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[www.facebook.com/FromtheHeartStitchers](http://www.facebook.com/FromtheHeartStitchers)  
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# "From the Heart"

*Volunteers are angels in disguise.*



**Grateful Thread - October 2015**

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## Letter from Lois - October 2015

Recently I was invited, as I was last year, to an annual event for the 9 wards in our local area Church of Jesus Christ of Latter Day Saints. On a very rainy evening, these ladies traveled from Meadowbrook, Swift Creek, Belmont, Chesterfield, Hopewell, Appomattox, Fort Lee, Wakefield and Lawrenceville to join together to celebrate the culmination of their yearlong endeavors.

All through the year, since last September, the ladies of these wards have spent many, many hours stitching 12 inch squares to be donated to From the Heart. These are to be stitched into blankets of various sizes, for various uses.

This program began in the spring of 2014 as a way for this church community to reach out to others. We were contacted for advice on just what was most needed and for assistance in teaching knitting and crochet to those who were interested in participating.

In September 2014, Tricia Ennis and I went to the gathering of the 9 wards involved in this program and were completely “blown away” by the outpouring of energy and enthusiasm extended to us by these ladies...and were greeted not only by so many wonderful caring ladies, but by 1,000 twelve inch blanket squares! Now it was obvious that a few may have been the first attempt of a new stitcher in the program; but every square was made with love and concern for someone in need...every square was a part of creating over 125 blankets during the months that followed.

This was such a satisfying cause for the members of those wards. They continued their stitching throughout the year and again, this September, they came together with squares and other items in hand to celebrate their accomplishments. Again, I was notified of the date of the culmination of their year of stitching. Hubby Russ and I traveled the short distance to collect all their projects, talk with the stitchers, explain just how the journey from squares to blankets

would take place and thank them profusely for all their dedication to this project. Once again, as we entered the doors to their event room, we were totally amazed at the collection of beautiful squares before us. And this time, such a difference! Not 1,000 but 1,403 squares! And this time, the most beautiful squares ever! It is so obvious that these ladies are enjoying this project and have advanced greatly in their stitching abilities. True, last year we were given lots of well stitched squares along with a few from beginners; but, this year...it is absolutely amazing how far those beginners have come! We have stacks and stacks of perfect, very beautiful 12 inch squares that will fit together very nicely, making it possible for us to create at least 175 or more blankets!

Now you may be asking, “What will From the Heart do with so many blankets?” Well, let me tell you. We have many requests for blankets that go unanswered each year because of a shortage in the numbers we have coming in to be distributed. Our blankets are donated to at least 6 or more hospice facilities, some of which work solely with our veterans. A large number of our blankets go to cancer centers, as well as several dialysis centers. We supply several locations at McGuire for our veterans. When we have extras we share them with nursing homes. Our largest blankets are given to bone marrow transplant centers and to our area homeless who need extra warmth while spending their nights outside in the elements. Little kid blankets are given to pediatrics emergency rooms, burn units and oncology centers. We are attempting to supply 6 or 7 newborn nurseries as well as NICU nurseries. Each year we supply at least 150 baby blankets through Richmond City and Chesterfield County health departments during their baby showers for uninsured or underinsured families expecting additions to their families. We are involved with supplying baby blankets for our enlisted and deployed military families. And let’s not forget our furry friends...those in pet adoption centers and rescue facilities. There are just never enough blankets to go around; so, even though we have this amazing collection of squares to make into blankets, we will still need your help. Keep those blankets coming!

You see, From the Heart has a vision. We have the thought that, even though we may not have the funding or education of some of the professionals working with the sick and needy, we can still make a difference. We may only be able to help in the smallest of areas; but, these are important areas. The very act of extending our love and caring through ourselves is so important, not just to the recipients, but important to ourselves as well. We can create smiles and an enormous amount of comfort just by using our talents and our stitches. Along with all the yarn that is donated for our use, we can create a brighter life for those to whom we share ourselves. Below are just some of the squares the ladies made and which will be used to help fulfil this vision.

