

# WESLEY COMMONS

WESLEY WINDOW  
YOUR WEEKLY NEWS

Greenwood, South Carolina

[www.wesleycommons.org](http://www.wesleycommons.org)

March 11, 2024

## WORSHIP SERVICE SUNDAY

**Sunday, March 17, 2024**

Vespers at 4:30 pm  
Asbury Hall



**Service Theme**  
*In the Days of Noah*  
Genesis 6: 9-22

## LECTURE SERIES

### **Abraham Lincoln: The First Republican President**

The Lincoln-Douglas debates, which lasted three hours or more, drew huge crowds. Douglas represented "States' Rights" and Lincoln's goal was "Save the Nation".

Learn how Lincoln won national recognition, the party nomination, and was elected president in the 2:15 pm lecture on Friday, March 15, in Asbury Hall.

## SPECIAL EVENTS

### **Tuesday:**

*Doug's Culinary Corner - 10 am*

### **Wednesday:**

*Lenten Service Departure - 11:30 am*

*St. Patrick's Day Social - 3:30 pm*

### **Friday:**

*Day of History with Carol Scales - 1 pm*

### **Saturday:**

*Greenwood Comm. Theatre - 1:30 pm*

### **Sunday:**

*Festiva - 3:30 pm*

## President's Corner

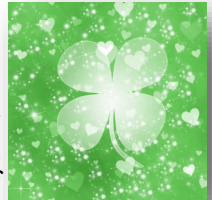
"Need a Notary? WC provides this service. Contact the receptionist if needed."

~ Bo Bowman, Resident Council President

## St. Patrick's Day Celebration

Join us for a special St. Patrick's Day Celebration in the Silver Leaf, taking place on Wednesday, March 13, starting at 3:30 pm. Embrace the festive spirit and wear your favorite green attire as we gather for an afternoon of conviviality and camaraderie. Sip on refreshing Irish Maid cocktails, Green Mimosas, and Green beer, adding a touch of Irish flair to our gathering. To secure your spot, please sign up outside the Activities Office. Should you have any questions or require further assistance, feel free to reach out to Deanna Kelly at Ext. 7221.

Let's come together to enjoy the warmth of community and celebrate the essence of St. Patrick's Day. We look forward to seeing you in the Silver Leaf for this special occasion!



## Elevated Evening Meal and Musical Entertainment

Prepare for an unforgettable evening of exquisite dining and live blues music on Tuesday, March 26. Renowned blues artist Gail Storm will be gracing us with her soulful tunes, providing the perfect backdrop to an elevated dining experience in the Arbor Room Café.

Join us for a relaxed yet elevated dining affair where you can savor a selection of delicious dishes crafted with care and precision. Seating for this special event is available on a first-come, first-served basis, so be sure to arrive early to secure your spot. Reservations are not required, allowing you the flexibility to drop in at your convenience. To ensure a seamless dining experience, all items will be served a la carte, allowing you to tailor your meal to your preferences.

It's important to note that this exclusive event will replace upscale dining in the Silver Leaf for the week of March 28 and 29. We remain hopeful to move these events to the Silver Leaf in the future. Mark your calendars and join us for a wonderful evening with great music and friends!

## Greenwood Community Theatre: The Lion King

*The Lion King* is a 1994 board book adaptation of the movie of the same name produced by Disney Animation. Written by Don Ferguson, it is a narrated and illustrated retelling of the coming of age of Simba, a young lion, as he overcomes the death of his father and ousting from his pride which rules the Pride Land, a kingdom of animals in Africa. Simba ultimately regains his rightful place as king of the pride, and in doing so, restores the kingdom's natural order, referred to in the animals' shared vocabulary as the "circle of life."

Mark your calendars for March 16, with departure at 1:30 pm and the show beginning at 2 pm. Sign ups are now open, so be sure to reserve your spot early. Tickets are priced at \$20 and will be charged to your monthly statement. For any inquiries, please contact Deanna at Ext. 7221. Don't miss this unforgettable theatrical experience!

*Please note that we have moved our date up to Saturday, March 16, in an effort to better support our residents performing with the Greenwood Festival Chorale in the Festiva series at First Presbyterian Church. For more information about this performance, please refer to the event article on page 2.*

## Maggie's Crafty Corner

A Magnetic Memo Board is this month's DIY project in Maggie's Crafty Corner. If interested, you can find more details about this event on the back page of this week's publication!

