities office. When there is a limit on capacity or when off-campus events are capped at a certain amount of bus riders, a system will be in place for wait list if the list goes over. Please call ext.7221 with questions.

Join us on Monday, July 4, in Arbor Room to enjoy another **Ice Cream Social!** What better way to beat the heat and socialize with your friends than by joining us after lunch for an afternoon treat! We will have assorted patriotic colored toppings and flavors for everything red, white and blue! Let us know if you have dietary restrictions and we will work out something else for you! Please sign up outside of Activities Office to help ensure supplies!

Trivia on July 12 will be themed “General Knowledge”.

The questions are random and could be from any category! Come and test your knowledge and see what you can score! We will begin at 3:00pm in the Arbor Room. Last challenge team winners were teams from Meadows and Bristol Court and Treehouse, for a tie!

The next **Games with Greta** will be held on Wednesday, July 6, in Arbor room beginning at 3:00pm. We will be playing Phase 10. Phase 10 is a rummy-type card game with an exciting twist! You will be put in to teams and the rules will be explained upon arrival. Sign ups are required so we can assure accurate team numbers!

Watermelon time! The season is just right come and enjoy some deliciously refreshing watermelon! Come enjoy with your friends and neighbors on Wednesday, July 13 beginning at 2:30pm! Signups are required for this event outside of the Activities Office.

Cards for Boys Farm



On Thursday, July 14, beginning at 2pm, we will be in the library making encouraging and uplifting cards/letters to send to the young boys at Boys Farm in Newberry, SC. Boys farm is a Christian residential youth care ministry. The boys that live there have difficult family situations and are overcoming challenging circumstances. The Boys farm purpose is to provide support for body, mind, emotion, and spirit. Greta Hinson, former house parent at the farm, and now our Activities Assistant will be guiding and helping us make these. There will be names and pictures of the children that we will be sending these to so that it can be personal. All supplies will be provided, unless you have something special you would like to bring or donate to make them more individualized! Please sign up outside of Activities Office to help ensure supplies.

QUICK NEWS

- There will not be an **episcopal communion** in July. Also, beginning in August there will be a second Tuesday communion at 11am in the Library each month. Any questions please call Lou Wynne!
- The next **Doug's Culinary Corner** will be Tuesday, July 12 at 10:00am in Asbury Hall.
- The next **Mikes Minutes** will be Friday, July 15, at 10:30am in Asbury Hall.
- The first Tuesday of every month, which next would be July 5, Resident Services takes a **shopping trip** to Greenwood mall at 10am (Belk, T.J.Maxx, Shoe Depot, Bath & Bodyworks). Please sign up for this trip outside of the Activities Office or contact Cindy Gary with any questions at EXT. 7170.
- **Pickleball** has a new time of 8:30am! Come out a little earlier to avoid the heat!
- Please contact Lois Smith if you're interested in playing chess or joining the **chess club**, they are looking for interested members! loissmith0418@gmail.com
- **Ukulele Club** will be now meet from 2-4pm in the IL Library, merging the beginners class and the regular class.
- **The paper copy of the Wesley Window for the week of July 11-17 will be delivered Monday, July 11, not Friday, June 8 due to our printing company being off for vacation. Digital copies will still be available Friday July 8.**
- We will be **picking up American Flags** on Wednesday July 6 beginning at 8:30am.

Lindsay Thompson
Wellness Coordinator

WELLNESS NEWS

Kennedy Garner
Wellness Instructor

“Always bear in mind that your own resolution to succeed is more important than any one thing.” – Abraham Lincoln

Wellness Tip of the Week

Adopt the gratitude attitude. Count your blessings and not your burdens. A recent study found that individuals who think of gratitude as a permanent trait rather than a temporary state of mind have an edge on the not-so-grateful when it comes to health and managing stress. Expressing gratitude opens the door to more friendships, enhances empathy, and improves self-esteem. For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. Recognizing all that you have to be thankful for—even during difficult times—fosters resilience. Much of our time and energy is spent pursuing things we currently don't have. Gratitude reverses our priorities to help us appreciate the people and things we do.

Class Cancellations

All Wellness classes will be cancelled for Friday, July 8. Wellness Staff will not be available on this date. Classes will resume Monday, July 11.

Podiatrist

The podiatrist is visiting on Wednesday, July 6, in Asbury Hall! Your appointment time will be given to you through a printed reminder in your mailbox on July 5. Please call Wellness at Ext. 7485 with any questions!

Class Recommendation

Walking Group- In this class we get a great exercise by walking throughout the beautiful Wesley Commons campus. There are many benefits that pertain to walking, such as improved circulation, lowers blood pressure, and giving you energy. Walking group meets every Monday & Friday in the Wellness Complex Lobby at 8:30am. Please call Wellness at Ext. 7485 with any questions!



Class Reminder

Although July 4 is a national holiday, we will still be having classes as scheduled on Monday, July 4. Please take time to reflect on what this holiday means to you and your fellow Americans! Please call Wellness at Ext. 7485 with any questions!

Balance Workshop with Therapy

We are back at it! Balance Workshop with Therapy is coming up on July 18! This will include lots of fun and unique movements to allow for the body to experience challenging balance exercises. This balance workshop is meant to be for **everyone** and everyone is welcome! This event does not require sign-ups, as Wellness wants everyone to enjoy this event! The location is in the Wellness Group Fitness Room.

