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Midlothian, VA 23114  
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[www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

*Grateful Thread – June 2016*

*Sent with love...*



From the Heart 

## Letter from Lois - June 2016

Letter from Lois

What touches your heart?

Is it the Alzheimer patients who benefit from our “muffs” to help occupy their busy hands? And don’t forget, they love a snugly teddy bear!

Is it the cancer patients, men or women, who would love a nice comfortable hat or blanket to cuddle them during treatments?

Or those sweet children having to endure cruel chemo infusions?

There are dialysis patients who, we understand, are so chilled during the long hours, sometimes several times each week, going through their life saving treatments. They enjoy the long toe-to-neck blankets and even fingerless mitts (these allow them to be warm but still turn the pages of their book).

Hospice patients are also so very special. On the very edge of life, feeling the warmth of a soft, hand stitched blanket might be so comforting.

Our homeless, be they women, men or children, feeling hopeless, living on cold dark streets at night with only the shirts on their backs. Blankets any time of year as well as wooly hats and scarves in cold weather would give them the feeling that someone knows they are out there and really cares.

Maybe it’s the folks in our Appalachian areas. They are always so very thankful for anything we can share with them. They need so much and we do our best to help out.

There are patients in nursing homes and rehab centers who sometimes spend long days watching the world go by from their beds or wheelchairs. Some of them, being immobile, suffer from circulatory problems. Warm lap robes, shawls and even light weight hats would be a blessing to them. Maybe a few teddy bears here as well?

And we always enjoy making the smaller hats and baby blankets for the NICU and full-term nurseries. These items are always so precious and soft!

Where does your head go? With which group or groups do you most connect?

We encourage you to stitch for those who come the closest to your heart. Come by the shop for inspiration. Check out the cubbies for just the perfect yarn for your project. Pick up a pattern or two. But most of all, stitch for those with whom you can envision enjoying your love.

See you at the shop soon!

Lois

## Powhatan Festival of Fiber

Many thanks to all those who attended the Powhatan Festival of Fiber. Because of the support from groups like From the Heart we will again be able to pay tribute to the fiber arts next year. The participation of From the Heart is greatly appreciated and we look forward to seeing all April 29, 2017.

### 3<sup>rd</sup> Annual Richmond Leftovers Workshop/Potluck

On Saturday June 18th, 2016 from 10am until 3pm, we are hosting our 3<sup>rd</sup> Annual Richmond “Leftovers Workshop/Potluck Lunch” at the Brandermill Church in Sunday Park.

We are planning, among other things, a ‘yarn swap’. If you have yarn in your stash that you loved when you got it but simply couldn’t use or figure out a way to use, bring it along and see what you can swap it for. This will be for full skeins of nicer yarn only.

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. 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](mailto:loisfth@me.com)

### Recipient Group

Most people would not be aware of the fact that an average of 150 babies are born at St. Francis Hospital in Chesterfield Co every month.

From the Heart has supplied more than 600 baby hats to the St. Francis Maternity Unit in the last year and it was a great joy to me when my grandson was presented to his mom in one of our hats. Felt sort of ‘special’.

This month’s Newsletter contains patterns for both knit and crochet baby hats should that be what touches you heart, if that is where your head goes as Lois puts it in her Letter from Lois. ☺

## Volunteers Needed to Teach at Local Libraries

We have been asked to teach basic knitting at three different libraries over the next few months. They are:

Chester Library, Saturday June 25  
Ettrick/Matoaca Library, Saturday October 1  
Enon Library, Saturday October 15

All classes will run from 10:30 until noon and teachers should be present no later than 10:15am. Volunteers need to have a knowledge of casting on, knitting (i.e., the knit stitch – no purl required), and casting off.

Please contact Lois at 804-305-4971 or loisfth@me.com if you can help on any of those dates.

### “Shop” Hours and Scheduling

Tricia Ennis is the May scheduler. Please contact her at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or by phone at 804-683-9015-6247 if you have two hours this month to volunteer at the shop.

Schedulers are responsible for ensuring that the shop is properly ‘staffed’ with two people on duty for each shift while the shop is open. Each scheduler takes on one month at a time in rotation. Contact any one of the current schedulers for more information.

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)

The From the Heart ‘shop’, (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. See the calendar at the end of this Newsletter for times and places of From the Heart group meetings which are additional to the shop hours.

### Winner of the Shop keeping Prize

The winner of the April shop-keeping prize is Anne Bakker.

To have your name entered in our monthly drawing, all you need to do is volunteer two hours of your time to work in the shop as a shopkeeper.