Deanna Kelly  
Activities Coordinator

# ACTIVITIES NEWS

Maggie Manna  
Activities Assistant

## UPCOMING SPECIAL ACTIVITIES

- \* 13 Lenten Service Departure - 11:30 am
- \* 13 St. Patrick's Day Social - Silver Leaf - 3:30 pm
- \* 15 A Day of History with Carol Scales Departure - 1 pm
- \* 16 Greenwood Community Theatre Departure - 2 pm
- \* 17 Festiva Departure - 3:30 pm
- \* 19 Maggie's Crafty Corner - Curry Room - 1 pm
- \* 20 Lenten Service Departure - 11:30 am
- \* 21 Group Lunch Outing Departure - 11 am
- \* 21 Thursdays at Three - Arbor Room - 3 pm
- 22 Chef Michael Meet & Greet - Silver Leaf - 2:30 pm
- \* 25 Movie & Pizza - Asbury Hall - 5 pm
- \* 26 Elevated Evening Meal with Music - Arbor Room
- \* 27 Lenten Service Departure - 11:30 am

*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. 7491 with any questions.*

## Calling All Gardeners and Prospective Gardeners

Spring is upon us, and we are getting ready to start our preparation and planting for the new year! Come to our first meeting in 2024 on Thursday, March 14, at 2:30 pm in the Library. Gardening space is available. Bring your thoughts, ideas, and suggestions. For any questions, contact Bill Leonard at Ext. 1354.

## A Day of History with Carol Scales

Are you passionate about history? Then don't miss out on an enlightening afternoon with Wesley Commons resident Carol Scales. Known as a walking encyclopedia of historical events, Carol will take us on a fascinating journey through Greenwood's rich history.

Mark your calendars for Friday, March 15, with departure set for 1 pm and an estimated return around 4 pm. Sign ups will be necessary as seating is limited. For inquiries, please contact Deanna Kelly at Ext. 7221. Don't miss this chance to delve into the past with an expert guide!

"Thank you to the 32 people who attended our first Pet Memorial-Blessing service. A special thank you to Judy Adams for playing the piano and Chaplain Hinson for his assistance with preparations for the service. Hopefully the service was very meaningful to all of you. May God bless you all."

*Thank you*

~ Chuck Bruce

## Quick Campus News

- **Thursdays at Three** social events are offered the first and third Thursday of every month at 3 pm in the Arbor Room. Punch and hors d'oeuvres are provided at no cost to attendees, with wine and beer available to purchase via your meal account. Join your friends and neighbors for fun, social afternoon soon!
- The next **Doug's Culinary Corner** will be held on Tuesday, March 12, at 10 am in Asbury Hall.
- **Mike's Minutes** will not be held on its typical third-Friday schedule. Instead, we will hold this event on Friday, March 22, at 10:30 am in Asbury Hall.

## Community Lenten Services

Each Wednesday during Lent, we will be taking a bus to the Community Lenten Services being hosted by Greenwood area churches. Each service is 30 minutes long with a light lunch offered for \$2. The following is the schedule:

- \* **March 13** - First Baptist Church
- \* **March 20** - Main Street United Methodist Church
- \* **March 27** - First Presbyterian Church

Sign ups for all of these services are available; however, please be sure that you sign up for the correct service(s) you expect to attend. We will be leaving each Wednesday promptly at 11:30 am and should return no later than 1:30 pm. Should you have any questions about these trips, please contact Deanna Kelly at Ext. 7221.

## Festiva Americana

In its annual concert honoring the diverse heritage of American composers, the Greenwood Chorale presents music for all ages. Director Steven Skinner leads the chorale in its music offerings to the community throughout the year.

Join us to experience the diverse heritage of American composers with music for all ages in a free Festiva event on Sunday, March 17 at 4 pm at First Presbyterian Church. Among the performers are residents Bo Bowman, Charlie Ham, Barbara Rotach, Beverly Sautter and Nancy Wolfarth. Transportation will be provided by Wesley Commons, but you must sign up to reserve a seat. Sign up sheets will be located outside of the Activity Office, and we will depart from the Commons Lobby at 3:30 pm.

