

"From the Heart"

Volunteers are angels in disguise.

Sent with love...

"From the Heart" 



Grateful Thread – March 2015

1425 Crawford Wood Place
Midlothian, VA 23114
www.facebook.com/FromtheHeartStitchers
www.fromtheheartstitchers.org

Letter from Lois - March 2015

Blankets - I know we continue to hear the pleas for more of them...okay, I can make another one, but where will it go? Who will it benefit? Is it REALLY necessary?

First, yes...it is desperately needed. And second, have you noticed how warm you are under the ever increasing fabric as you stitch? (An added benefit during these cold, single digit temperatures!)

Which size will you make? Well, depends on how long you want to work on the first one before starting on the next one, for which, by the way, ideas have been forming in your head the entire time you have been racing to complete the current project! What color? Which yarn? Leftovers, pounders...what will you choose?

Maybe you just love working with the pastels, the sport weight yarn...Easy!

Sounds like baby blankets are next for you. It could be one of those colorful, clutchin' or draggin' blankets for a toddler. Maybe something at least 24 inches up to even 36 inches. These little kids don't really care about the shape, square or rectangle, not a problem. But soft, that they would love!

And still thinking about babies, how about a nice cozy blanket for that full term newborn. Only about a day old, full of life, wiggly, maybe something about 2 feet to 2 and a half feet will be perfect. Large enough to keep him covered in his new car seat for the trip home, not so big he's lost in it!

And those little preemies...while still in the NICU our blankets aren't used very often but again, for that ride home, at only 4 or 5 pounds, their blanket will serve to keep them warm but are smaller than that of their cousin, the full term 8 pounder. These little ones only need about a 20 to 24 inches square for the perfect fit. If working with those thinner yarns isn't for you, the soft, worsted weight will be just fine for these babies.

However, those heavier yarns are just right for all of the needed adult blankets. For the lap blankets and the tie-ons going to nursing homes and hospice care centers, something brightly colored, variegated textures, (add a few rows of fun fur type yarn here and there!), these work up quickly. Don't forget to add that cord to one narrow end for tying around the patients' waist for a stay-on blanket.

Or maybe you could make a blanket a little larger so it could be used for chemo or dialysis patients. Again, bright, cheerful colors, add some texture if you like, and for dialysis patients, stay away from the pale colors that could show stains so easily.

Your largest blankets will surely be enjoyed by our homeless citizens. But bone marrow transplant could be their destination. These folks will spend about 6 weeks in their rooms while undergoing treatments. The rooms I have seen were WHITE! So, we try to give them COLOR! Of course, these blankets are made of washable yarn but COLOR, that's the main ingredient...texture too, but probably rather than fun fur type yarn, maybe create a little interest with patterns or unusual stitches. Now this isn't necessary, they will love your blanket for its color - and as all our other recipients, the smiles will be enormous.

So pick up your yarn at the shop, grab your hooks and needles, refer to the Project Sizes chart here in your newsletter and enjoy the warmth as your project grows. Enjoy the feeling of being a beacon in someone else's life. And don't forget - SMILE as you stitch! Remember, you are the biggest and most wonderful asset at From the Heart

See you at the shop! ~~ Lois

Basic Filet Shawl (Crochet)

Materials: (US) size N hook, 1 skein of Caron "Pounder" or sufficient yarn in different colors to amount to ~16 oz.

Method

ch 5, join with sl st in first ch to form beg loop.

Row 1: ch 4 (counts as beg ch 3 plus ch 1 now and throughout) dc in beg loop, (ch 1, dc) twice, turn.

Row 2: ch 4, dc in same st, (ch 1, skip next ch, dc in next dc) across to last dc, ch 1, (dc, ch 1, dc) in top of beg ch 3, turn.

Repeat row 2 until yarn runs out or add another skein for a larger shawl

Add a border if you wish

Fasten off, weave in ends and block if necessary.



2015 Retreat - Saturday August 29 - "Colors of the World"

WE HAVE SET THE DATE so mark your calendars now.