Contact Eleanor Cannon at (804) 514-1168 or by email at [e-cannon@msn.com](mailto:e-cannon@msn.com) if you want to volunteer and have a chance at winning this prize. Eleanor will arrange for you to be scheduled for your first couple of shifts with somebody who already knows the ropes.

## 2016 From the Heart Retreat “It’s Magic!” Saturday, August 27<sup>th</sup> - 10:00am – 3:30pm

Registration for the Retreat continues until July but will close early if we have reached the 200 person cut-off. Already, more than 120 spots are taken so I highly recommend you go ahead and register now if you have not already done so but know you want to attend. The registration form is included with this Newsletter and there are also forms on the desk at the shop. They must be mailed to Beth as we are operating on a ‘first come, first served’ basis to keep things fair.

We are well into the process of preparing for the fun we plan to have on August 27<sup>th</sup> and will, once again, hold several raffles for some really beautiful items. A couple are shown below. From the Heart is fortunate to have so many kind, thoughtful members who have gifted us with the hand-crafted items below. Once again this year, the tickets for the raffles will be \$1 each, 6 for \$5.



Please get in touch with me (Tricia) if you would like to assist with any part of this Retreat. I can be reached at 804-683-9015 or by email at [ennis1000@Verizon.net](mailto:ennis1000@Verizon.net) if you want to volunteer.

## Current Needs

**Richmond and Surrounding** area's main need at the moment is for:

Cotton Hats (lots of sample and patterns on display at the shop at the moment)

Acrylic baby hats (no more adult acrylic hats for the moment please)

**Fredericksburg/King George** has a need for:

Baby hats, sweaters and blankets

Blankets of all sizes up to twin bed size

Dressed bears

Cotton hats

Wool hats for military

As always, although these are the current needs, you should feel free to work on whatever you want to make as we can, and will, find a home for anything you create. Should you wish to make baby hats (needed pretty much everywhere right now) there are patterns in this Newsletter.

## Tip of the Month

### *3 Pretty Ways to Prevent the Edges of Your Stockinette Scarf from Curling*

#### *Add a garter stitch or seed stitch border*

Instead of knitting one row and purling one row, add a few knit stitches to the edges (if you want to, you can use seed stitch to add more, the process is the same).

Row 1: knit all stitches.

Row 2: knit two or three stitches (depending upon the width you want for your border), purl until you have the same number of stitches left that you knit for your border at the beginning of the row, knit remaining stitches.

Some yarns curl more than others, so the number of stitches needed to help your edges lay flat may vary, but you should leave a minimum of two stitches on each edge.

#### *Add an easy lacy border*

This is probably the prettiest option of all, an added bonus to any stockinette project.

It consists in adding a lacy stitch on each edge of your scarf, in the following manner:

Row 1: knit one stitch, wrap the yarn around the needle and then knit the next two stitches together. Knit all stitches until there are three stitches left, knit two stitches together, wrap the yarn around the needle and knit the last stitch.

Row 2: purl all stitches, including the wrapped yarn from the previous row.

If you try this method, remember to add three stitches more to each edge of your project (six stitches total).

#### *Slipped stitch border*

This is the least known technique, but it's also the only one that doesn't change the appearance of your pattern. That means it's perfect for when you don't want to add a border that's different from stockinette.

It's worked in four rows, so you have to pay more attention. The end result is an edge that only curls on the first stitches, and makes them a little bit thicker, but it is really not noticeable.

Row 1: knit 1 stitch, slip the next stitch to the right needle without knitting, knit all stitches until two stitches are left on the left needle. Slip the next stitch without knitting and knit the last stitch.

Row 2: purl all stitches.

Row 3: slip the first stitch without knitting, knit the next stitch, slip the third stitch without knitting. Knit all stitches until there are three stitches left on the left needle. Slip the next stitch without knitting, knit one stitch and slip the last stitch without knitting.

Row 4: purl all stitches.

This method isolates the edge stitches so that they are the only ones to curl.

## Donation Inventory Numbers Through May

Previous Total	
Mid 2002 – 2015	235,513
Jan – April 2016	7,680
May 2016	<u>1,906</u>
Year to date total	9,586
Grand Total	245,099

## Lemonade Social

We have received an invitation from Marianne Booberg to attend a "Lemonade Show and Tell" on June 3rd at the Parish Hall of the Episcopal Church of the Redeemer at the corner of Salisbury and Winterfield Road in Midlothian. This is a portion of the invitation we received from Marianne

"Drop by between 4 and 6 p.m. You can also stay for dinner at the Friday Fiesta which features food trucks and fun at the other end of the parking lot. See the beautiful gifts our partners have contributed to the patients at the Remote Area Medical Clinic to be held in June in Wise, Virginia. Their handmade work is a sight to see, and we want a chance to thank them.

