

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

Grateful Thread – July 2016

Sent with love...



From the Heart 

Letter from Lois – July 2016

Babies, Babies & More Babies!!

In talking with St Francis Hospital I learned they are “birthing” about 175 babies each month and Johnston Willis is bringing about 160 into this world. Then there are several other hospitals in our area as well to which our hats are distributed.

I took a bag of hats to St Francis and ask them to take a look and let me know what size is ideal for most of their babies. I was told that most of our hats are way too small and go into a box to be used for demise. A few were about right for preemies but I understand they don't really put hats on those babies since their little skulls are sooooooo soft. They don't want to put any pressure on them.

The hat that was chosen from those I gave to them is a little larger. It was suggested I get a 5 inch Styrofoam ball and make hats that, when stretched, will go over it. Hats need to be long enough to cover ears as well. A hat large enough to fit that ball when stretched will fit not only a large baby but an average size one as well

So, I have two 5 inch balls I'm taking to the shop along with a couple of hats that will stretch to fit them. I'm hoping to have patterns with the hats. You are welcome to use our patterns or those you already enjoy making. You might even wish to purchase one of those balls (I found these at Michaels but I'm sure you could find them other places as well). Try drawing ears on the ball and you will have the perfect hat form for measuring your baby hats!

When you bring in your baby hat donations, see if they will stretch over one of the 5 inch balls. With this guideline we will surely be on our way to creating a lot of smiles on the faces of not only nurses but moms and dads as well

We really, really need baby hats but they must be sized better than we have had in the past.

Baby hats are fast! Jump in the fun and stitch up a handful soon!

See you at the shop :)

Lois

Closing In On 250,000 Items Update

We are 1,951 items closer, this month, to our goal of 250,000 items donated before the Retreat with a grand total of 247,232 items donated so far. That means we only have 2,768 items to create and donate over the next 8 weeks – 346 a week. We CAN do this. We CAN donate one quarter of a million items by August 27th.

Fredericksburg Agricultural Fair “Sites, Sounds and Tastes of Summer” July29 – August 7

Founded in 1738, the Fredericksburg Agricultural Fair is the oldest fair in the United States. Join us in celebrating traditional fair events, contests, entertainment, food and fun for the whole family!

Several of our members won ribbons last year for the entries.

The Board of the Fredericksburg Fair has invited us to take part in the upcoming fair. We will have a table in the Homemakers building. We need volunteers to: Sit and stitch Tell people about who we are and what we do Provide them with information about the group Teach them to stitch (knit and/or crochet) The fair is open 5 – 10 pm during the week, 10 am – 10 pm on Saturday and noon – 10 pm on Sunday. Ideally we would ask volunteers to do a 2 hour time slot and we must have 2 volunteers present at all times. The fair board would love our presence as much as possible however if we can do at least 2 hours each day, it would be wonderful. If you are able to volunteer at the fair please contact Pam at pegreswolde@comcast.net or 540.972.3602

Tip of the Month

To make your crochet hooks easier to handle,

Use Fimo or Sculpey modeling clay. Mold them around the handle, impress your grip on them so it's customized for your fingers, then bake them according to instructions. Don't bake plastic hooks ☺

or use a foam hair curler. Bore the hook through the middle of it carefully (so you don't make the hole too big) until the curler is right where you grip it. Makes a cushy grip that's good for keeping hands from aching.

or use an Ace bandage. Fasten one end of it to the hook with glue or tape, then wrap it around as many times as you like. Wrap it tightly enough that it won't slide around, but loose enough to make the bandage squishy in your grip.

Winner of the Shop keeping Prize

The winner of the June shop-keeping prize is Ann Robbins.

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 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.

Current Needs

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

Red, white, and blue blankets for distribution to Veterans

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

Fredericksburg/King George has a need for:

Chemo hats, chemo hats, chemo hats – can you tell we really need them?

Baby items

Blankets of all sizes

The patterns this month are the same as last month because we need LOTS of full term baby hats. However, 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.

Liberation Family Services



You may remember from our April newsletter, we have asked for 25 immediate and 35 additional red, white and blue blankets approximately 36X60" to cover beds in the newly established home for homeless vets in the Richmond, VA area.

On June 6, Lois and Tricia paid a visit to the facility of Liberation Family Services to present the first batch of 28 blankets and discovered that, in actual fact, the program is much more than we had realized with men spending up to a year in residence before moving on to their own apartment. What that means to From the Heart is that the need for blankets will be on on-going one.

