

Grace Senior Center to Offer 'A Matter of Balance' Class

Do you have concerns about falling? A Matter of Balance can reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

The Matter of Balance classes help participants learn to:

- view falls and fear of falling as controllable
 - set realistic goals for increasing activity
 - change their environment to reduce fall risk factors
 - promote exercise to increase strength and balance
- The Matter of Balance class is designed to benefit community-dwelling older adults who:
- are concerned about falls
 - have sustained a fall in the past
 - restrict activities because of concerns about falling
 - are interested in improving flexibility, balance and strength
 - are age 60 or older, ambulatory and able to problem-solve

Grace Senior Center is offering A Matter of Balance managing concerns about falls. The class starts March 19 and runs through April 11. Classes will meet twice a week for four weeks on Tuesdays and Thursdays, 12 to 2 p.m. at Grace Senior Center.

Call Wanda Talbert at (704) 694-6616 to register or for additional information about the class. Grace Senior Center is located at 199 Highway 742 South in Wadesboro, just past IGA.

Mens Industrial League Basketball Registration

Anson County Parks & Recreation is offering Mens Industrial League Basketball. Register as a team, with a minimum of six players and a maximum of 10 players. To register the team you must show check stubs or proofs of employment. This league is for ages 18+.

Registration runs from Monday, January 28 through Friday, February 8. You may come to the Parks & Recreation Office, located in Little Park at 845 Airport Road in Wadesboro, to register Monday to Friday, 8:30 a.m. to 5 p.m. You can also visit the Parks & Rec website (www.co.anson.nc.us, click on "County Services") and look for "Parks and Recreation") and fill out a registration form and send it in by email or text.

For more information contact Jeff Waisner at (704) 695-2550, Wendell Small at (704) 695-2782 or Allen Jackson at (704) 694-5751.

Church News

FEBRUARY 9

County-Wide Crusade

At Harvest Ministries Outreach Center, 11am. All are invited & choirs, musicians, praise teams, ministers, elders. Sponsored by HMOC, Faith Based Center of Hope, Deep Creek MBC, Pastor Mark Perko & Stephen Greene

FEBRUARY 10

Pastor's Aid

Ministry first program of 2019 at New Grove MBC, 2:30pm with Pastor T.J. Horne of Rock Hill MBC

Valentine Pastor

Aide Program at Flakes Chapel MBC, 3pm with theme "Love will keep us together." All are invited

Old Fashioned Day

Program at New Hope Christian Faith Church in Ansonville, 3pm with Rev Althea Harris. Wear old fashioned attire if you have it. All are welcome

February Birthday

Service at Johnson Chapel Holiness Church, 3:30pm with Apostle Annette Ross. All are invited

Family & Friends

Program at Madison Grove MBC, 11am with Rev Fred Leak & 2:30pm with Pastor Little from Cedar Creek Baptist Church

FEBRUARY 13

Poor Man's Supper

At Lilesville Baptist Church, 5pm, with all proceeds going to World Hunger. Enjoy pinto beans, cabbage, potatoes, fat back, corn bread, sweet tea or water

FEBRUARY 13 - 15

Women of Fire Revival

At Johnson Chapel Holi-

ness Church, 7:30pm nightly. Wed-Pastor Sandra Ellerbe, Thu-Pastor Donna McNair, Fri-Pastor Betty Tillman. All are invited

FEBRUARY 15 & 16

BBQ Pork Plate Sale

At Pleasant Hill AME Zion, 10am each day. \$9 plate includes BBQ, baked beans, slaw, bread & dessert. Sandwich \$4, bulk \$10. Also hot dog plates \$7. 378 Pleasant Hill Church Rd, Wadesboro (off Hwy 109 South)

FEBRUARY 16

Reaching Out to the Community

by Touching Souls Outreach Ministries, 12 noon at Evangelistic Outreach Center in Polkton. Free food, free clothes, preaching, singing & much more! Min Perle Taylor 704-475-3109

Senior Citizens

Program at Pee Dee MBC, 12pm with Rev Barbara Ross. Gift bags for seniors. All are welcome!