Plus- you will have the first chance to buy one--of-a-kind jewelry and hand painted creations by Rocks for Socks and The Wise Workers of Redeemer. 100% of the proceeds goes to buy socks and underwear for the patients at RAM. Hope to see you there!" All are welcome so do drop by if you are in the area :-)

## Directions to the Place at Innsbrook\* (Retreat Location)

4036-C Cox Road Glen Allen, VA 23060 804.346.2100

\*Located in the Shoppes at Innsbrook

From Washington D.C. / Fredericksburg: 95 South to 295W (toward Charlottesville). 64 East to Richmond Exit #178B.

At first light turn left on to Dominion Blvd. The Place is the second entrance on the right.

From Petersburg or South of Richmond:  
64 West to Richmond Exit #178B.

At first light turn left on to Dominion Blvd. The Place is the second entrance on the right.

288 to 64 East (this is where 288 ends)  
On 64 East take Exit 178B.

At the first light turn left on to Dominion Blvd. The Place is the second entrance on the right.

From Virginia Beach:

64 West to 295 W Charlottesville. 64 East to Richmond Exit #178B.

At first light turn left on to Dominion Blvd. The Place is the second entrance on the right.

## Closing In On 250,000 Items

You may have noticed in the Donations Inventory Numbers that we currently stand at 245,099 items donated to our recipients in the communities we live in. That means we are just 4,901 items short of a quarter of a million items given to those in various types of need. Do you think we can hit this number before our Retreat on August 27<sup>th</sup>? What say we try?? I don't think it will be a problem as we average about 1,900 items a month but keep in eye on the numbers I post in the Newsletter every month and keep those fingers and toes crossed.

## This is YOUR Newsletter

This is YOUR Newsletter. We want it to reflect your interests so, if there is something you'd like to see in it, (an article of interest, a story about how you found us, a new technique you have found...) please send to Tricia Ennis at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or leave it on the front desk at the shop in an envelope with my name on it.

## Spiral Baby Cap

Size 8 long circular needle for magic loop knitting or Size 8 double point needles or 16" circular for 'normal' knitting in the round

Approximately .8 oz worsted weight yarn (approx. 70 yards)

Spiral Rib is created by "moving over" the ribbing by one stitch every 5 rounds

Cast on 64 stitches. Join to work in the round.

Rounds 1 – 5: Work in Knit 2, Purl 2 ribbing around.

Rounds 6 – 10: Purl 1, (knit 2 purl 2) to last 3 stitches. Knit 2, purl 1

Rounds 11 – 15: (purl 2, knit 2) to last 2 stitches. Knit 2.

Rounds 16 – 20: Knit 1, (purl 2, knit 2) to last stitch. Knit 1.

Rounds 21 – 25: (knit 2, purl 2) around

Rounds 26 - 30: Purl 1, (knit 2 purl 2) to last 3 stitches. Knit 2, purl 1

Rounds 31 – 35: (purl 2, knit 2) to last 2 stitches. Knit 2

Rounds 36 & 37: (knit 2 together, purl 2 together)

At end of round 37, cut yarn leaving a long tail. Using a yarn needle, thread the yarn through the remaining stitches. Turn cap inside out, pull yarn tight. Tie securely. Weave in all ends.



## Front and Back Post Baby Cap

### Stitches used:

Sl St Slip Stitch

DC Double Crochet

FPDC Front Post DC:

This is done like any other double crochet EXCEPT that you'll be working around the post of the DC, down through the space between the DCs from front to back of your work, around the behind it and then back up, rather than into the loops at the top of it.

BPDC Back Post DC:

This is done like any other double crochet EXCEPT that you'll be working around the post of the DC, UP through the space between the DCs from back to front, around the back and then back down to the back of your work, rather than into the loops at the top of it.

If not familiar with the FPDC and BPDC, watch the **video** at this link:

[https://www.youtube.com/watch?v=S42\\_486HrEU](https://www.youtube.com/watch?v=S42_486HrEU)

