

# "From the Heart"

*Volunteers are angels in disguise.*

1425 Crawford Wood Place  
Midlothian, VA 23114

[www.facebook.com/FromtheHeartStitchers](http://www.facebook.com/FromtheHeartStitchers)  
[www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

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## Grateful Thread - September 2014

### Letter from Lois - September 2014

"Plays well with others". I know you have heard that said many times over the years. But did you ever think how it relates to our From the Heart stitchers?

Whenever a group of stitchers congregates, almost immediately a "stress free zone" is created. Stitchers have such positive, inspiring attitudes. You may come in to a gathering for a short while, just to sit and stitch. You will always find ongoing conversations...after all, these are predominately groups of ladies we are talking about! You may have started your day with so many problems on your mind but, pick up that yarn and your tool of choice and very soon, after just a few short rows you will notice a change in your mood, you may sink deeper into your chair, so relaxed that you very well may even notice a slight smile creeping across your face.

It's easy to understand why our shop has become such a popular place. We schedule 2 sets of 2 members to handle the roles of hostesses each day but rarely are they the only people in the building. Any time during open hours you can easily find 6, 8 or even more stitchers 'hanging out', each with their own situations outside those walls but communicating as one while within that stress free zone.

Beginners may walk in needing help with their projects, or maybe they are ready to step their stitching knowledge up a notch. They are certain to find answers to any questions they may have or that next level pattern, right there in the stress free zone! Maybe it's the experienced stitcher, a little bored using their same patterns so many times they can make their projects with their eyes closed. There are many, many pattern books to challenge that crafter, to keep their stitching interesting. We've all experienced it...stitching and creating is addictive. To 'fuel' your addiction just stop by the shop. You will be amazed at the choices in yarn and patterns there. And you will always find someone anxious to help you over any stumbling block. If the West End shop at 1114 Westbriar Drive is not within your range, check out the monthly calendar and you will surely find just the meeting spot to suit your taste.

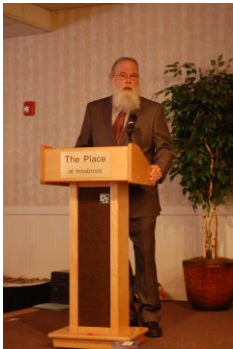
Looking forward to seeing you very, very soon

## 2014 From the Heart Annual Retreat

Well, that was FUN At least, I thought so and I hope all of you who were able to attend thought so too. The focus of the day was on YOU - the From the Heart Volunteer and what a joy it was to see it all come together and see you all get the kudos you so richly deserve.



Ayn did an excellent job MC'ing as she done for three years now. Beth and Phyllis kept all the registrations straight and did a superb job handling the crowds at the door. Mary and Gwen made The Place look particularly attractive with their fabulous centerpieces to which many others had contributed their work. Fran, Trudie and Lauren helped you win your Bingo prizes. Marie, Lizard, Susan, Gwen and I taught classes which seemed really appreciated. Dorothy, Pat, Betsy, Matilde and June contributed beautiful items which were raffled during the day. Kathleen jumped in and did a fantastic job of helping 'run' prizes to people during the day. Glen, Cathryn and Mary manned the raffle table. Far too many to mention helped to set up before and break down after the event - thank you all so much. I am sure I have probably forgotten something but, believe me, your efforts are really appreciated. We had speakers from VCU Massey Cancer Center, Mary Washington Healthcare (veterans' hospice area), Tidewater Physical Therapy (who also provided us with bags of therapy goodies for everyone there), and Stafford Emergency Relief through Volunteer Effort (S.E.R.V.E.) Val and Sindhu led us though some fantastic Laughing Yoga exercises and Roni showed us some terrific hand exercises to keep us all supple and stress free.



Perhaps the highlight of the day was when Randolph Bragg (son of our dear Virginia) took a few moments to talk to us about how much From the Heart had meant to his mom in the last few years of her life.

We had vendors from Coordinated Colors, the Dillwyn Yarn Barn, Rocks for Socks, Sterling Jewelry and the Williamsburg Chocolatier. The food was marvelous, the atmosphere joyful, the prizes terrific, the vendors wonderful.