The Richmond Times Dispatch and WRIC TV both ran stories on the presentation and the video can be seen on our website at www.fromtheheartstitchers.org. The newspaper article is on our Facebook page.

Volunteers Needed to Teach at Local Libraries

From the Heart will be teaching at two libraries in October. Even though that seems a ways away, you may already know your schedule or may want to start to fill it up if there is nothing on it. The two libraries are:

Etrick/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.

I Became a Shop Keeper (For All the Wrong Reasons)

A couple of years ago, I thought it would be nice to be a Shop Keeper for From the Heart. Maybe if I could learn the tasks involved, I could help receive completed items that would eventually be distributed to sweet, little newborn preemies, chemo, bone marrow or dialysis patients or even well deserving veterans. I would not be able to take credit for these completed items, but somehow, perhaps a "star would be added to my crown" for just being the "middle" woman. (Very noble and a tiny self-serving, no?)

So, with this in mind, and a bit of trepidation, I emailed Lois and inquired as to how to volunteer for a shift. As always, she was very welcoming and advised to just come in and she would show me. Imagine my surprise that I already knew most of the requirements since I had been a visitor to the sit and stitch group on a fairly regular basis. Greet visitors, make sure the items are tagged and recorded on the clipboard, give a tour to anyone new are for the most part, the high level review of the Shop Keeper's duties. It's such a cake walk and, happily, I may be on the path to a heavenly reward.

Imagine my surprise when I soon discovered that the benefits of Shop Keeping are many layers deeper than I ever expected. To list a few:

- I have met so many lovely people who have such beautiful, giving hearts. (My crown is looking a bit dull as a result!)
- Seeing the completed items that come in - - they spark so many new ideas and so much inspiration. I take pictures of everything for my next project(s).
- New patterns - - these ladies are always willing to share their favorite patterns.
- I have a built in Help Desk when I am stuck on a pattern. My fellow stitchers are more than willing to help me figure out my boo-boo.
- The wonderful stories I have heard about the many lives touched by FTH donations.

- Being able to see and select from so many yarn choices! So much yarn...so little time!
- Getting to know FTH ladies personally like sweet Miss Julia and her lovely daughter Larissa, Anne and Katia, Beth, Matilde, Susan, Karen and Jeannette (I will miss you when you move, Jeannette!), Phyllis, Joan, Jenny, Capson, Judy and more than I could possibly list or remember.

If you have ever wondered how to be a Shop Keeper, then I encourage you to take a step forward and contact Lois or Tricia. They will be happy to get you started. Of course, you can just come to the Shop and ask the Shop Keepers there to show you what is involved. (There's a checklist available on the table.) And, do not be surprised if you receive more than you give when you volunteer as a Shop Keeper like I was.

Kulla Ficare

From the Heart Shop Keeping Duties

Morning Shopkeepers:

Turn on lights
 Unlock back door
 Place chair and sign outside front door, weather permitting
 Pick up and clean areas as needed

Afternoon Shopkeepers:

Pick up and clean areas as needed
 Lock back door upon leaving
 Bring in chair and sign
 Turn off lights
 Lock front door, scramble lockbox code, close lockbox door

ALL Shopkeepers:

Put on your nametag
 Welcome visitors. Have new guests sign guestbook
 Meet and greet with a smile and offer assistance if needed
 Accept incoming items, tag if necessary, sort items, and place on table in workroom
 Place yarn donations in tubs provided in the front room
 Assists members(s) with yarn selection(s)
 Assist individuals from recipient groups with pickup of bagged items from distribution, normally in the work room. Mark off bags taken on the sheet affixed to the table.
 Have members/guests make a note on the sign in/out sheet of the items they bring in or take out
 Leave the shop neat and tidy

Be sure to scramble the lockbox and close the cover

“Shop” Hours and Scheduling

Eleanor Cannon is the July scheduler. Please contact her at e-cannon@msn.com or (804)514-1168 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, triciaennis2014@gmail.com
 Eleanor Cannon, e-cannon@msn.com
 Ann Robbins, 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.

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

Only two more weeks to get your registration in for this year’s Retreat so you need to do that if you haven’t already ☺ This year, we plan to do the same as last year and have a ‘waiting list’ for those whose registrations arrive after the 200 cut-off in the event anybody needs to drop out at the last minute so don’t let fear of not getting in dissuade you from sending in your form. Last year, we were actually able to accommodate everybody who wanted to attend and, hopefully, this year will be the same. We have not yet reached the cut-off number of 200 so, right now, this is not an issue but I wanted to let you all know we have a plan in place.