Saturday August 29th - 10am until 3:30pm

Registration for the Retreat will open on April 1st and close on July 15th. I really, really encourage you to register early this year as we break our records on the number of attendees every year and are now in a position where we need to start keeping a very close eye of how many we can fit in to our current location.

As we had a total of 30 walk-ins last year, we are actively considering a "NO walk-in" policy and this would be another reason to register early - just to be sure you have done so. The problem with allowing walk-ins when our numbers get to where they are now is that they really put stress on the ability to provide good service to everyone there. For example, the normal course of events is for a venue to allow +/- 10% on the food but when the walk-in numbers are closer to 20% (as they were last year), the food is in jeopardy of running out. There is also the issue of not having sufficient seating to mention another concern.

So, we really urge you to register early so we can control the spacing and food concerns. Our primary focus of the Retreat is that you, the volunteer, have a great day and leave with good memories.

Thank you all very much for your understanding of my concern about this.

Tricia (804) 683-9015

Powhatan Festival of Fiber - April 25, 2015 - Mark your calendars now

The Powhatan Festival of Fiber is gearing up for their next event which takes place on Saturday, April 25, 2015. Please contact Linda Hague to volunteer to help or if you would like more

information. Linda's email address is llh607@verizon.net and her phone number is 804-741-1135. Lots and lots of help is needed as this is a big event.

The event is from 10am until 5pm at 3920 Marion Harland Lane in Powhatan and admission will be \$5 with children 12 and under free.

As the name suggest, Fibers are celebrated at this festival. There will be hands-on exhibitions of felting, drop-spindling, weaving, spinning, shearing and more. Exhibited animals will include alpaca, angora rabbits, and multiple breeds of sheep...

2015 Retreat Purple Book "Colors of the World"

The cutoff date of March 15th for patterns, ideas, articles.... you would like to see in this book is fast approaching.

If you have a knitting or crochet question or issue you'd like this book to address please also let me know what that is, one off the top of my head question would be "When you combine two strands of yarn of different weight to work with them together, how do you know what the gauge of the resulting thread is?" Get the idea? Any thought or question to which you don't know, but would love to know, the answer.

We need patterns, volunteers to test those patterns, tips and tricks you have found handy, and questions to which you'd like to know the answers. Send them all to me and, then, we will go through them, sort them out, put them all together and, I'm sure, have a terrific From the Heart Purple Book by next Retreat time.

Thanks a bunch,
Tricia (804) 683-9015

2nd Annual Richmond Leftovers Workshop/Potluck Lunch

On Saturday May 16th, 2015 we will be hosting our 2nd Annual Richmond Leftovers Workshop/Potluck Lunch, a fun day working with leftovers, periods of inspiring show 'n tell, a few new techniques, patterns and lots of food!!

We will meet at Brandermill Church in Sunday Park at 4500 Millridge Parkway in Midlothian, VA 23112, from 10 a.m. until 3 p.m.

We'll bring leftover yarn and patterns from the shop, you bring any leftover yarn you may like to share and FOOD! Crockpots, veggies, chips, dips, desserts... anything you would like to bring will be welcome.

If you have favorite projects and/or patterns please bring them along. You will be able to turn in any completed items while there as well as pick up yarn or kits for your next projects. Plan to spend the day with old friends and enjoy meeting new ones.

Let us know if you have questions and if you are planning to attend (this will help us in our planning). We are also interested in hearing from anybody who has an interest in demonstrating techniques for quick'n'easy use of leftover yarns.

Call Lois at 804-305-4971
Or email her at loisfth@me.com

Mystery Knit-A-Long Project will Begin on March 21

Those of you who have indicated an interest in this should have already gotten an email from me. If you have not, please contact me ASAP. We can accommodate more people so contact me if you decide that you would like to join us.

We have decided to postpone the Crochet-a-Long until we have completed the Knit-a-Long so those of you who have an interest in that will be contacted later regarding it.