What more could one ask for - a terrific day all around - oh YES - ONE MORE THING -- We surpassed the 200,000 items donated mark by 221. As of Friday evening, August 22nd, 2014 From the Heart had donated 200,221 items to various groups and organizations in our area. Did I mention this Retreat was for you - the volunteer. Now you know why. I am honored to be associated with you all.

Tricia

## Dollar Daze Donation Day

We need to do a big 'clean up' at the shop on Westbriar Drive and, so, we have decided to have a special day dedicated to an important part of that : 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.

On **Saturday, September 27th**, during regular shop hours, we will host a Dollar Daze Donation Day. All the new, upper-end needles, yarns, hooks, and pattern books we have accumulated will be made available to members for a donation of as little as \$1.

## You Did It FTH Stitchers!

It was announced at the Retreat that we had not only met but surpassed the 200,000 items donated mark. At the close of business Friday 22nd, we had actually donated 200,221 items.

All of you are terrific - it was great to see you give each other a big hand at the Retreat, you all deserve it.

CONGRATULATIONS to each and every one of you.

## **Blankets for the Cherokee Nation**

We have a request from a new-to-us area of need. This has come from 1 Lost Indian Ministry and they are in need of blankets for over 400 children on the Cherokee Reservation lands in Jay, Oklahoma. These kids range from infants to teens.

I have talked with Mr. Joe Demby of Oakland Baptist Church in Disputanta, VA. His church will be working with fleece to create blankets for these kids. Our hope is that From the Heart will be able to contribute some of our crochet and knit blankets for this cause as well. There is a possibility Mr. Demby's church may also supply fleece to us in order that we may help this donation move along more quickly. If you happen to have excess fleece fabric on hand and would like to donate it as is or cut into blankets just let us know!

I have indicated to Mr. Demby that everything we make and donate will carry our From the Heart dove tag.

If you would like to be a part of helping out these children just stop by the shop for your supplies. Most any style blanket will be appreciated but when we are stitching for children we usually try to make items as bright and cheerful as we can.

Mr. Demby will be picking up from us as we have blankets ready so there will be no cost or inconvenience to From the Heart.

Think this over. If you have a little extra time and are considering your next project this might be just the thing for you! Grab your hooks and needles and let's give this our best.

If you have any questions at all please let me know by either email [atloisfth@me.com](mailto:atloisfth@me.com) or just call me at 804-305-4971. If I don't have an answer for you I'm sure Mr. Demby will be happy to help us out.

Thanks so much.  
Lois Moore

## **Church of Jesus Christ of Latter Day Saints Project**

As you probably know by now, The Church of Jesus Christ of Latter Day Saints, Petersburg Ward is currently involved in a service project for which they are making ~500 12" squares for blankets. The program will be ending in late September in time for the Women's Conference on September 27. From the Heart will be presented with the squares at the Women's Conference.

We will be needing people to connect the squares once we have received them in order to turn them into blankets so please let either Tricia ([ennis1000@verizon.net](mailto:ennis1000@verizon.net)) or Lois ([loisfth@me.com](mailto:loisfth@me.com)) know asap if you can help in this regard.

The timing on the project is excellent as these squares could potentially be converted into 80 blankets to be sent as a partial response to the request we have received for blankets for the Cherokee Nation :-)

### **New Pattern from Larissa's Heart – Warm Thoughts Blanket**



From the Heart member, Larissa Karp, has developed a rather beautiful pattern for a blanket which is an excellent way to use up partial skeins or you can make it from one color if you prefer. Note that, in Larissa's photo, the white stripes between the colors are not actually exactly the same - she used many different partial skeins in this example. Your yarn should be the same gauge throughout, however. The pattern on the next page is in two sizes but you can vary even from this by adding additional stitches in multiples of 18 or, indeed, by using a larger or smaller gauge of yarn and needle.