Matilde Woolcott and Pat Clare are two of our members who have faithfully contributed to our raffle for the last few years. Below are one of Matilde’s beautiful hand made bags which will be raffled this year, along with the Scarecrow Twins created by Pat.



Please get in touch with me (Tricia) if you would like to assist with any part of this Retreat. I can be reached by email at triciaennis2014@gmail.com or by phone at (804) 683-9015 if you want to volunteer.

Donation Inventory Numbers Through June

Previous Total Mid 2002 – 2015	235,513
Jan – May 2016	9,768
June 2016	<u>1,951</u>
Year to date total	11,719
Grand Total	247,232

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.

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 triciaennis2014@gmail.com 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

Use baby yarn and a G Hook

1. Chain 4, join in 3rd 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

July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>2 Atlee Angels Legacy Park 1 – 3 pm</p> <p>Starbucks Oxbridge Square 10 – noon</p>
<p>3</p>	<p>4</p> <p style="text-align: center;">JULY 4TH</p> <p style="text-align: center;">CHECK WITH YOUR GROUP LEADER</p> <p style="text-align: center;">LIBRARIES CLOSED</p>	<p>5 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>6 Colonial Heights Senior Center 10–noon</p> <p>Mathews Group, Rescue Squad Hudgins, VA 10:30 am – 2:00 pm</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1:3pm</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p> <p>ElmCroit Retirement 1:30</p>	<p>7 Five Rivers Fiber Guild, Burgess 1 – 3pm</p> <p>Mall Group Chesterfield Towne Center (food court) 9-noon</p> <p>Hopewell Library 6pm – 8pm</p> <p>Panera Bread Midlothian 6 - 8:00 pm</p>	<p>8 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>9 Louisa Group Hardee's 10 – noon</p>
<p>10</p> <p>King George - Peace Lutheran Church 3 - 5pm</p>	<p>11 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>12 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 FI Food Court - 11:30a -2:30p</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>13 Colonial Heights Senior Center 10-noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>Chesterfield Needlework Friends Central Library, Lori Rd. 1pm - 2.30pm</p> <p>Dinwiddie Library 1:00-3:00pm</p>	<p>14 Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p>	<p>15 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>16 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
<p>17</p>	<p>18 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>19 Panera Bread, Midlothian and Chippenham 5:30–7:30pm</p> <p>Tuckahoe @ Shop 6:30- 8:30 pm</p> <p>Fredericksburg Wegman's 2nd FI 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>20 Colonial Heights Senior Center 10-noon</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p>	<p>21 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>22 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>23 Redeemer Lutheran Redbridge Rd Upstairs Conf. Room 9 - 11am</p>
<p>24</p> <p>King George - Peace Lutheran Church 3 - 5pm</p>	<p>25 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>26 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 FI Food Court - 11:30a -2:30p</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p>	<p>27 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>28 Hopewell Library 10am – noon</p> <p>Summerhill Retirement 1:30-3:30 pm</p>	<p>29 Starbucks Huguenot Rd 11 am-1:30pm</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 st	10:30am – 2:00pm
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 Crafters	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, every	2 – 3:30pm
Chesterfield Needlework Friends	Central Library, Lori Rd,	Chester	Wednesday, 2 nd	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 st	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 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	Monday, every	5:00pm
Five Rivers Fiber Guild Charity Stitchers	Fairfields United Methodist	Burgess	Thursday 1 st	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 nd , 4 th	10am - noon
Hopewell Helpful Hearts	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	3 - 5pm
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
Michael's, (craft room)	Midlothian Tnpk. & Courthouse Rd	Midlothian	Wednesday 1 st , 3 rd	Noon – 3pm
Midlothian Women's Group	Starbucks, Colony Charter Martin's	Midlothian	Monday 1 st	10:00am
Montpelier Crafters	Montpelier Center for the Arts and Education	Montpelier	Tuesday 2 nd	1 – 3pm
Panera Bread	Midlothian and Chippenham	Richmond	Tuesday every	5:30 – 7:30pm
Panera Bread	11649 Midlothian Tnpk	Midlothian	Thursday 1 st , 3 rd	6 - 8:00 pm.
Prince George Yarnspinners	Prince George Library, 6605 Courts Drive	Prince George	Tuesday 1 st , 3 rd	2 - 4pm
Redeemer Lutheran	9400 Redbridge Rd.(upstairs Conference. room)	Richmond	Saturday 4 th (except Dec)	9 – 11am
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 (Oxbridge Sq)	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