On Saturday, March 21st at 2:00pm, Lois and I will be at the shop on Westbriar for the purpose of kicking the Mystery Knit-a-Long into gear. We will have yarn available for those who would like to use what we can supply and we will also have the first section of the pattern to hand out. As you know, we do not charge any fees for any of the classes we offer but, if you wish to use the yarn we have you may make a donation for it if you wish. The yarn we have is quite lovely and it retails at anywhere from \$26 to \$32 skein just to give you an idea of its value if you do decide to donate although, obviously the decision to donate and the amount you might choose is entirely up to you. Should you prefer to purchase yarn, you will need 100% Superwash Merino in a fingering weight - approx. 375 yards. You will also need a 36" US #6 needle which we will not be providing.

On March 21, participants will receive the first section of the pattern (this is a Mystery Knit-a-Long so the pattern is given out bit by bit) to take home and work on. A video on line will be posted to help you with the pattern. Two weeks later, you will return to the shop with your work and pick up the second section of the pattern to take home. Two weeks after that, you will receive the third and final section of the pattern. All along the way, we will be posting videos and we will both be available to answer any questions you might have regarding technique. Two weeks or so later, we would like to have a little get-together so that everyone can see what the completed project looks like and, of course, they are yours to keep. Lois and I both think the final item looks gorgeous and I'm sure it is something you will both enjoy making and love to have after it is complete.

So, the dates to put on your calendar are March 21, March 28 and April 4 (all Saturdays) at the shop at 2:00pm. If you cannot make it to the shop but want to take part, please let us know and we will see if we can work something out. The videos will be available, as will Lois and I, to help you at every point along the way.

Tricia (804)683-9015
Lois (804) 305-4971

Current Needs for Richmond, Petersburg and surrounding

Richmond needs baby items, including blankets (see sizing chart below). Also needed are shawls for adults and cotton hats.

Fredericksburg/ King George Area Current Needs

All types of baby items with the exception of premie hats. Chemo hats. Blankets of all sizes (please note that oncology is requesting blankets of 30 X 50 or larger). Also needed are leg-warmers for adults living in rehabilitation and long-term care.

These items are for guidelines only - please make whatever you enjoy as we can use anything you make

Scheduling/Shopkeeping

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.

Tricia Ennis ennis1000@verizon.net
Eleanor Cannon e-cannon@msn.com
Ann Robbins aerobbins@live.com

Tricia Ennis is the February scheduler. She can be reached by phone at (804)683-9015 (c) or via email at ennis1000@verizon.net if you want to volunteer at the shop this month.

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

From the Heart's Winter Weather Policy

We hope that the winter weather is over for this year, please remember that your safety is the most important thing at From the Heart. Our winter weather policy is simply that

- a) If the schools are open, the shop is open but
- b) If the schools are closed, the shop is closed
- c) If schools are on a two-hour delay, we will not be open

However, if you are unsure, please do not take any chances either as a shopkeeper or a member and stay at home if you are not comfortable with going out even if the schools are open.

If you are scheduled to shopkeep and do not feel comfortable with being on the roads but the schools are open, simply let the scheduler for that month know and we will do our best to find a replacement,

Is There Something You'd Like to See in the Newsletter?

Please 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 PLUS we love to put members' ideas and thoughts in the Newsletter. Thanks!

Tricia Ennis [\(804\)683-9015](tel:8046839015)

Donation Inventory Numbers Through February, 2015

Previous Total	
Mid 2002 – 2014	211,105
2015	
January	2,179
February	<u>1,842</u>
Year to date total	3,722
Grand Total	214,827

Fredericksburg "Waste Not - Want Not" Workshop

Date: Saturday March 14 Time: 9:30 a.m. - 4:30 pm

Location: 5994 Plank Road, Fredericksburg - Ruritan Building ([directions](#) at end of newsletter))

We are going to do a yarn swap - bring those skeins you don't like and swap for something you would like to work with. Bring your leftovers you want to figure out what to do with. Yarns, patterns and help will be available for those who are not sure what they want to do. Demonstrations of various types will take place during the day.

Bring your tools and a dish to share and come for a fun filled day! Plates, cups and utensils will be provided. Coffee, hot tea and bottled water will be available. The building has a large kitchen available.