Once again, our many, many thanks to all these ladies and especially to Sister Judi Gilliatt for organizing this service project.

Lots more photos will be posted on From the Heart's Facebook page for all to see.



### **Let's Stitch, Fredericksburg**

The Fifth Annual "Let's Stitch" Charitable Event Saturday, October 10, 2015 The Fredericksburg Spinners and Weavers Guild will once again give area knitters and Crocheters a chance to ply their craft at "LET'S STITCH," held at Liberty Town

Arts Workshop, 916 Liberty Street, 10-4PM.

Guild members, in conjunction with From the Heart of Richmond, will host this charitable event as a way to do what they love while serving those in need in the community. Do you have a crochet or knitting question and need help? Stop by and get answers to your questions/problems with your project. From the Heart needs volunteers to mingle in the stitching rooms to meet people and help us let people know what From the Heart is all about. If you have any questions or are willing to volunteer please contact Pam Greswolde at (540) 972-3602 or pegreswolde@comcast.net.

### **2<sup>nd</sup> Dollar Daze Donation Day** *October 17<sup>th</sup>, 2015*

We once again need to do a big 'clean up' at the shop on Westbriar Drive and, so, we have decided to repeat the Dollar Daze Donation Day we had last year. For those of you who are new to From the Heart, this was a day dedicated to minimizing the number of items we have been fortunate enough to have had given to us but which we can't really use in the fulfillment of our mission while, at the same time, not wasting these items.

On **Saturday, October 17rd**, during regular shop hours, we will host our second Dollar Daze Donation Day. All the pattern books, crochet hooks, knitting needles, and yarn we have accumulated over the past year and cannot really make good use of for the purpose of providing items to our recipients will be made available to members for a donation of as little as \$1. All proceeds from this day will then be turned into useable yarn which will be put in the shop and made available for use in creating items for donation. Those of you who were there last year know what fun we had and, also, I'm sure you saw the results in terms of a fully stocked yarn room following it. Come along on October 17th and join in the fun. You will find yourself a terrific bargain while also helping From the Heart.

## From the Heart Crochet-a-Long

Our first meeting for the Crochet-a-Long will be at the shop at 2pm on Saturday November 7<sup>th</sup>. At that meeting, we will hand out the first portion of the pattern and answer any questions you might have. Then you will go home and start work on the project. We will meet again on the 14<sup>th</sup> and the 21<sup>st</sup>, again at the shop at 2pm, to see our progress and pick up the 2<sup>nd</sup> and 3<sup>rd</sup> portions of the pattern. Finally, we will meet on December 5<sup>th</sup> to show off our completed projects. On that last day, please plan to bring a little treat to share. From the Heart will supply the drinks. We had such fun on our Knit-a-Long and I imagine this Crochet-a-Long will be just as much fun. You do not have to be able to get to the shop on all these dates. Just let me know if you want to take part and I will email you the pattern.

Lois will be heading up this Crochet-a-Long but will need a couple of people who can read crochet patterns and are willing to assist with the answering questions, if they arise, regarding the pattern. If you can help with this, please give Lois a call at (804) 305-4971.

Finally, It is VERY important that you let me know if you want to take part, even if you have already notified as I had an issue with my laptop and my CAL database got fried. Phone me at (804) 744-4022 or email me at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) to make sure you are on my "new and improved" list.

Tricia

## Kudos to the Women of the Church of Jesus Christ of Latter Day Saints

As Lois stated in her monthly 'Letter from Lois', we have received an absolutely amazing 1,403 12" squares from the 9 local wards of the Church of Jesus Christ of Latter Day Saints as a result of their Women's Service Project. This will result in as many as 175 blankets to be distributed to the various groups and organizations we serve in the area. However, we need help to get all these squares joined.