Warm Thoughts - adaptation				
<b>Tension</b>				Notes: for baby blanket use single strand yarn and appropriate needle size.....change colors after every pattern set (rows 1-24)
12 sts and 16 rows = 4 inches needles (US 11) 2 strands of yarn in pat.				
<b>Instructions</b>				
with 2 strands of yarn, cast on 118 sts. (Maria 154)				
#1	right side	K5. *K15. P3.*	K5.	k k k k k KKKKKKKKKKKKKKKKKPP k k k k k
#2		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#3		K5. *K15. P3.*	K5.	k k k k k KKKKKKKKKKKKKKKKKPP k k k k k
#4		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#5		K5. *K3. P15.*	K5.	k k k k k KKKPPPPPPPPPPPPPPPP k k k k k
#6		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#7		K5. *K3. P15.*	K5.	k k k k k KKKPPPPPPPPPPPPPPPP k k k k k
#8		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#9		K5. *K3. P3. K12.*	K5.	k k k k k KKKPPP KKKKKKKKKKKKK k k k k k
#10		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#11		K5. *K3. P3. K12.*	K5.	k k k k k KKKPPP KKKKKKKKKKKKK k k k k k
#12		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#13		K5. *P6. K3. P9.*	K5.	k k k k k PPPPPP KKKPPPPPPPPPP k k k k k
#14		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#15		K5. *P6. K3. P9.*	K5.	k k k k k PPPPPP KKKPPPPPPPPPP k k k k k
#16		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#17		K5. *K9. P3. K6.*	K5.	k k k k k KKKKKKKKKK PPP KKKKKK k k k k k
#18		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#19		K5. *K9. P3. K6.*	K5.	k k k k k KKKKKKKKKK PPP KKKKKK k k k k k
#20		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#21		K5. *P12. K3. P3.*	K5.	k k k k k PPPPPPPPPPPPP KKKPPP k k k k k
#22		K5. <i>K all knit sts and P all pearl sts</i>	K5.	
#23		K5. *P12. K3. P3.*	K5.	k k k k k PPPPPPPPPPPPP KKKPPP k k k k k
#24		K5. <i>K all knit sts and P all pearl sts</i>	K5.	

### Current Needs

**Richmond and Surrounding** area has now started to collect hats and scarves for our school children - K through 12th grade for both girls and boys.

Our main need at the moment is for acrylic hats in SOLID colors, all sizes, both genders - we plan to match these with the scarves we have in stock that do not have a hat with them.

Note, if you make hats for infants, that they should be ~12" circumference and need to have some stretch in them.

**Fredericksburg/King Gorge** has a need for hats and scarves sizes preschool through adult. Please remember hats & scarves for boys & men's as well as girls & Ladies. Also baby items and lap blankets.

20 Turtles for Camp Rainbow are needed by the end of September.  
Military lap blankets are needed by the middle of October.

As always, these items are for guidelines only - please make whatever you enjoy as we can use anything you make

Check the website [www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org) for patterns for all of these items.

## Fourth Annual Let's Stitch Event – Fredericksburg – October 11<sup>th</sup>

The Fredericksburg Spinners & Weavers Guild along with Liberty Town Arts Workshop presents the Fourth Annual Let's Stitch Event in affiliation with From the Heart on October 11 from 10am until 4pm at 916 Liberty Street, Fredericksburg, Virginia. See flyer at back for directions.

All knitters & crocheters welcome. Interested in learning? Free instruction will be offered. Refreshments & demonstrations throughout the day. Liberty Town Artists' Studios will also be open.

All knitted and crocheted items will be distributed to the community through a variety of organizations. Donations of yarn, needles and completed items are now being collected at the Fredericksburg Spinners and Weavers Guild at Liberty Town Arts Workshop.

For questions contact Lynette Reed at [yarnlyn@aol.com](mailto:yarnlyn@aol.com) or From the Heart's Pam Greswolde at [pegreswolde@comcast.net](mailto:pegreswolde@comcast.net)

### Donation Inventory Numbers Through August

<b>Previous Total</b>	
<b>Mid 2002 - 2013</b>	<b>180,534</b>
<b><u>2014</u></b>	
Jan - July	16,966
August	<u>3,323</u>
<b>Year to date total</b>	<b>20,289</b>
<b>Grand Total</b>	<b>200,823</b>

### 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

When was the last time you sat, stitched and enjoyed the camaraderie at the shop?