FEBRUARY 17

Appreciation Service

For Pastor J.F. Quick at Parsons Grove MBC, 11am with Elder Lloyd Sawyer of Rockingham & 3pm with Bishop Arvestor Simpson of Sidney Grove COG in Ellerbe

Fruit of the Spirit

Program at Forestville AME Zion, 3pm. Refreshments served after service

FEBRUARY 18 - 20

Winter Revival

At Parsons Grove MBC with Dr. Lamont Johnson of West Durham Baptist Church at 7pm nightly

FEBRUARY 23

Breakfast Plate Sale

At Evangelistic Outreach Center in Polkton, 8-11am with grits, eggs, sausage, bacon, toast, juice, coffee. Only \$6

FEBRUARY 24

Family & Friends Day

At Henry Grove Baptist Church, 3588 Vintage Rd in Lilesville, 2:30pm with Associate Pastor Christine Hall of Flakes Chapel

MARCH 6 - 8

Missionary & Ushers

Revival at Greater St Mark COD with Prophetess Sandra Ellerbe at 7pm nightly

ONGOING

Bible Class

Every Wednesday at 6:10-8pm at West Rocky Ford MBC. Classes for both adults and youth

Sunday Night Service

At Lambs Ark of Refuge, 6pm. Located at 121-C Wortham St in Wadesboro (turn at Dollar General)

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Bible Study
At Christ Chapel of Truth on Hwy 74E in Wades
Bible Study
Every Wednesday at Poplar Springs MBC, 6-7pm
Bible Class
At Lindsey Chapel FCOG every Wednesday, 7pm. Genesis to Revelations. Everyone invited
Power Hour
Every Wednesday, 7pm at Tabernacle House of Praise
Bible Study
Each Wednesday, 7pm at

Madison Grove MBC. Everyone invited
Church Service
Pee Dee Cowboy Church meets every Monday at 6:30pm for refreshments & service. A Southern Baptist outreach church serving the community by giving to missionaries & others. Covered & heated facility. Info Rev Robert Wells, 704-272-0955
Men's Prayer Breakfast
Every second Saturday at 9am at Garris Grove MBC

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Events

FEBRUARY 6
Free Groceries
For families in need. Mobile Food Pantry at Wingate United Methodist Church, 111 Hinson Street in Wingate. Register 8:30am. Call for details 704-694-2445

FEBRUARY 7
Free Coats, Blankets And Hygiene Products
for those in need given out at Ebenezer Missionary Baptist Church, 612 Salisbury St in Wadesboro, beginning 11am. Co-sponsored by

Faith Based Center of Hope & Harvest Ministries. Info 704-695-2879

FEBRUARY 11
50+ Club Meets
At Hampton B. Allen Library, 10am with concert by Marshville musician Matt Arrowood. All are welcome. 704-694-5177

FEBRUARY 12
Soup Luncheon
Hosted by Anson Women's League, 11am-1:30pm at First Baptist Church, Lee Ave in Wadesboro. Dine in, take out & deliveries of 10+ available. Plates are \$8 & include homemade vegetable soup, toasted cheese sandwich, homemade dessert & drink. Info & deliveries RHuntley@co.anson.nc, onnie.morgan@windstream.net or 704-695-5373

FEBRUARY 21
Monthly Meeting
Of Anson County Democratic Party, 6pm at Hampton B. Allen Library. Agenda includes precinct organization & Teen Democrats organization. All are invited. Info 704-848-4412

FEBRUARY 23
Black History Month Celebration
hosted by East Polkton School Alumni at Lockhart-Taylor Center, 4-8pm with speaker Nathal Hailey, President of Union County NAACP. Ticket info 704-408-2729

ONGOING EVENTS
Free Movies
4th Monday of the month at Hampton B. Allen Library, 10am. Info 704-694-5177

Afternoon Out
For ladies & gentlemen at Grace Senior Center each Monday from 2-4pm. Enjoy bingo & activities led by someone from the center. Register & info at 704-694-6616

Children's Group Meets
Every Thursday at Anson County Domestic Violence Coalition, 5-6pm to discuss how to keep you & your children safe 704-694-4499

MoMs Meeting
Support group for mothers of multiples, third Tuesdays, 6:30pm, Lockhart-Taylor Center, 704-695-1031

Family Caregiver Support Group
First Mondays, 7-8:30pm, Peachland United Methodist Church Fellowship Hall, anyone concerned with Alzheimer's disease invited

Lillie Belles Red Hat Society
Meeting, third Tuesdays, 2:30pm, At Lillie Bennett Nursing Center, all Red Hatters invited

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