We will need a setup and clean up team so let us know which you are able to help with.

Everyone is welcome so bring your friends and relatives. For more information or to volunteer to demonstrate, contact Pam at 540.661.7967 or email her at pegreswolde@comcast.net

Directions to 5994 Plank Road, Fredericksburg – Ruritan Building

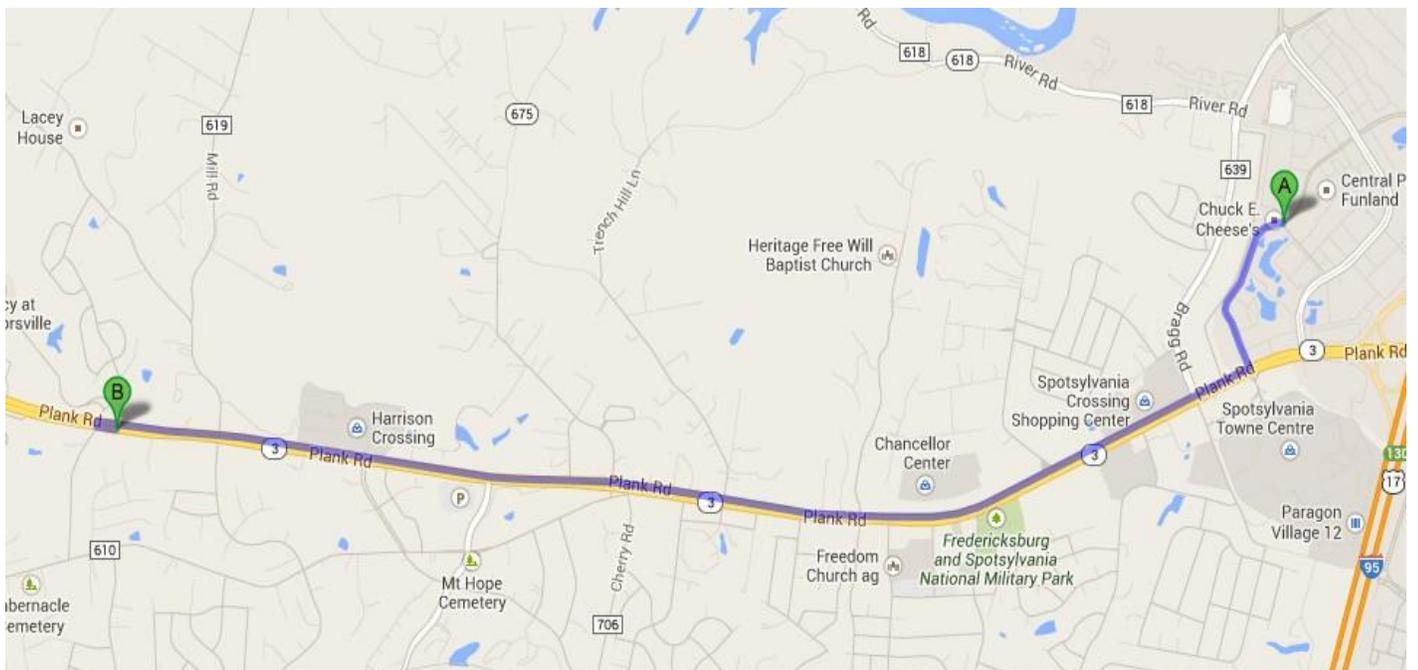
From Central Park—head west on Route 3 to the Ruritan Building. It is approx. 10 minutes west of Central Park.

You will pass a shopping center on right with CVS and McDonald's, a short while later you will pass a traffic light at Gordon Road. Next you will see Walgreens' on left and Harrison Crossing shopping center on the right.

Once you pass this shopping center get in left lane. At the 2nd traffic light you will see an Elementary school on the right and you will be turning left. Do a U-turn at this light.

There will be a **dentist office, the Ruritan building and a fire station**. There is plenty of parking at the building.