## Group Lunch Outing

Who's up for a delightful meal with a stunning view of Lake Greenwood? If that sounds appealing to you, then join us for a group lunch outing to Break On the Lake. on Thursday, March 21, departing from campus at 11 am. Please note that this is an early lunch, so consider having a light breakfast beforehand. With any luck, the weather will be on our side, and we might even get to enjoy our meal "outdoors." Don't miss out on this fantastic opportunity. Join us! If you have any questions, feel free to reach out to Deanna at Ext. 7221.

Katie Winchester  
Wellness Manager

## WELLNESS NEWS

Eli Gravley  
Wellness Assistant

***“Life is available only in the present moment... For those of us who are used to always running, it is a transformation to stop, and take a step.”***

*~Thich Nhat Hanh*

### Wellness Tip of the Week

As we enjoy Marching (walking) in the spring season, we gain numerous physical and mental benefits. One simple way you can increase the mental benefits gained from walking is by practicing walking meditation. Walking meditation is the practice of being mindful and paying attention to all of the senses while walking. For example, pay attention to the smell of flowers as you walk by them, the sounds of birds singing in trees, the feeling of the wind blowing through the air, and the scenery around you. Pay attention to how many steps you take, the distance you walk, and how long it takes you to walk that distance. This emphasis on mindfulness has benefits such as improving focus and memory, and promoting a state of relaxation. Integrating mindfulness and walking meditation into our springtime walks offers numerous mental and physical benefits. So, as we stride through the season, let's embrace mindfulness for a more enriching and rejuvenating experience.

### Out-March the CEO Walking Group

We are excited to announce the return of our walking group for the month of March. This class will meet on Fridays at 11 am and will leave from the Wellness Complex. This is a great way to get in those extra steps for our Out March the CEO event!

### New Classes

As a reminder, Wellness has added a few new classes to the Group Fitness Schedule beginning this month. Included in these classes are:

- **Fit & Flexible**, a standing stretch and yoga-style class.
- **Seated Strength**, a chair-based strength training class.
- **Endurance & Agility**, which will take the place of Body Works and will focus on strength, endurance, and some agility exercises.
- We are also adding **Wesley Weights** to the Wednesday lineup.

Please see the new schedule below for times and days, or you can stop by Wellness for a copy of our new schedule. We are excited to offer these new classes and hope you join us for a class soon!

### Class Recommendations

**Fit & Flexible** – This is a moderate-high intensity stretching class that will be performed standing with or without the aid of a chair for balance and/or on a yoga mat. We will be incorporating techniques from yoga, Pilates, tai chi, and mobility movements.

**Seated Strength** – This is a low-intensity and low-impact class performed completely seated. Seated strength focuses on improving muscular strength using dumbbells or resistance bands.

### Personal Training

Wellness is now offering personal training sessions for an additional fee. If you are interested in finding out more about personal training, contact Eli Gravley at Ext. 7485.

## Wesley Commons Wellness Schedule

**March 2 - March 31**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Fit & Flexible (8:45 am)	Water Aerobics	Fit & Flexible (8:45 am)	Water Aerobics	Water Aerobics
9:30 am	Core & Balance	Tai Chi (Video)	Core & Balance	Tai Chi (Video)	Core & Balance
10:15 am	Wesley Weights	Mobility Moves	Wesley Weights	Mobility Moves	Wesley Weights
11:00 am	Line Dancing	Endurance & Agility		Endurance & Agility	Line Dancing/ Walking Group
1:30 pm	Sit & Be Fit	Chair Yoga		Chair Yoga	Sit & Be Fit
2:15 pm	Seated Strength				Seated Strength



## Weekly Events Schedule

### Monday, March 11

8:45a Fit & Flexible - Wellness Complex  
 9:30a Core & Balance - Wellness Complex  
 10:00a Devotion with Chaplain Hinson - WCTV 99.1  
 10:00a Quilting Buddies - Hunt Room  
 10:15a Wesley Weights - Wellness Complex  
 10:30a Horseshoes - Gameland  
 11:00a Line Dancing - Wellness Complex  
 1:00p Ukulele Beginners - Library  
 1:00p Pickleball - WC Courts  
 1:00p Chicago Bridge - Hunt Room  
 1:00p Monday Bridge - Hunt Crossing  
 1:30p Sit & Be Fit - Wellness Complex  
 2:00p Bingo - Arbor Room  
 2:00p Uniq'uleles Practice - Library  
 2:15p Seated Strength - Wellness Complex  
 2:30p Shuffleboard - Gameland  
 4:00p Table Tennis - Curry Room  
 6:00p Mexican Train Dominos - Hunt Room