Tricia Ennis is the September scheduler. Contact her by [email](mailto:ennis1000@verizon.net) or phone her at 804-683-9015 (C)

Congratulations to June Rossini who is the winner for the August shopkeeper prize. There will be a nice bag of yarn at the shop for you to pick up for a special project.

## 31 Ways that Knitting and Crochet Can Change Your Life

Lion Brand Yarn recently compiled a whole lot of information from research completed and articles published over the last few years and listed, on it's website, 31 ways in which it has been proven that people who knit and crochet have a much better chance at staying healthy, being happy and getting organized. CNN, The Huffington Post, Oxford University and the Washington Post are already on board with these results so here is the list - Keep knitting and crocheting, folks, and thanks to Susan Brooks for sending this information to us.

1. Relieve depression
2. Promote mental health
3. Reduce anxiety
4. Process grief
5. Alleviate cabin fever during winter months
6. Reduce Stress
7. Practice mindfulness and meditation
8. Create a non-medicinal, feel-good high
9. Protect the brain from damage incurred by aging
10. Learn discipline, empathy, patience
11. Lose weight
12. Relieve insomnia
13. Relieve chronic pain
14. Keep your brain fit
15. Think clearer
16. Reduce negative thoughts
17. Reduce or postpone dementia
18. Improve your mood
19. Get organized
20. Build self-esteem
21. Avoid cognitive impairment
22. Delay memory loss
23. Control eating disorders
24. Find friends
25. Reduce irritability and restlessness
26. Control addictions
27. Get strong
28. Recovery
29. Practice prayer
30. Give to others
31. Build community

**But we already knew that, didn't we :-)**

### Baby Hat Information

There are some things we stitchers need to remember as we are making the full term baby hats. The hats need to be at least 12" circumference and at least 6 inches long. It is much better to have a hat that needs to be turned up a little than one that won't come down to the baby's ears. They also need to have some stretch.

There is a 44 stitch hat made with Jiffy yarn in a 2 x 2 ribbing on the FTH website - [Newborn Baby Knitted Hat](#) with picture. For those who want to crochet, there is a crocheted baby hat pattern on the website - [Crocheted baby hat](#).

## Supporting our Veterans in Hospice Care

The Fredericksburg/King George group is partnering with MWH Hospice to support our veterans who are in hospice care. We would like to recognize them by providing a lap blanket to thank them for their service.

When possible we are going to give them a lap blanket in the colors of the logo for their branch of service. We realize we may not be able to do this for all of them but that is the goal. We are striving to collect 200 for presentation on Veteran's Day.

Below you will see the colors for each branch of the service; however when this is not possible you will see other suggested colors. Approx. size for lap blankets: 30 to 34 inch square (or not quite square)

Service Logo Colors and quantity of lap blankets needed for Veteran's Day:

- Army - Black and gold = 41
- Air Force - Gold and ultra-marine blue = 21
- Navy - Gold and Navy blue = 17
- Marines - Red and gold = 17
- Coast Guard - Red, white and blue = 4

Remember.... Leftovers could work great here too, stripes of color would be great. When these colors are not available any of these would work:

- Camouflage
- Red, white and blue
- Shades of blue, green, beige or gray
- Red, white & blue

If you have any questions, or yarn in the colors needed you would like to donate, please contact Pam Greswolde at [pegreswolde@comcast.net](mailto:pegreswolde@comcast.net) or 540.972.3602. These blankets would need to be turned in by the middle of October.

## NurtureRVA/Let's Talk Breastfeeding Event Reminder

Do you have an hour to two to assist with From the Heart's opportunity to join with Nurture RVA this summer in their mission to improve the health and well-being of childbearing families? If so, please contact Tricia at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or at [eleanorschnabel@yahoo.com](mailto:eleanorschnabel@yahoo.com)

The next event at the Byrd House Market is scheduled for Tuesday September 16 from 3 until 6.30pm. 's event is planned to be a 'soft opening' and will be very relaxed and casual. We have already knit/crocheted some rather lovely hats to be given to the expectant mothers who will be there learning about the importance of breastfeeding. These hats have been very well received by the expectant moms so please keep on knitting :-)

The Byrd House Market is held at 980 Idlewood Avenue.

