

1425 Crawford Wood Place
Midlothian, VA 23114
www.facebook.com/FromtheHeartStitchers
www.fromtheheartstitchers.org
Grateful Thread – September 2016

Sent with love...



From the Heart 

Letter from Lois – September 2016

All those Red, White and Blue blankets! Keep on stitching...we have a new recipient!

A longtime friend of mine, Clint Arrington (for over 55 years we've known each other!) is the founder of an organization benefiting our Veterans. Like From the Heart, Lonesome Dove Equestrian Center is a 501(c)3 non-profit organization. They rely completely on donations for the care and feeding of their horses and to cover veterinarian bills as well. And like FtH, they have no employees, only volunteers.

This group is dedicated to servicing the mental, physical, and emotional challenges for the special needs of Veterans in Central Virginia through therapeutic horseback riding with absolutely no charge to the Vets. They are in the business of increasing the quality of life for the participants through activities that are positive to the cognitive, physical, emotional and social well-being of each Veteran.

We have just recently added one more benefit for our Veterans through Lonesome Dove. I delivered a nice, large bag of our blankets to them and if only you could have seen the smiles! Through them we are offering our special hugs where they are desperately needed. Mr. Arrington immediately emptied a large table in their reception area and one by one, he spread our blankets on the table for all to see. In this open space it will be so easy for a blanket to be chosen to be taken home once their day with the horses is completed.

It is so satisfying to continue to find places where Veterans can be touched by our stitching. So keep up the good work! Keep creating those smiles, one stitch at a time!

Stop by the shop for your Red, White and Blue yarn at your earliest convenience. Hope to see you there real soon!

Lois

Current Needs

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

Properly sized baby hats (we have two 5" Styrofoam balls at the shop – a hat for a newborn should fit over this sized ball)

Red/white/blue blankets (see Letter from Lois above)

Fredericksburg/King George has a need for:

Cotton hats

Baby items

Blankets of all sizes

Toys

Speaking of blankets, Joan recently mentioned to me that she would like the lap blankets to be at least 27X36" and the blankets for newborns to be no less than 32" square.

Please remember that, as always, you should create whatever you enjoy making as we can and, will find, a home for it.

The Blue Book



The book for which so many of you tested patterns and made samples was distributed to those who attended the Retreat on Saturday. It is now available at the shop to any of you who could not attend the Retreat. The suggested donation is \$15. The book consists of many of the basic 'core' patterns From the Heart uses on a regular basis, both knitting and crochet (about 200 patterns total) and is in full color.

Take a look next time you are at the shop ☺

Two Stories

August 19, 2016

"My dad, Perley Covey, died at home in Richmond on Sunday. He was the kindest, most joyful man I've ever known. His last full sentence to me was "I am a happy man."

My mother was dying in 1968 when I was pregnant with my daughter. In the mysterious life-death cycle, my father and my daughter Melissa have always been two hearts that beat as one....just incredibly close. She came from Arizona last week and was holding his hand when he died.

My father gave some incredible advice to me once. "You have an important choice to make every morning.

Today, should I count my blessings, or should I count my sorrows? Choose carefully, because it will have a whole lot to do with how today is." My father looked for joy – and he spread joy.

He was proud of his service in WWII in the Navy. In the most wonderful service, the good folks from hospice and two folks from Fort Lee came – about a month or six weeks ago – and thanked him for his service. And they gave him the blanket that you made. My dad was so so weak then....but he raised his small hand in salute when they saluted him. It was very moving.

97 is a long time to live, and it was time for his journey to end. But relief and sadness are all entwined for me right now. It's very hard for me to imagine this world without my dad. Another story: I was never in an elevator (or in a nursing home; he and I often went to visit our older relatives) with my dad when he didn't turn to the oldest woman also there....and say something like "What a lovely scarf" or "That brooch looks beautiful on you." He told me this was important. "There are so many older people who are alone, and they don't have anybody to say something nice to them on most days. Just open your eyes and notice, and YOU be the person to say something nice."

I don't want to make him sound so saintly. He was a partying guy – When I was younger, my parents loved the raucous companionship of their friends! I couldn't wait to be a grown-up because I wanted to have all the fun the grown-ups were having downstairs!

Well, let me close with the reason I wrote: appreciation! Your blanket was a lovely, lovely gift. I found all of your names on the web, and I wanted to thank each and every one of you. So many angels have surrounded my family. You are among them.

Sincerely,
Gayle Covey"

August 24, 2016

"My Friends From the Heart:

One of my pleasures when I deliver blankets to patients at MCV is writing to you and sharing a story about the joy your handicraft brings. Yesterday when I delivered the bag of blankets for pediatrics, there was a special blanket in the bag and a special patient who needed it.

The blanket was a quilt in tones of nature: cream, green, rust, deep blues. The carefully cut and sewn pattern was perfectly made. It was a quilt that could hang on a wall

or wrap around a child in a bed. Or in this case, a blanket that would be a comfort to a 15 year old girl who had spent many weeks on the pediatric unit. I do not know her full story. Whatever that story was had resulted in having one of her legs amputated. She had recovered from that surgery but was now going to another facility to rehab. She had been at MCV so long that the thought of leaving made her anxious. They were her family... people she trusted... people whom she knew. When she leaves in a few days, that beautiful quilt will go with her. She will connect it with the family of nurses, doctors, and child life specialists who have given her a home for quite some time. That blanket lovingly made by one of you will bring comfort in her new environment and remind her of people who cared not just during her tenure at the next facility but for always.