One upcoming event which will help is being organized by Kulla Ficare who oversees the 'SunTrust Stitchers'. Although a date has not yet been finalized, the plan is to offer a class to these stitchers on how to join the squares, using either a crochet or knitting technique, to create blankets. For that, we need volunteers to help with the class. Please contact me (Tricia Ennis at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or by phone at (804) 44-4022) or Lois Moore at (804) 305-4971 or [loisfth@me.com](mailto:loisfth@me.com) if you would like to help teach that class. Please note that you must contact us as the students in the class will all be SunTrust Personnel and it will be taught at a SunTrust facility and, therefore, for security reasons you cannot just show up. We will announce the date once it has been finalized. Right now, we just want to know who we may be able to call on.

If you want to assist with joining the squares other than through this SunTrust event, please let one of us know as, with so many squares, we will need to store them at our homes and bring them to the shop as they are needed. To help with the organization of this, please let us know when you would like to pick up from the shop and how many kits you would like to have. We will do our best to comply with your requests. What a totally fantastic organizational 'problem' to have !

Just as an addendum, we were also presented with 31 completed blankets and quilts and 25 hats. So many people will receive a caring touch because of this Service Project and all we can say is THANK YOU so very much.



## Current Needs

**Richmond and Surrounding** area has a need for blankets and larger sized baby hats (toddler sized). We especially need baby blankets and red, white and blue lapghans of 30" to 42" sq.

**Fredericksburg/King George** has a need for baby items (don't forget the boys), lap blankets and regular sized blankets (up to 50" square) in darker colors for men. Hats and scarves sizes in all sizes are still needed but especially for girls and ladies.

## New Recipient Groups

This month, we have added several new recipient groups so, to keep you all in the loop, here is a little information about these new groups.

Capital Area Health Network (CAHN) is a non-profit organization dedicated to improving the health status of under-served individuals in the Richmond Metropolitan area. From the Heart is assisting CAHN by providing baby hats and blankets to distribute at their bi-annual baby showers.

Cancer Dancer celebrates the lives of those affected by ovarian cancer in an effort to educate, empower and stimulate research leading to a cure. We are providing teal colored hand knit or crochet hats to be included in gift packages for women who have been recently diagnosed.

AseraCare Hospice treats each person's end-of-life journey with respect, kindness, compassion and support. We are assisting AseraCare with their "Honor Salute" program which is an individualized program for veterans in hospice care. We are providing red, white and blue lap blankets to be given to these veterans as a mark of respect for their service.

Chesterfield Health Department has requested our help in providing baby hats and blankets to the women from Chesterfield County, Powhatan County, and the city of Colonial Heights who will attend their annual baby shower in December.

## A Quick Note re Shop-keeping

A quick reminder to check that the doors are locked at the end of the day. In the last month, there have been a few occasions when the incoming shopkeepers found the doors unlocked when they got to the shop. This has mostly involved the back door but there was one case where the front door was unlocked. Please remember to check the back door and give the front door handle a tug to make certain the lock has engaged properly. Thanks.

## Powhatan Festival of Fiber

Saturday, April 30<sup>th</sup> 2016 is the date of the next Powhatan Festival of Fiber. The festival, held to celebrate and to share appreciation of the many fiber animals, fiber farmers and fiber artisans of the county and surrounding area, will be held rain or shine and is always worth attending so mark your calendar now. The festival includes demonstrations, exhibits, and classes (some of the classes are an additional cost). The event starts at 10:00am and continues until 5:00pm at 3920 Marion Harland Lane in Powhatan. The cost of admittance is \$5 for adults with children 12 and under being admitted free.

## Tip of the Month

You've just found a ball of yarn that you LOVE but it has no ball band. What do you do to know what size hook or needle to use with it?

Fold a strand of the yarn in half and place the two strands through various holes in your needle gauge. When a hole is completely filled but not through scrunching it in, you've found the size you should use to begin a swatch. Knit/crochet your swatch and measure the gauge to see if it matches the gauge of your pattern. Go up or down a little if it seems too loose or tight as the original size obtained is only as good place to start. If gauge is not important, use your own judgement in deciding if your work is too loose (go down a size or two) or too tight (go up a size or two).



You will need a needle gauge and the unknown yarn



This is too tight as the yarn is squeezed and scrunched



This is a good place to start as the doubled yarn fits though nicely and is not puckered or scrunched. This method gives you a good idea of where to start to find an appropriate needle or hook to use. If you don't like the look, go up or down a hook. If too loose for your liking, go down. If too tight, go up.