Use baby yarn and a G Hook

1. Chain 4, join in 3<sup>rd</sup> chain from hook with a slip stitch to make a ring
2. Chain 3, work 14 DC in center, join at top of chain 3 with a Sl St.
3. Chain 3 does not count as first stitch. Starting in first DC alternate FPDC and BPDC around. Join at the top of chain 3 with a Sl st. Chain 3.
4. Increase one stitch in each stitch around. (Do 2 FPDCs in each FPDC, and 2 BPDCs in each BPDC worked in the previous round.) Join at top of chain 3 with a Sl St. This will be the only time we will increase in the BPDC.
5. Chain 3. Increase one stitch in each FPDC stitch and work each BPDC (with NO increase) around. Join at top of chain 3 with a Sl St.
6. Chain 3. Increase one stitch in the first FPDC , work two FPDCs with NO increase, and increase one stitch in the next FPDC. Work the next two BPDCs even. Continue around in like manner. Join in the top of chain 3 with a Sl St. This is the final increase row for the baby hat. (6 FPDCs, 2 BPDCs around)
7. Chain 3. Work FPDC or BPDC around until the hat is between 4 to 5-1/2 inches.
8. Directions are for small (newborn to 3-month size) cap. To make larger, make increases in the outer stitches of each FPDC section (as in step 6) to the desired width for the top of the hat, and then work step 7 above until desired length is reached.



# From the Heart Local Group Times

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Mathews Group, Rescue Squad Hudgins, VA 10:30 am – 2:00 pm</p> <p>Colonial Heights Senior Center 10–noon</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1:3pm</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian Tnpk. &amp; Courthouse Rd. 12:00-3:00</p>	<p>2 Five Rivers Fiber Guild, Burgess 1 – 3pm</p> <p>Hopewell Library 6pm – 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9–noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p>3 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>4 Atlee Angels Legacy Park 1 – 3 pm</p> <p>Starbucks Oxbridge Square 10 – noon</p>
5	<p>6 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, Fredericksburg 10-12</p> <p>Midlothian Women's Group Starbucks, Charter Colony Martin's</p>	<p>7 Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Prince George Library 2:00 – 4:00 pm</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>8 Colonial Heights Senior Center 10–noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>Dinwiddie Library 1:00-3:00pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p>	<p>9 Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p> <p>Hopewell Library 10am – noon</p>	<p>10 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>11 Louisa Group Hardee's 10 – noon</p>
12 King George - Peace Lutheran Church 3 - 5pm	<p>13 Hillcrest UMC, Fredericksburg 10-12</p> <p>Farmville Baptist Church 132 N Main St, Farmville, 5:00pm</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>14 Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Montpelier Crafters 1 – 3pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30p</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>15 Colonial Heights Senior Center 10–noon</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian Tnpk. &amp; Courthouse Rd. 12:00-3:00</p>	<p>16 Hopewell Library 6pm – 8pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9–noon</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p>17 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>18 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
19	<p>20 Hillcrest UMC, Fredericksburg 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>21 Panera Bread, Midlothian and Chippenham 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>Chesterfield Heights Community Center 2:00-3:30</p> <p>Prince George Library 2:00 – 4:00 pm</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>22 Colonial Heights Senior Center 10–noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>Dinwiddie Library 1:00-3:00pm</p>	<p>23 Hopewell Library 10am – noon</p> <p>Summerhill Retirement 1:30-3:30 pm</p>	<p>24 Kay's Krafters 1 –5 pm</p> <p>Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>25 Redeemer Lutheran Redbridge Rd Upstairs Conf. Room 9 - 11am</p>
26 King George - Peace Lutheran Church 3 - 5pm	<p>27 Hillcrest UMC, Fredericksburg 10-12</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>28 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman's 2nd Fl Food Court - 11:30a -2:30p</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>29 Colonial Heights Senior Center 10–noon</p>	<p>30</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
A Common Thread, Mathews area group	Mathews Rescue Squad Building	Hudgins, VA	Wednesday, 1 <sup>st</sup>	10:30am – 2:00pm
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 Crafters	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, every	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	Monday, every	2:00pm
Dinwiddie Designers	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	Monday, every	5:00pm
Five Rivers Fiber Guild Charity Stitchers	Fairfields United Methodist	Burgess	Thursday 1 <sup>st</sup>	1 – 3pm
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Tuesday, every	7pm
Hillcrest United Methodist Church	2208 Lafayette Boulevard	Fredericksburg	Monday every	10am - noon
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson Street	Hopewell	Thursday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am - noon
Hopewell Helpful Hearts	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
Michael's, (craft room)	Midlothian Tnpk. & Courthouse Rd	Midlothian	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	Noon – 3pm
Midlothian Women's Group	Starbucks, Colony Charter Martin's	Midlothian	Monday 1 <sup>st</sup>	10:00am
Montpelier Crafters	Montpelier Center for the Arts and Education	Montpelier	Tuesday 2 <sup>nd</sup>	1 – 3pm
Panera Bread	Midlothian and Chippenham	Richmond	Tuesday every	5:30 – 7:30pm
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	6 - 8:00 pm.
Prince George Yarnspinners	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 (Oxbridge Sq)	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