

After finding such success with the garden, Thompson wanted to do more, so he went online and found the web site Meetup.com, which was exactly what he was looking for to help get people more active and involved.

"It's something anyone can use. There is one for everybody," Thompson says.

According to Meetup.com's website, "Meetup's mission is to revitalize local community and help people around the world self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference."

Within Active Laurinburg's meetup.com group page, there are links to events ranging from playing cards to playing kickball. There's information about yoga classes, murder mystery nights, ballroom dancing and bridge meetings. In addition, the group promotes college events from nearby St. Andrews University, Richmond Community College's Scotland County campus, University of North Carolina-Pembroke, as well as Lumber River Canoe Club floats and Scotland High School athletics to name just a few.

One person for whom Active Laurinburg made a difference for is Anna Williamson, owner of Yoga Johns yoga studio. Williamson has been teaching yoga for 10 years and is always looking for new students.

"Last spring, because of Active Laurinburg, I had four classes with people on the waiting list," says Williamson.

Currently, Williamson has an all-levels class on

Thursday nights and intends to offer the class again in the spring.

"This is a great effort to make people want to live here, be active and enrich their lives," says Williamson.

Seeing the growth, Thompson believes groups like Active Laurinburg are something that could be easily replicated and received well in any community.

"When you want to go out and enjoy the weekend, it's frustrating when no one wants to go out. This helps people get involved and discover a passion," says Thompson.

New members are always welcome into Active Laurinburg, and the group aims to promote all active events in Laurinburg. For newcomers or longtime residents, there is sure to be something for everyone.

To learn more about Active Laurinburg, visit their Facebook page or web site, www.activelaurinburg.com, or www.meetup.com/Active-Laurinburg-Group, or start your own Meetup.com group for your community.



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