The Problem With Pain

Do you have pain or swelling around your joints? This week, Wellness focuses on bursitis. Bursitis is inflammation of the bursae, the fluid fill sacs, that cushions the joints. Bursitis can originate from frequent repetitive movement, excessive pressure on the joints, and/or injury. There are plenty of ways a person can diminish bursitis. First, allow your body to rest. This allows for the affected joint to heal on its own and to protect it from further trauma. Secondly, apply ice or a cold compress to the affected area. By doing so, this helps reduce pain and inflammation. Lastly, place the affected body part in an elevated position to reduce inflammation. There are many exercises one can do to combat bursitis, such as hip bridges, lying lateral leg raises, and lying leg circles. These exercises can be done on a flat surface, such as a bed. A friendly reminder that your body is unique; your crucial concerns over your body is important and should be taken care of through a trusted medical professional. If you are interested in a 5-minute realistic exercise routine to work on bursitis pain, please contact Wellness at Ext. 7485! **Please keep in mind, Wellness staff is not able to diagnose or treat undiagnosed conditions. We highly advise seeing your primary care physician when experiencing persistent and prolonged pain.*

Weekly Events Schedule

Items in bold are not weekly recurring

Monday, July 4

8:30a Walking Group– Wellness Complex
 8:30a Pickleball– WC Courts
 9:00a Shuffleboard - Gameland
 9:45a Body Works – Wellness Complex
 10:00a Daily Devotion with Chaplain Hinson - WCTV 99.1
 10:00a Quilting Buddies - Hunt Room
 10:30a Chair Yoga – Wellness Complex
 11:00a Meditation - Wellness Complex
 12:00p Ice Cream Truck-Front Lobby
 1:00p Chicago Bridge - Hunt Room
 1:15p Monday Bridge - Hunt Crossing
1:45p Ice Cream Social– Arbor Room
 2:30p Uniq'uleles– Library
 4:00p Chess Club - IL Library

Tuesday, July 5

8:30a Aqua Aerobics-Wellness Pool
 9:45a Tai Chi – Wellness Complex
10:00a Resident Services Shopping Trip Departure
 10:00a Daily Devotion with Chaplain Hinson - WCTV 99.1
 10:30a Core and Balance – Wellness Complex
 11:00a Line Dancing - Wellness Complex
 11:00a Men's Study Group - PDR
 11:30a Supervised Weight Room -Wellness Complex
 1:00p Contract Bridge - Hunt Crossing
 1:00p Coloring Group - Arbor Room Café
1:00p Wood Workers– Woodshop
 2:00p Wesley Weights – Wellness Complex
 6:00p Hand and Foot - Hunt Crossing

Wednesday, July 6

8:30a Aqua Aerobics - Wellness Pool
8:30a Take up American flags
 8:30a Pickleball-Courts
 9:00a Beauty/Barber Shop Open
 9:00a Food Lion Shopping
 9:00a Art Group-Hunt Room
 9:45a Body Works - Wellness Complex
 10:00a Daily Devotion with Chaplain Hinson - WCTV 99.1
 10:00a United Community Bank - Classroom
 10:30a Chair Yoga - Wellness Complex
 10:30a Publix and Aldi Shopping
 11:00a Standing Chair Yoga - Wellness Complex
 11:00a County Bank - Classroom
 11:30a Meditation - Wellness Complex
 1:00p Walmart Shopping
3:00p Games with Greta—Arbor Room

For all who are interested, the services for Maryellen Ham will be held at 11am at Our Lady Of Lourdes Catholic Church on Friday, July 8.

Thursday, July 7

8:30a Aqua Aerobics-Wellness Pool
 9:00a Beauty/Barber Shop Open
 9:45a Tai Chi– Wellness Complex
 10:00a Daily Devotion with Chaplain Hinson - WCTV 99.1
 10:30a Currents Events - PDR
 10:30a Core and Balance-- Wellness Complex
11:00a Break On The Lake Departure
 11:00a Line Dancing– Wellness Complex
 11:30a Supervised Weight Room– Wellness Complex
 1:00p Contract Bridge-Hunt Room
 2:00p Wesley Weights - Wellness Complex
 2:00p Grief Share – PDR

Friday, July 8

~~8:30a Walking Group– Wellness Complex~~
 8:30a Pickleball-Courts
 9:00a Beauty/Barber Shop Open
~~9:45a Body Works– Wellness Complex~~
 10:00a Daily Devotion with Chaplain Hinson - WCTV 99.1
 10:00a Guys Table Tennis - Curry Room
~~10:30a Chair Yoga– Wellness Complex~~
~~11:00a Meditation– Wellness Complex~~
 1:00p Mah-Jongg - Hunt Room
 2:15p Lecture Series - Asbury Hall
 6:00p Pinochle - Hunt Room Crossing

Saturday, July 9

8:30a Pickleball-Courts
 10:00a Ladies Table Tennis - Curry Room
 1:00p Pool - Curry Room

Sunday, July 10

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.
1:30p Bridge—Hunt Room
 4:30p Vespers Service - Asbury Hall

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.

AFTER HOURS MAINTENANCE

If you have an emergency work order - one that must be taken care of right away - please call x7290. For all other Maintenance, Grounds, Pest Control, and Housekeeping work orders, please call x7370.