### Donation Inventory Numbers Through September, 2015

Previous Total	
Mid 2002 – 2014	211,105
2015	
Jan – August	14,639
September	2,152
Year to date total	16,791
Grand Total	227,896

### Schedulers Urgently Needed

From the Heart currently has only 3 ladies working on the shopkeeping scheduling. These ladies coordinate shopkeeping hours with our wonderful shopkeepers. With YOUR help, this would allow the scheduling rotation to be spread out more. It is NOT a difficult job, but it must be done. Won't you give it a try?!? Contact any one of the current schedulers for more information. Thank you for considering this opportunity with From the Heart.

Tricia Ennis [ennis1000@verizon.net](mailto:ennis1000@verizon.net)  
 Eleanor Cannon [e-cannon@msn.com](mailto:e-cannon@msn.com)  
 Ann Robbins [aerobbins@live.com](mailto:aerobbins@live.com)

### Stop by the Shop – Shop Hours

The From the Heart 'shop' which is actually our clubhouse/distribution center is open every Tuesday, Wednesday, Thursday, and Saturday from 10am until 2pm. It is located at 1114 Westbriar Drive in Henrico Co. When was the last time you sat, stitched and enjoyed the camaraderie? We would love to see you there whenever you can drop by. If you have never been before, tell one of the schedulers that Tricia sent you and I'm sure she would be happy to give you the 'grand tour'.

### October Scheduler

Eleanor Cannon is the October scheduler. Contact her by email at [e-cannon@msn.com](mailto:e-cannon@msn.com) or by phone at (804)514-1168

### Winner of the Shopkeeping Prize

Congratulations to Mary Ball, the winner of the September shopkeeper prize. There will be a nice bag of yarn at the shop for you to pick up for a special project. How did Mary win that?, you might be asking. Well, every month, we have a random drawing of the names of that month's shopkeepers and the winner of that drawing is the lucky recipient of a nice bag of yarn for their personal use. Volunteer two hours to help and have your name entered in the drawing.



LW3074



BEGINNER

knitting

Design by Marilyn Coleman

## What you will need:

RED HEART® Super Saver®:  
2 skeins each of 313 Aran, A, 382  
Country Blue B and 380 Windsor  
Blue C

Susan Bates® Knitting Needles:  
5 mm [US 8]

GAUGE: 17 sts = 4" [10 cm]; 24  
rows = 4" [10 cm]. CHECK YOUR  
GAUGE. Use any size needles to  
obtain the gauge.



RED HEART® Super  
Saver®, Art. E300  
available in solid color  
7 oz (198 g), 364 yd (333 m);  
multicolor, heather, and print 5 oz  
(141 g), 244 yd (223 m), flecks 5  
oz (141 g), 260 yds (238 m) skeins



# Knit Lapghan

*This is the perfect pattern for a beginner or for  
a quick and easy gift. Knit this lapghan in the  
colors listed or colors to match your décor.*

Lapghan measures 37½" [95 cm] square

## LAPGHAN

### Strips 1 and 4

With A, cast on 33 sts.

Row 1 (Rightside): Knit across.

Row 2: P1, (K1, P1) across.

Repeat Rows 1 and 2 for pattern until piece  
measures 7½" [19 cm] from cast on edge,  
ending by working Row 2, drop A.

With B, repeat Rows 1 and 2 for pattern until  
piece measures 15" [38 cm] from cast on  
edge, ending by working Row 2, drop B.

With C, repeat Rows 1 and 2 for pattern until  
piece measures 22½" [57 cm] from cast on  
edge, ending by working Row 2, drop C.

With A, repeat Rows 1 and 2 for pattern until  
piece measures 30" [76 cm] from cast on  
edge, ending by working Row 2, drop A.

With B, repeat Rows 1 and 2 for pattern until  
piece measures 37½" [95 cm] from cast on  
edge, ending by working Row 2. Bind off all  
stitches in pattern.

