

# SALE

of the Week

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## Put Life Back Into Your Life, Consider a Living Healthy Workshop.

This is a release from Grace Senior Center: Are you an adult dealing with an ongoing health condition? If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, overweight, chronic pain, anxiety, the Living Healthy Workshop can help you take charge of your life. Come get the support and tools you need to self manage your condition. We will work together to find practical ways to deal with pain, fatigue and frustration, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Join our 2 1/2-hour Living Healthy Workshop, held each week for six weeks. Learn from trained leaders who are dealing with health conditions themselves. Set your own goals and make a step-by-step plan to improve your health - and your life.

Classes will be held every Thursday, starting September 10 through October 15, and will be held at the Grace Senior Center from 1:30 to 4 p.m. Sign up now, spaces are limited! To register or get more information please call Rita Short at 704-694-6217.

## AARP Smart Driver Course Offered

The AARP Smart Driver Course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Since 1979 the course has helped over 14 million drivers learn proven safety strategies and tips for how to adapt one's driving to compensate for physical and cognitive changes that may come with aging. Plus, you may qualify for an automobile insurance discount by completing the course (participants should check with their auto insurance agent for details).

Take the AARP Smart Driver course at Grace Senior Center on September 15, from 10 a.m. until 2:30 p.m. with lunch provided. The classroom course cost \$15 for AARP members and \$20 for non members. Space is limited, so register now by calling Grace Senior Center at 704-694-6616.

## SC Jazz Festival Fine Arts and Crafts Exhibit Call for Artists

The 10th Annual SC Jazz Festival will be held in Cheraw on the weekend of October 16 to 18. On Saturday, October 17 the SC Jazz Festival Fine Arts and Crafts Exhibit will be held in downtown Cheraw from 10 a.m. to 6 p.m. This will be a juried Fine Arts and Crafts Exhibit with artists demonstrating and selling their work at this outdoor event.

Categories include: Painting, Photography, Drawing and Graphics, Fiber, Glass, Jewelry, Leather, Metal, Mixed Media, Sculpture, Watercolor, Wood, Clay, Digital Art, Drawing and Graphics. Only original work will be accepted with no imported, mass-produced or manufactured items allowed.

Interested artists must submit photos of work to [lbennett@cheraw.com](mailto:lbennett@cheraw.com) and include contact information or mail to Cheraw Arts Commission PO Box 219 Cheraw, SC 29520 by September 30. No registration fee is required. Accepted artists will be notified by October 2 or before. Registration/information forms will be forwarded to participating artists with acceptance notification.

For additional information about the festival visit [www.scjazzfestival.com](http://www.scjazzfestival.com). The contact number is 843-537-8420 ext 12.

## Discover Anson Bicycle Ride Scheduled for October 10

The 10th Annual Discover Anson Bike Ride will be held on Saturday, October 10 in Wadesboro. The ride includes the choice of a 26, 43 or 62 mile routes that will take you across the southern half of Anson County that has many Piedmont features of North Carolina's mountain foothills.

Main points of interest along the routes include the "James Bennett" house where Stephen Spielberg filmed *The Color Purple*, the old chimney of the Knox Inn in historic Sneedsborough, Long Pine Church - the oldest deeded Methodist church in NC, a climb up the "Devil's Backbone" near Meltonville Church, and the birthplace of Hugh Hammond Bennett, father of soil conservation in America.

The entry fee is \$40 per rider (\$35 if entered by Friday, Sept. 25). A downloadable registration form is available at [www.ansoncounty.org](http://www.ansoncounty.org). On the day of the bike ride, registration begins at 8 a.m. at First Baptist Church, 309 Lee Avenue in Wadesboro. The ride will receive the "green flag" at 9:15 a.m.

For those of you who think you are ready for a "Biathlon," try running in Wadesboro's Escape the Zombies 5K before you put the metal to the pedal in the Discover Anson Bike Ride! Both events are on the same day in the same area and are scheduled so you can participate in both if you wish! For more on the 5K go to [runsignup.com/Race/NC/Wadesboro/WadesboroEscapeTheZombies5k](http://runsignup.com/Race/NC/Wadesboro/WadesboroEscapeTheZombies5k) or email [joshua.leviner@icloud.com](mailto:joshua.leviner@icloud.com).

The Discover Anson Bike Ride is being held in conjunction with the Taste of the Pee Dee: Arts, Crafts & Outdoor Living in Uptown Wadesboro that will offer lots of fun activities, food, crafts and more that you and your family can enjoy. Funding for the Bike Ride Postcards and Flyers was provided by Anson County Tourism Development Authority. For more information call the Anson County Chamber of Commerce at 704-694-4181 or visit [www.ansoncounty.org](http://www.ansoncounty.org).

## Arts & Crafts Workshop Every Tuesday

The Arts Council invited you to join them each Tuesday at the Arts Council office for art and fellowship. Local amateur artists, whether it is crocheting, painting, sewing, drawing or other, get together every Tuesday from 1 to 4 p.m. to share ideas and get tips. Come join in the fun.

There is no registration and no cost, but bring your own supplies.

Contact the Anson County Arts Council for additional information at 704-694-4950.



# BACK TO SCHOOL

## Does Your Child's Eyesight Make the Grade?



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