The two remaining dates for this event are September 16, and October 14 and we are interested in hearing from you if you would like to attend those events too. Two patterns for booby hats are on the next page ☺

### Address for Newsletter Articles or Information

Please remember to send newsletter articles or information you would like to see in the newsletter to Tricia Ennis. This should ensure that we do not miss information. Thanks!

Tricia Ennis [ennis1000@verizon.net](mailto:ennis1000@verizon.net)

## Crochet Booby Hat

### Supplies

H (5.00mm) hook and J/10 (6.00mm) hook

#5 Bulky weight yarn I used Lion Brand Baby's First in Fairy Tale and Pixie Dust

Gauge: start with your J hook and work from there  
6 dc = 2" wide 2 rows= approximately 2"

The nipple portion of this hat will be worked in a continuous spiral; you may want to use a stitch marker to keep track of your first stitch each round

Using your nipple color (mine was Fairy Tale) and H (5.00mm) hook

Ch 2, skip chain closest to hook, sc 5 times in first chain {5 sc}

Round 2: working in back loops only this round, (sc) {5 sc}

Round 3: (sc in each sc) (5 sc)

Round 4: sc in first space, (2sc in next, sc in next) {7 sc}

Round 5: (2sc in each sc) {14 sc}

Switch to J/10 (6.00mm) hook

Round 6: sc, sc, (2sc, sc) {20 sc}

Round 7: 2sc, (sc, 2sc), slst to join {30 sc}

Change Color; continue with J hook; join all rounds with slst

Round 8: ch 3, dc, dc, (2dc, dc, dc) {39 dc}

Round 9: (dc) {39 dc}

Round 10-14: repeat Round 9



## Knit Booby Hat

Age Newborn to ~ 6 month

It's knitted on a **4 mm (#6) needle** with a knitting gauge of **20 stitches per 4 inches in stockinette stitch**.

It's no problem changing the pattern to fit your own yarn and needles. Just remember that the number of stitches should be dividable by 8.

You will need a skein of skin color, and a darker leftover for the nipple.

Cast on 72 in skin color, and knit in the round in stockinette stitch until you reach your preferred height. Remember that the rolling edge will take some of the height.

Begin decrease rounds on every other round (even rounds: knit all stitches):

Round 1: \*k6, k2tog\* Repeat from \* to \* to the end

Round 3: \*k5, k2tog\* Repeat from \* to \* to the end

Round 5: \*k4, k2tog\* Repeat from \* to \* to the end

Round 7: \*k3, k2tog\* Repeat from \* to \* to the end

At round 8 switch to a darker color. Knit all stitches. Continue the decrease rounds on every other round (even rounds: knit all stitches):

Round 9: \*k2, k2tog\* Repeat from \* to \* to the end

Round 11: \*k1, k2tog\* Repeat from \* to \* to the end

Round 13: k2tog to the end

You will now have 9 stitches on the needle. Knit 3 rounds in stockinette stitch. Break the yarn and pull it through the remaining stitches. Weave in all ends.





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*Local Considerations:*

*Liberty Street is a one block ONE WAY street (North) that can only be approached from the South (the George Street end) Barton Street is a one block ONE WAY street (South) - but does not allow a left turn onto George Street. Liberty Town can only be reached via George Street or Hanover Street.*

**From Points North:** Take I95 S

*Exit Route 3 East, Fredericksburg*

*Stay on Route 3 (becomes Blue Gray Parkway) - 1.5 miles*

*Turn left on William Street (Route 3 East Business) Bear left (to stay on William Street) - 1.1 miles Turn right on Prince Edward Street - 0.1 miles Turn right on George Street - 0.1 miles*

**From Points South:** Take I95 N

*Exit Route 3 East, Fredericksburg*

*Stay on Route 3 (becomes Blue Gray Parkway) - 1.2 miles*

*Left on William Street (Route 3 East Business) Bear left (to stay on William Street) - 1.1 miles Right on Prince Edward Street - 0.1 miles Right on George Street - 0.1 miles*