### STRIPS 2 and 5

With B, cast on 33 sts.

Row 1 (Rightside): Knit across.

Row 2: P1, (K1, P1) across.

Repeat Rows 1 and 2 for pattern until piece  
measures 7½" [19 cm] from cast on edge,  
ending by working Row 2, drop B.

With C, repeat Rows 1 and 2 for pattern until  
piece measures 15" [38 cm] from cast on  
edge, ending by working Row 2, drop C.

With A, repeat Rows 1 and 2 for pattern until  
piece measures 22½" [57 cm] from cast on  
edge, ending by working Row 2, drop A.

With B, repeat Rows 1 and 2 for pattern until  
piece measures 30" [76 cm] from cast on  
edge, ending by working Row 2, drop B.

With C, repeat Rows 1 and 2 for pattern until  
piece measures 37½" [95 cm] from cast on  
edge, ending by working Row 2. Bind off all  
stitches in pattern.

### STRIP 3

With C, cast on 33 sts.

Row 1 (Rightside): Knit across.

Row 2: P1, (K1, P1) across.

Repeat Rows 1 and 2 for pattern until piece  
measures 7½" [19 cm] from cast on edge,  
ending by working Row 2, drop C.

With A, repeat Rows 1 and 2 for pattern until  
piece measures 15" [38 cm] from cast on  
edge, ending by working Row 2, drop A.

With B, repeat Rows 1 and 2 for pattern until  
piece measures 22½" [57 cm] from cast on  
edge, ending by working Row 2, drop B.

With C, repeat Rows 1 and 2 for pattern until  
piece measures 30" [76 cm] from cast on  
edge, ending by working Row 2, drop C.

With A, repeat Rows 1 and 2 for pattern until  
piece measures 37½" [95 cm] from cast on  
edge, ending by working Row 2. Bind off all  
stitches in pattern.

## FINISHING

Thread yarn needle with desired color. With  
right sides together, using the photo as a  
guide and matching rows, sew strips together  
in numerical order.

## ABBREVIATIONS

A, B, C, etc = Colors A, B, C, etc; K = knit; mm  
= millimeter; P = purl; st(s) = stitch(es); ( ) =  
work directions in parentheses as indicated.





LW3073



BEGINNER

crochet

Design by Marilyn Coleman

## What you will need:

RED HEART® Super Saver®:  
2 skeins each of 0382 Country Blue, A, 0380 Windsor Blue B, and 0313 Aran C

Susan Bates® Crochet Hook:  
5.5 mm [US I-9]

GAUGE: Rounds 1-4 measures  
4½" [11 ½ cm] across. CHECK  
YOUR GAUGE. Use any size hook  
to obtain the gauge.



RED HEART® Super Saver®, Art. E300  
available in solid color  
7 oz (198 g), 364 yd (333 m);  
multicolor, heather, and print 5 oz  
(141 g), 244 yd (223 m), flecks 5 oz  
(141 g), 260 yds (238 m) skeins



# Crochet Granny Blues Lapghan

*One large granny square is a perfect start for someone learning to crochet. You can mix it up with many different color schemes.*

[www.crochettoday.com](http://www.crochettoday.com)

©2013 Coats & Clark

Lapghan measures approximately 39"  
[99 cm] square

## LAPGHAN

With A, ch 5; join with slip st in first ch to form a ring.

**Round 1 (Right side):** Ch 3 (counts as first dc, now and throughout), 2 dc in ring, ch 3, (3 dc in ring, ch 3) 3 times; join with slip st to first dc: 4 corner ch-3 spaces.

**Round 2:** Slip st in next 2 dc and in next corner ch-3 space, ch 3, (2 dc, ch 3, 3 dc) in same corner ch-3 space, ch 1, \*(3 dc, ch 3, 3 dc) in next corner ch-3 space, ch 1; repeat from \* around, join with slip st to first dc; fasten off.