Questions on directions — Call Pam at 540.661.7967 or 540.972.3602



BASIC TOP-DOWN TRIANGLE SHAWL (with variations)

By: Tricia Ennis

Supplies:

Worsted Weight yarn, approx. 530-yards

US Size 9 needles, straight and 24 inch or longer

2 stitch markers

Row counter is helpful if using some of the variations (see below)

Abbreviations:

K Knit

P Purl

Sts Stitches

KFB Knit into front of stitch then back of stitch (makes 2 Sts out of 1 st)

YO Yarn Over

Inc. Increase

Dec Decrease

K2tog Knit next two stitches together

PM Place Marker

SM Slip Marker

Beg Beginning

X Evenly spaced number of rows i.e. every 10 or 14 or 20... rows, on RS (applicable only in the 'jazz it up' variations to the shawl)



Method:

Using straight needles, cast on 5 Sts **using long-tail method** leaving a tail about 6" long. (If you don't know this method, use any method you know but K 1 row for stability before you start pattern),

Row 1 (RS): KFB, K1, YO, PM, K1, PM, YO, K1, KFB (9 sts) note: the stitch between the markers is your center stitch which will form a 'spine' up the shawl

Row 2 (WS): K3, P1, SM, P1, SM, P1, K3 note: the K3 on each side form a garter stitch border on your work

Row 3: K3, YO, K1, YO, SM, K1, SM, YO, K1, YO, K3 (13 sts)

Row 4: K3, P3, SM, P1, SM, P3, K3

Row 5: K3, YO, K3, YO, SM, K1, SM, K3, YO, K3 (17 sts)

Row 6: K3, P5, SM, P1, SM, P5, K3 note: the number of stitches you purl on each side of the center stitch increase by 2 every WS row as a result of the YO's made on the previous RS row

Proceed in this manner adding 4 sts on each RS row (one St 3 sts in from each edge and one St each side of the center (spine) st) and knitting 3 sts at Beg and end of each WS row, slipping markers as you come to them. Change to circular needles, 24" or longer as needed when the work gets wider.

Continue until spine, slightly stretched, is approx. 26 inches long, ending after a RS row then

WS row: Knit all stitches

RS row: K3, YO, K1, (YO, K2tog) to marker, YO, SM, K1, SM (YO, K2tog) to last 4 Sts, YO, K1, YO, K3

WS row Knit all stitches

RS row K3, YO, K to marker, YO, SM, K1, SM, YO, K to last 3 sts, YO, K3

WS row Cast off loosely in K

Using tail at Beg of work, straighten center of top edge if needed, weave in remaining ends and block if necessary.

This is the basic pattern.

JAZZ IT UP VARIATIONS to the basic shawl

You can ‘jazz’ up the Basic Top-Down Basic Shawl by using any of the following variations:

- 1) Changing the look of the spine by:
 - a. Creating a garter stitch spine by knitting the center spine stitch on every row (RS & WS), or
 - b. K the center stitch on WS and P on RS (reverse stockinette stitch), or
 - c. knit into the back of the center stitch when K on RS to create a twisted stitch
- 2) Using a multicolored yarn
- 3) Using 2 or more colors or using lots of left overs from previous projects
- 4) Knitting across an entire WS row every X number of rows to give a garter ridge effect
- 5) Periodically working a RS row with a different color and knitting the following WS row with that different color then returning to the main color (so all the garter ridges are a different color from the main shawl work)
- 6) Throwing in an entire row of eyelets on every X row by on RS row
 - a. K3, YO, K1, (YO, K2tog) to marker, YO, SM, K1, SM (YO, K2tog) to last 4 Sts, YO, K1, YO, K3
- 7) Making a row of eyelets (#6 above) using a different colored yarn from the main shawl – either one contrast color or different colors for each eyelet row
- 8) Making an eyelet row bordered top and bottom by garter ridges as follows:
 - a. Knit 1 RS row every X row with a 2nd color (or a different color for each set of eyelets)
 - b. Knit across the following WS row
 - c. Make a row of eyelets (#6 above)
 - d. Knit across the following WS row
 - e. Return to main color and work RS row
- 9) Randomly doing any of the above rather than using X (evenly spaced rows)
- 10) Any combination or all of the above