### Tuesday, March 12

8:30a Water Aerobics - 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 **Episcopal Communion - Library**  
 11:00a Men's Study Group - PDR  
 11:00a Endurance & Agility - Wellness Complex  
 1:00p Contract Bridge - Hunt Room  
 1:00p Coloring Group - Arbor Room Café  
 1:00p Pickleball - WC Courts  
 1:30p Chair Yoga - Wellness Complex  
 2:45p Chorus Practice - Asbury Hall  
 4:00p Table Tennis - Curry Room  
 6:00p Hand and Foot - Hunt Room  
 6:00p Mexican Train Dominos - Hunt Room

### Wednesday, March 13

8:45a Fit & Flexible - Wellness Complex  
 9:00a Food Lion Shopping Departure  
 9:30a Core & Balance - Wellness Complex  
 10:00a Devotion with Chaplain Hinson - WCTV 99.1  
 10:15a Wesley Weights - Wellness Complex  
 10:30a Publix and Aldi Shopping Departure  
 11:00a County Bank - Classroom  
 11:30p **Lenten Service Departure**  
 1:00p Pickleball - WC Courts  
 1:00p Walmart Shopping Departure  
 2:00p Chess Club - IL Library  
 3:30p **St. Patrick's Day Social - Silver Leaf**  
 4:00p Table Tennis - Curry Room  
 6:00p Pinochle - Hunt Room  
 6:00p Mexican Train Dominos - Hunt Room

### Thursday, March 14

8:30a Water Aerobics - Wellness Complex  
 9:30a Tai Chi - Wellness Complex  
 10:00a Devotion with Chaplain Hinson - WCTV 99.1  
 10:15a Mobility Moves - Wellness Complex  
 10:30a Currents Events - PDR  
 11:00a Endurance & Agility - Wellness Complex  
 1:00p Pickleball - WC Courts  
 1:00p Contract Bridge - Hunt Room  
 1:30p Chair Yoga - Wellness Complex  
 2:00p Grief Share - PDR  
 2:30p **Community Gardeners Meeting - Library**  
 4:00p Table Tennis - Curry Room  
 6:00p Mexican Train Dominos - Hunt Room

### Friday, March 15

8:30a Water Aerobics - Wellness Complex  
 9:30a Core & Balance - Wellness Complex  
 10:00a Devotion with Chaplain Hinson - WCTV 99.1  
 10:00a Table Tennis - Curry Room  
 10:15a Wesley Weights - Wellness Complex  
 11:00a Line Dancing - Wellness Complex  
 11:00a Walking Group - Wellness Complex  
 1:00p **Day of History With Carol Scales Departure**  
 1:00p Poker Club - ALF Dinette  
 1:00p Pickleball - WC Courts  
 1:00p Mah-Jongg - Hunt Room  
 1:30p Sit & Be Fit - Wellness Complex  
 2:15p Lecture Series - Asbury Hall  
 2:15p Seated Strength - Wellness Complex  
 4:00p Table Tennis - Curry Room  
 6:00p Mexican Train Dominos - Hunt Room

### Saturday, March 16

10:00a Table Tennis - Curry Room  
 1:00p Pickleball - WC Courts  
 1:00p Pool - Curry Room  
 1:30p **Greenwood Community Theatre Departure**  
 4:00p Table Tennis - Curry Room  
 6:00p Mexican Train Dominos - Hunt Room  
 6:00p Hand and Foot - Hunt Room

### Sunday, March 17

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 Card & Board Games - Silver Leaf  
 3:30p **Festiva Departure**  
 4:00p Table Tennis - Curry Room  
 4:30p Vespers Service - Asbury Hall  
 6:00p Mexican Train Dominos - Hunt Room

### Maggie's Crafty Corner

A Magnetic Memo Board is this month's DIY project in Maggie's Crafty Corner. Come and have fun creating your own Memo Board that will be both pretty and functional. We will be transforming an ordinary cookie sheet into a functional Grocery List or Doctor's Appointment Reminder board, or anything else you'd like to use it for. It will also feature a chalkboard surface so you can easily write your reminders on it. You will have the option to hang it up or simply place it on your kitchen counter. So mark your calendars for Tuesday, March 19 in the Curry Room, and sign up today. If you have any questions, feel free to contact Maggie Manna at Ext. 7491.

### 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.

### 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.