

## Chair Exercise Classes At The Library

Because gravity is optional, but fun is required

The Hampton B. Allen Library is proving that fitness doesn't always require gym shoes, loud music or getting down on the floor by hosting chair exercise classes every Thursday. Classes begin at 10:00 a.m. Participants can stretch, move and get their hearts pumping, all while remaining on very friendly terms with their chairs.

The class is open to everyone, whether you're easing into exercise, staying active, or just want a good reason to move before lunch. No experience is required, and the only thing you need to bring is yourself (and perhaps a sense of humor).

For more information, or if you're wondering how much exercise can really happen in a chair, call the Hampton B. Allen Library at 704-694-5177.

## Church

DECEMBER 20

**Christmas Prayer Breakfast** At East Rock Ford Baptist Church, 9am with songs, prayers, free delicious full breakfast, fun & games, prizes and fellowship!

DECEMBER 21

**Christmas Musical** At Divine Unity House of Restoration Ministries, 3760 NC Hwy 109 S, Wadesboro, at 2:30pm.

DECEMBER 25

**Christmas Morning Service** At Sandy Plains Christian Fellowship, 1154 Cason Oldfield Rd, Morven, 9am. Join us for around the tree singing, worship & communion.

ONGOING

**Weekly Praise & Worship Schedule** Shiloh Christian Community Church, 1752 Shiloh Church Rd. Preaching 1st and 3rd Sundays, Sunday School weekly, services start at 10am.

**HOPE Grief**

**Support Group** at Harmony Community Church, meets Tuesdays at 5:30pm offering help for anyone suffering from grief, like death, sickness, divorce, separation from family, job, etc.. Free & confidential, everyone welcome. Come join others experiencing grief. We will pray with you. Info 704-272-7127. Located at 1984 Pulpwood Yard Rd in Peachland

**Community Singing**

Last Sunday of each month at New Life Ministries, Hwy 109 S (Trexler Dr). Sunday School 10am, Singing 11am. Community is invited to come & sing! Info Pastor Randy Brooks 910-544-9232.

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## Events

ONGOING EVENTS

**Alcoholics Anonymous** Regular meetings on Mondays & Thursdays at 6:30pm and Wednesdays at 12 noon. AA welcomes all who are seeking help, as well those wanting to help another person. The AA building is located at 2177 Country Club Rd. in Wadesboro, across from the Anson EMS building.

**Free Food Distributed by Anson Crisis Ministries** Every Tuesday, Wednesday, Thursday & Friday, 8am-1pm. It is located at 117 North Rutherford Street in uptown Wadesboro. Telephone is 704-694-2445.

**Free Food Distribution** at Feed My Lambs every Tuesday, Thursday & Friday, 1-4pm. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820.

**Senior Box Program** at Feed My Lambs starts the third Tuesday each month for seniors only. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820.

**Food Pantry** Free food every Wed, 9-11am at Burnsville Recreation & Learning Ctr. 704-826-8182.

**After School Program Kid Cafe** Mon-Fri from 2:30-5:30p.m. at the Burnsville Recreation & Learning Center, 704-826-8737

### When a Bear Moves In:

### Preparing Your Property for Denning Season

**State Wildlife Agency Offers Guidance to Deter Bears from Denning in Public Areas and Residences**

As the weather cools, some North Carolina homeowners may find themselves with unexpected winter guests — black bears looking for cozy quarters. The North Carolina Wildlife Resources Commission (NCWRC) reminds residents that while bears may look cuddly, they don't make good roommates, and it's best to bear-proof your property before one decides to move in.

Bears have been caught curling up in crawl spaces, under decks, and even in empty vacation homes — proving that what's comfortable for you might also be comfortable for them. The NCWRC recommends following BearWise tips to keep these furry freeloaders out of your living space:

- Close and lock pet doors, sheds, and outbuildings — bears can open doors surprisingly well for animals without thumbs.
- Check under porches and decks for gaps. If you'd rather not share your crawlspace, block openings with plywood or fencing.
- Don't leave food temptations like garbage, bird seed, or pet food outside — it's a five-star buffet for bears.
- If you have a vacant home or cabin, lock the doors and windows and remove anything that smells remotely edible.

"Any building or structure, occupied or not, can be a source of shelter for bears," said Ashley Hobbs, the state's BearWise Coordinator. "Keep in mind, bears can squeeze into some pretty tiny spaces — they don't have collarbones! We've seen adult bears crawl through standard 8-by-16-inch foundation vents."

Black bears begin denning as early as October and as late as February, depending on how plentiful food is. Females expecting cubs always den, while others might stay up late into winter, especially when humans keep the snacks coming.

"Female black bears having cubs will always den, as the den serves as a safe place to give birth," said Black Bear Biologist Jenna Malzahn. "We are seeing other bears den later in the winter season or not at all, due to the year-round availability of human-provided foods."

With development spreading and bear numbers growing, NCWRC reports more denning incidents under houses and decks. But the experts say coexistence is possible — just don't invite them for cocoa.

"Homeowners can safely coexist with denning bears until they leave in the spring," said Malzahn. "They just want to sleep — not socialize. But if disturbed, especially females with cubs, they may abandon their young."

If you find a bear den on your property, call the N.C. Wildlife Helpline at 866-318-2401 or contact your district wildlife biologist before taking any action. For more information on securing potential den sites, visit [BearWise.org](http://BearWise.org).

### December Dates Worth Celebrating (Or At Least Talking About)

As December rolls on, the calendar offers a mix of festive fun, food favorites, and a few wonderfully odd observances. Here's a look at what's coming up:

- December 19 (Friday) Ugly Sweater Day, the perfect excuse to dig out that gloriously awful holiday knit and wear it proudly.
- December 19 (Friday) Underdog Day, a day to cheer for the long shots, late bloomers, and quiet achievers.
- December 20 (Saturday) Sangria Day, celebrating the fruity favorite that pairs well with holiday gatherings.
- December 21 (Sunday) International Dalek Remembrance Day, a nod to the iconic villains from Doctor Who (EXTERMINATE optional).
- December 22 (Monday) Date Nut Bread Day, honoring a classic loaf that quietly appears on holiday tables.
- December 23 (Tuesday) Festivus, a celebration for the rest of us, complete with traditions made famous on television.



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