**Round 3:** With right side facing, join B with slip st to any corner ch-3 space; ch 3, (2 dc, ch 3, 3 dc) in same space, ch 1, \*3 dc in next

ch-1 space, ch 1, (3 dc, ch 3, 3 dc) in next corner ch-3 space, ch 1; repeat from \* around, join with slip st to first dc.

**Round 4:** Slip st in next 2 dc and in next corner ch-3 space, ch 3, (2 dc, ch 3, 3 dc) in same space, ch 1, (3 dc in next ch-1 space, ch 1) twice, \*(3 dc, ch 3, 3 dc) in next corner space, ch 1, (3 dc in next ch-1 space, ch 1) across to next corner ch-3 space, repeat from \* around, join with slip st to first dc; fasten off.  
**Rounds 5 and 6:** Repeat Round 4, at the end of Round 6, fasten off.

**Round 7:** With right side facing, join C with slip st to any corner ch-3 space; ch 3, (2 dc, ch 3, 3 dc) in same space, ch 1, (3 dc in next ch-1 space, ch 1) twice, \*(3 dc, ch 3, 3 dc) in next corner space, ch 1, (3 dc in next ch-1 space, ch 1) across to next corner ch-3 space, repeat from \* around, join with slip st to first dc.

**Rounds 8-12:** Repeat Round 4, at the end of Round 12, fasten off.

**Round 13:** With right side facing, join A with slip st to any corner ch-3 space; ch 3, (2 dc, ch 3, 3 dc) in same space, ch 1, (3 dc in next ch-1 space, ch 1) twice, \*(3 dc, ch 3, 3 dc) in next corner space, ch 1, (3 dc in next ch-1 space, ch 1) across to next corner ch-3 space, repeat from \* around, join with slip st to first dc.

**Rounds 14-16:** Repeat Round 4, at the end of Round 12, fasten off.

**Round 17:** With right side facing, join B with slip st to any corner ch-3 space; ch 3, (2 dc, ch 3, 3 dc) in same space, ch 1, (3 dc in next ch-1 space, ch 1) twice, \*(3 dc, ch 3, 3 dc) in next corner space, ch 1, (3 dc in next ch-1 space, ch 1) across to next corner ch-3 space, repeat from \* around, join with slip st to first dc.

**Rounds 18-20:** Repeat Round 4, at the end of Round 20, fasten off.

**Rounds 21-34:** Repeat Rounds 7-20.

## ABBREVIATIONS

A, B, C, etc = Colors A, B, C, etc; ch = chain; dc = double crochet; mm = millimeter; st(s) = stitch(es); \* = repeat whatever follows the \* as indicated; () = work directions in parentheses as indicated.



# From the Heart Local Group Times

# October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Hopewell Library 6pm – 8pm</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p>	<p>2 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>3 Atlee Angels Legacy Park 10 – noon</p> <p>Starbucks Oxbridge Square 10 – noon</p>
<p>4</p>	<p>5 Carson Library Group 3-5 pm</p> <p>The Crossings at Bon Air 2.00</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Hillcrest UMC 10-12</p> <p>Midlothian Women's Group Starbucks (inside Kroger)10am</p>	<p>6 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p>7 Colonial Heights Senior Center 10–noon</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1.3pm</p> <p>ElmCroft Retirement 1:30</p>	<p>8 Hopewell Library 10am - noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00</p>	<p>9 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>10 Louisa Group Hardee's 10 – noon</p>
<p>11 King George - Peace Lutheran Church 3 - 5pm</p>	<p>12 Hillcrest UMC 10-12</p> <p>Crossings at Fall Run 11 am</p> <p>Carson Library Group 3-5 pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>The Crossings at Bon Air 2.00</p> <p>Southside Angels Emporia YMCA, 2–4 pm</p>	<p>13 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Chesterfield Heights Community Center 2:00- 3:30</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30p</p>	<p>14 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p> <p>Chesterfield Heights Community Center 2:00- 3:30</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p>	<p>15 Hopewell Library 6pm – 8pm</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p>	<p>16 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>17 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
<p>18</p>	<p>19 Hillcrest UMC 10-12</p> <p>The Crossings at Bon Air 2:00</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Carson Library Group 3-5 pm</p>	<p>20 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 6:30 - 8:30pm</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p>21 Colonial Heights Senior Center 10-noon</p> <p>ElmCroft Retirement 1:30</p>	<p>22 Hopewell Library 10am - noon</p> <p>Summerhill Retirement Center, Lake Village Drive – 1.30 – 3.30pm</p>	<p>23 Starbucks Huguenot Rd 11 am -1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>24 Redeemer Lutheran Church, Redbridge Rd. 9 – 11am</p>
<p>25 King George - Peace Lutheran Church 3 - 5pm</p>	<p>26 Hillcrest UMC 10-12</p> <p>Carson Library Group 3-5 pm</p> <p>Southside Angels Emporia YMCA, 2–4 pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p> <p>Crossings at Fall Run 11 am</p> <p>The Crossings at Bon Air 2.00</p>	<p>27 Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30-2:30</p>	<p>28 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p> <p>Dinwiddie Library 1:00-3:00pm</p>	<p>29</p>	<p>30 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>31</p>