Remember to carry your yarn up the side of your work when working in a contrast color for more than 2 rows by wrapping the contrast color around the main color yarn until ready to return to main color

It is a good idea to count your Sts if you decide to do an entire row of eyelets just to make sure you have done it correctly – each RS row results in an increase of 4 Sts – (2 on each side of shawl as detailed above for the basic shawl)

From the Heart Project Sizes

Chemo Blankets	30" x 48"
Shawls	26" down center back x 64" wide across shoulders
Lap Blankets	30" to 42" square
Dialysis Blankets	30" x 60" up to 36" x 66"
Tie-ons for Hospice/Palliative Care <i>(No fringe, w/72" tie I-cord or single chain using double yarn)</i>	27" x 36"
Newborn Blankets	24" to 28" square
Preemie Blanket	20 to 24" square
Children's blankets <i>(for clutching or draggin')</i>	24" up to 36" & not necessarily square
Bone Marrow Transplant Unit & Palliative Care blankets <i>(Just enough to cover the top of twin bed)</i>	40 x 70" These need to be COLORFUL
Hats for all sizes – preemies through adult See Hat Sizing Chart for sizes other than preemie	<i>Preemies-</i> not too small, must be stretchy Should fit an average sized orange and be long enough to cover the infant's ears
Chemo Hats See Hat Sizing Chart for sizes	Small, medium and large sizes for both adults and children. Please avoid patterns with a lot of holes Adult hats should be 7" long before starting crown decreases Remember dark colors for boys and men
Layette Sets	Used as "take me home" outfits for newborns
Squares	12" square (used by stitching together into blankets)
SPCA rounds or squares	15-18 inches up to 3 feet to fit crates using leftovers of mixed yarn, wool, blends, cotton or acrylics
Bears and Toys	New bears from Dollar stores, dressed with knitted or crocheted outfits. Given to sick, scared or needy children in ER, clinic, oncology, hospice and other areas

As always anything you want to make we can really use to help fill the bins and warm the hearts and bodies of those in need. For more information contact www.fromtheheartstitchers.org

Hat Sizing Chart – Adults*

Head Circumference		Adult Hat Size			
Inches	Centimeters	Fitted	Easy Fit	Sized Stretch Fit	Stretch Fit/Adjustable
21 1/4	54	6 3/4	Small (S)	Small/Medium (S/M)\	One Size Fits Most
21 5/8	55	6 7/8			
22	55.9	7	Medium (M)	Medium/Large (M/L)	
22 3/8	56.8	7-1/8			
22 3/4	57.8	7-1/4	Large (L)		
23 1/8	58.7	7 3/8			
23 1/2	59.7	7 1/2	XL	Large/XL (L/XL)	
23 7/8	60.6	7 5/8			
24 1/4	61.6	7 3/4	XXL		
24 5/8	62.5	7 7/8			
25	63.5	8			

Hat Sizing Chart – Babies & Children*

Head Circumference		Children's Hat Size						
Inches	Centimeters	Fitted	Easy Fitted	Stretch Fitted	Kids			
18 1/2	47				Infant			
19	48	6	XSM					
19 3/8	49.2	6 1/8	S	S/M	Toddler			
19 3/4	50.2	6 1/4						
20 1/8	51	6 3/8	M			Child		
20 1/2	52	6 1/2						
20 7/8	53	6 5/8	L	L/X		Youth		
21 1/4	54	6 3/4						
21 5/8	55	6 7/8	XL					
22	55.9	7						

*These charts are for reference only. Fit may vary depending on the construction, materials and manufacturer.