**From Points East:**

*Take Route 3 West Business, Fredericksburg Cross the Falmouth Bridge*

*Left on Sophia Street - 0.1 miles Right on George Street - 0.3 miles*

**Then ALL**

*Right on Liberty Street*

*LibertyTown is on your left - 916 Liberty Street*

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**LIBERTY TOWN ARTS WORKSHOP**

INVITE YOU TO JOIN US FOR THE FOURTH ANNUAL

LET'S STITCH

A FREDERICKSBURG CHARITABLE EVENT IN AFFILIATION WITH

**"FROM THE HEART"**

OCTOBER 11, 2014

10:00 AM - 4:00 PM

916 LIBERTY STREET FREDERICKSBURG, VIRGINIA

CALLING ALL KNITTERS & CROCHETERS!

INTERESTED IN LEARNING? WE WILL BE OFFERING INSTRUCTION!

DROP IN ANYTIME DURING THE DAY JOIN US TO KNIT OR CROCHET FOR CHARITY

REFRESHMENTS  
& DEMONSTRATIONS  
THROUGHOUT THE DAY

LIBERTY TOWN ARTISTS' STUDIOS WILL ALSO BE OPEN

All knitted and crocheted items will be distributed to the community through a variety of organizations.

Donations of yarn, needles and completed items are now being collected at the Fredericksburg Spinners and Weavers Guild at Liberty Town Arts Workshop.

For questions contact Lynette Reed at [yarnlyn@aol.com](mailto:yarnlyn@aol.com)

Or, at From the Heart, Pam Greswolde at [pegreswolde@comcast.net](mailto:pegreswolde@comcast.net)

# From the Heart Local Group Times

# September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p>	<p><b>2</b> Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Prince George 2:00 – 4:00 pm</p> <p>Farmville Baptist Church 132 North Main Street Farmville, Virginia 5:30pm</p>	<p><b>3</b> Colonial Heights Senior Center 10–noon</p> <p>ElmCroft Retirement 1:30</p> <p>Tuckahoe @ Shop 6:30-8:30 pm</p>	<p><b>4</b> Crossings at Fall Run 11 am</p> <p>Hopewell Library 6-8pm</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian</p>	<p><b>5</b> Starbucks Huguenot 11 am -1:30 pm</p>	<p><b>6</b> Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels – Legacy Park 1–3 pm</p>
<b>7</b>	<p><b>8</b> Hillcrest UMC 10-12</p> <p>Carson Library Group 3-5 pm</p> <p>Crossings at Bon Air 2:00</p> <p>Southside Angels Emporia YMCA 2–4 pm</p> <p>Midlothian Women's Club Starbucks, Ivy Mt Shop Ctr 10:00am</p>	<p><b>9</b> Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Chesterfield Heights Community Center 2:00- 3:30</p> <p>Fredericksburg Wegman's 2nd Floor Food Court 11:30-2:30</p> <p>Farmville Baptist Church 132 North Main Street Farmville, Virginia 5;30pm</p>	<p><b>10</b> Colonial Heights Senior Center 10–noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p> <p>Dinwiddie Library 1:00-3:00 pm</p>	<p><b>11</b> Crossings at Fall Run 11 am</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00</p> <p>Hopewell Library 10a-noon</p>	<p><b>12</b> Starbucks Huguenot 11 am-1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p><b>13</b> Louisa Group Hardee's 10 - noon</p>
<p><b>14</b> Peace Lutheran Church – King George 3 - 5pm</p> <p>Fun Sunday Shop 2-5 pm</p>	<p><b>15</b> Hillcrest UMC 10-12</p> <p>Carson Library 3-5 pm</p> <p>Harvest Glen Stitchers 2 - 4 pm</p>	<p><b>16</b> Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Prince George 2:00 – 4:00 pm</p> <p>Fredericksburg Wegman's 2nd Floor Food Court 6.30-8.30pm</p> <p>Farmville Baptist Church 132 North Main Street Farmville, Virginia 5;30pm</p>	<p><b>17</b> Colonial Heights Senior Center 10-noon</p> <p>ElmCroft Retirement 1:30</p> <p>Tuckahoe @ Shop 6:30-8:30 pm</p>	<p><b>18</b> Crossings at Fall Run 11 am</p> <p>Hopewell Library 6-8pm</p> <p>Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 6:30-8:30</p>	<p><b>19</b> Starbucks Huguenot 11 am - 1:30 pm</p>	<p><b>20</b> Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
<b>21</b>	<p><b>22</b> Hillcrest UMC 10-12</p> <p>Carson Library 3-5 pm</p> <p>Southside Angels Emporia YMCA 2–4 pm</p>	<p><b>23</b> Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Fredericksburg Wegman's 2nd Floor Food Court 11:30-2:30</p> <p>Farmville Baptist Church 132 North Main Street Farmville, Virginia 5;30pm</p>	<p><b>24</b> Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30pm – 8.00pm</p> <p>Dinwiddie Library 1:00-3:00 pm</p>	<p><b>25</b> Crossings at Fall Run 11 am</p> <p>Hopewell Library 10a-noon</p> <p>Summerhill Retirement 1:30-3:30 pm</p>	<p><b>26</b> Starbucks Huguenot 11 am -1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<b>27</b>
<p><b>28</b> Peace Lutheran Church – King George 3 - 5pm</p> <p>Fun Sunday Shop 2-5 pm</p>	<p><b>29</b> Hillcrest UMC 10-12</p> <p>Carson Library 3-5 pm</p>	<p><b>30</b> Martin's @ Chippenham Crossing Center 5:30–7:30pm</p> <p>Farmville Baptist Church 132 North Main Street Farmville, Virginia 5;30pm</p>				