**From the Heart Local Group Times – *please check reverse for month specific meetings***  
**Shop on Westbriar is open 10am – 2pm Tues, Weds, Thurs, Sat every week unless noted on calendar (see reverse side)**

<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Day of Month</b>	<b>Time of Day</b>
Atlee Angels	Legacy Park Social Center Midday Lane	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm/10-noon
Brandermill/Woodlake	Clover Hill Library, Deer Run	Midlothian	Wednesday 2 <sup>nd</sup> and 4 <sup>th</sup>	6.30 - 8.00pm
Carson Group	Carson Library 16101 Halligan Park Road	Carson	Monday every	3 - 5pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Road	Richmond	Thursday 2 <sup>nd</sup>	1:30 - 3pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, 2 <sup>nd</sup>	2 – 3:30pm
Chesterfield Needlework Friends	Central Library, Lori Rd,	Chester	Wednesday, 2 <sup>nd</sup>	1 -2 :30pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Colony Critters	Patriot's Colony	Williamsburg, VA	Wednesday 1 <sup>st</sup>	1.30pm
Crossings at Bon Air	Bon Air Crossing Drive	Richmond	Every Monday	2:00pm
Crossings at Fall Run	60 Brimley Drive	Stafford	Monday, 2 <sup>nd</sup> , 4 <sup>th</sup>	11am
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2 <sup>nd</sup> ,4 <sup>th</sup>	1:00pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	1:30pm
Farmville	Farmville Baptist Church, 132 North Main St	Farmville	Every Monday	5:00pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	6 - 8pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 <sup>nd</sup> , 4 <sup>th</sup>	1 - 5pm
King George, Peace Lutheran Church	5590 Kings Highway	King George	Sunday 2 <sup>nd</sup> , 4 <sup>th</sup>	3 - 5pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2 <sup>nd</sup>	10am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	9am - noon
Martin's Grocery Store	5201 Chippenham Crossing Center	Richmond	Tuesday every	5:30 – 7:30pm
Midlothian Women's Group	Starbucks, Ivy Mount Shopping Center	Midlothian	Monday 1 <sup>st</sup>	10:00am
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	4:30 - 7:00 pm.
Prince George	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	2 - 4pm
Redeemer Lutheran	9400 Redbridge Rd.(upstairs Conference. room)	Richmond	Saturday 4 <sup>th</sup> (except Dec)	9 – 11am
Southside Angels – Emporia YMCA	Emporia YMCA	Emporia	Monday 2 <sup>nd</sup> , 4 <sup>th</sup>	2 - 4pm
Starbucks	5001 Huguenot Road	Richmond	Friday Every	11am-1:30pm
Starbucks	10009 Hull Street Road	Richmond	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	10am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4 <sup>th</sup>	1:30 - 3:30pm
Tuckahoe at the Shop	1114 Westbriar Drive	Henrico	Tuesday, every	6:30 - 8:30pm
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	11:30a – 2:30p
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 3 <sup>rd</sup>	6:30 – 8:30pm