From the Heart Local Group Times

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2 Hillcrest UMC 10-12</p> <p>Midlothian Women's Group Starbucks (inside Kroger) 10am</p> <p>The Crossings at Bon Air 2.00</p> <p>Carson Library Group 3-5 pm</p> <p>Farmville Baptist Church 132 N Main St. Farmville. 5:00pm</p>	<p>3 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Prince George 2:00 – 4:00 pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>4 Colonial Heights Senior Center 10-noon</p> <p>ElmCroit Retirement 1:30</p> <p>'Colony Critters', Patriot's Colony in Williamsburg. 1.3pm</p>	<p>5 Chesterfield Towne Center (food court) 9-noon</p> <p>Hopewell Library 6 – 8pm</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p>	<p>6 Starbucks Huguenot 11 am-1:30pm</p>	<p>7 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels – Legacy Park 1-3 pm</p>
8 King George - Peace Lutheran Church 2 - 4pm	<p>9 Hillcrest UMC 10-12</p> <p>Crossings at Fall Run 11 am</p> <p>Carson Library Group 3-5 pm</p> <p>The Crossings at Bon Air 2.00</p> <p>Southside Angels Emporia YMCA, 2-4 pm</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</p>	<p>10 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 Fl Food Court - 11:30-2:30</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>11 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>12 Chamberlayne Hts. United Meth Church 1:30 – 3:00</p> <p>Hopewell Library 10a-noon</p>	<p>13 Starbucks Huguenot 11 am-1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>14 Louisa Group Hardee's 10 - noon</p>
15	<p>16 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>17 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Prince George 2:00 – 4:00 p</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 6.30- 8.30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>18 Colonial Heights Senior Center 10-noon</p> <p>ElmCroit Retirement 1:30</p>	<p>19 Chesterfield Towne Center (food court) 9-noon</p> <p>Panera Bread Midlothian 4:30-7:00 Pm</p> <p>Hopewell Library 6 – 8pm</p>	<p>20 Starbucks Huguenot 11 am - 1:30 pm</p>	<p>21 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
22 King George - Peace Lutheran Church 2 - 4pm	<p>23 Hillcrest UMC 10-12</p> <p>Crossings at Fall Run 11 am</p> <p>The Crossings at Bon Air 2.00</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>24 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30-2:30</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p>	<p>25 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>26 Hopewell Library 10a-noon</p> <p>Summerhill Retirement Center, Lake Village Drive – 1.30 – 3.30pm</p>	<p>27 Starbucks Huguenot 11 am -1:30 pm</p> <p>Kay's Krafters 1 –5 pm</p>	28
29	<p>30 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>31 Martin's @ Chippenham Crossing Center 5:30-7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</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)

Name	Address	City	Day of Month	Time of Day
Atlee Angels	Legacy Park Social Center Midday Lane	Mechanicsville	Saturday 1 st , 3 rd	1- 3 pm/10-noon
Brandermill/Woodlake	Clover Hill Library, Deer Run	Midlothian	Wednesday 2 nd and 4 th	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 nd	1:30 - 3pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, 2 nd	2 – 3:30pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Colony Critters	Patriot's Colony	Williamsburg, VA	Wednesday 1 st	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 nd , 4 th	11am
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2 nd , 4 th	1:00pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1 st , 3 rd	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 nd , 4 th	10am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1 st , 3 rd	6 - 8pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 nd , 4 th	1 - 5pm
King George, Peace Lutheran Church	5590 Kings Highway	King George	Sunday 2 nd , 4 th	2 - 4pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2 nd	10am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1 st , 3 rd	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 st	10:00am
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 st , 3 rd	4:30 - 7:00 pm.
Prince George	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1 st , 3 rd	2 - 4pm
Southside Angels – Emporia YMCA	Emporia YMCA	Emporia	Monday 2 nd , 4 th	2 - 4pm
Starbucks	5001 Huguenot Road	Richmond	Friday Every	11am-1:30pm
Starbucks	10009 Hull Street Road	Richmond	Saturday 1 st , 3 rd	10am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Thursday 4 th	1:30 - 3:30pm
Tuckahoe at the Shop	1114 Westbriar Drive	Henrico	Tuesday, every	6:30 - 8:30pm
Wegman's 2 nd floor Food Court	Central Park	Fredericksburg	Tuesday 2 nd , 4 th	11:30a – 2:30p
Wegman's 2 nd floor Food Court	Central Park	Fredericksburg	Tuesday 3 rd	6:30 – 8:30pm