**Sept. 2014 Local Group Times. Shop on Westbriar is open 10am – 2pm Tues, Weds, Thurs, Sat every week unless noted**

Name	Address	City	Day of Month	Time of Day
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	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday	6.60pm – 8.00pm
Carson Group	Carson Library 16101 Halligan Park Road	Carson	Monday every	3 - 5 pm
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Road	Richmond	Thursday 2nd	1:30 - 3 pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, 2nd	2 – 3:30 pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Crossings at Bon Air			2 <sup>nd</sup> Monday	2:00 p.m.
Crossings at Fall Run	60 Brimley Drive	Stafford	Every Thursday	11 am
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2nd,4th	1:00 pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1st, 3rd	1:30 pm
Farmville	Farmville Baptist Church 132 North Main Street	Farmville	Every Tuesday	5:30pm
From the Heart	1114 Westbriar Drive	Henrico	Tues, Wed, Thurs every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Saturday every	10 am – 2 pm
Harvest Glen Stitchers			Mondays 1st, 3rd	2 - 4 pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 2nd, 4th	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1st, 3rd	6 - 8 pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2nd, 4th	1 - 5 pm
Peace Lutheran Church	5590 Kings Highway	King George	Sunday 2nd, 4th	3 - 5 pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2nd	10 am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1st, 3rd	9 am - noon
Martin's Grocery Store	5201 Chippenham Crossing Center		Tuesday every	5:30 – 7:30 pm
Midlothian Women's Group	Starbucks, Ivy Mount Shopping Center	Midlothian	1 <sup>st</sup> Monday	10:00am
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1st, 3rd	6:30 - 8:30 pm
Prince George	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1st, 3rd	2 - 4 pm
Southside Angels – Emporia YMCA	Emporia YMCA	Emporia	Monday 2 <sup>nd</sup> , 4 <sup>th</sup>	2 - 4 pm
Starbucks	5001 Huguenot Road	Richmond	Friday Every	11 am-1:30 pm
Starbucks	10009 Hull Street Road	Richmond	Saturday 1st, 3rd	10 am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4th	1:30 - 3:30pm
Tuckahoe at the Shop	1114 Westbriar Drive	Henrico	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	6:30 - 8:30 pm
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	11:30 – 2:30
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 3 <sup>rd</sup>	6:30 – 8:30 pm