Each of you has a story that you weave into the knitted, crocheted, and sewn blankets. When your blanket is given to a child, a cancer patient, a veteran, or a grieving mother your story becomes entwined with theirs.

Thank you for sharing your talent with us at Massey Cancer Center, Palliative Care, Pediatrics, and Bone Marrow Transplant. We send prayers for blessings to come to each and every one of you.

On behalf of the lives you touch,

Judy Jamison
Palliative Care Volunteer"

2016 From the Heart Retreat "It's Magic!"



Wow. What a fun day ☺ I hope everyone who attended had as much fun as I did. Hard to know what I enjoyed most... the classes (which I did not have time to attend but, boy, I saw the numbers that did and heard the chatter afterwards about how great they were), the vendors (OK, I probably spent too much but...), the food (yum-yum), the Bingo (yeah, I keep on hoping I'd win and didn't but still fun), the speakers (I was so impressed by hearing the impact From the Heart has on the communities we serve), the magician was amazing and so funny. Then, of course, we have the new book – Yay – the Blue Book was the main giveaway and it is really very nice. Look for it at the shop next time you are there. You won't regret it ☺

I remain constantly impressed by how phenomenal the ladies and gents of From the Heart are. How much you give, how much you care, how much you work on behalf of others. I am so glad we have this Retreat every year as it honors YOU. The members of From the Heart. Thank you all so very much for all you do.

Check out the webpage for more photos to be posted soon.

Closing In On 250,000 Items Update

Check out our Inventory Totals further down the Newsletter. Hint: We met our goal and currently stand at 250,520 items created by From the Heart Members and donated to the communities we live in ☺

Tip of the Month

When you leave leftover yarn at the shop (or, indeed, when you are saving your leftovers for your own future use), keep the label with it and store it in a baggy to keep it nice and clean. If you don't have the label, write on the outside of the baggy what it is, for example, "#4 worsted weight acrylic" or "#3 sports weight cotton". This will make it much easier to use the leftovers in the future and/or combine many leftovers to create a new item such as a multi-colored blanket.

From the Heart Fredericksburg "Waste Not" Workshop

Date: Saturday Oct 29, 2016

Time: 10:00 a.m.–4:00 p.m.

Location: Ruritan Building —5994 Plank Road, Fredericksburg

Between Battlefield Dental and the Fire Station just east of Andora Drive on Rt. 3.

We will have yarn, patterns and help available. 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.

See how leftovers can make up into useful beautiful items. All items completed will be delivered to various groups in the community.

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

We will need both 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, email pegreswolde@comcast.net or Sally Moore at slmoorefth@gmail.com, phone 540.548.4680.

We hope to see you there!

The workshop will also be a Dollar Daze Donation Day! (See below)

Dollar Daze Donation Days
Richmond: Saturday Oct 8: 10am – 2m
Fredericksburg: Saturday Oct 29: 10am – 4pm



The concept is quite simple - we have received many books, patterns, needles, yarn... over the last year. These are high quality items but they are not suitable for use in the making of the items we donate. During Dollar Daze, we offer you a chance to come take a look and pick up any of these items you would like to have for your personal use for a small donation. This is an excellent opportunity for you to spend time with friends and 'shop' at the same time.

We plan to set up these items and mark them with a small sign to indicate what we would suggest as the minimum donation for the item. The entire process should be an easy one. The donation box will be set up near the items so you will just need to select what you want and pop your donation into the box.

A few of the items we will have available..... knitting needles, pattern books and magazines, quilting supplies, and a variety of yarns.

Come and help yourself to something nice and help From the Heart not only clean up the supply but have a few more dollars available to purchase yarn we can use to make items we can donate to those who need them.

"Shop" Hours and Scheduling for September

Tricia Ennis is the September scheduler. Please contact her at triciaennis2014@gmail.com or by phone at (804) 683-9015 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.

Winner of the August Shop-keeping Prize

The winner of the August shop-keeping prize is Matilde Woolcott. Congratulations, Matilde. Next time you are in the shop, please take sufficient of the nicer yarn with which to create something for one of your personal projects.

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.

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:

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.

Bernice Koelzer

I got the following email from Bernice Koelzer some days ago and decided to share it as many of you may be familiar with Bernice's soaps and be wondering how you can get them. Please contact me at triciaennis2014@gmail.com or (804)683-9015 if you would like Bernice's contact information.

"Dear Ladies,

I will not be at the retreat this year but am still making soaps, but now all orders are custom. This means that I make what you want. I also have a base price of \$25, which means that you will have to spend \$25 at least for an order.

Any orders coming from, From The Hearts Ladies will include a 10% contribution by me to this organization, as a way of supporting our joint love of this group.

*Sincerely,
Bernice Koelzer"*

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.

Donation Inventory Numbers Through August

Previous Total	
Mid 2002 – 2015	235,741
2016	
Jan – July 2016	13,374
August 2016	<u>1,405</u>
Year to date total	14,779
Grand Total	250,520

As was announced at the Retreat on Saturday, we made it. From the Heart has donated a grand total of 250,520 items to those in need in our communities. Give yourselves a HUGE pat on the back and a VERY loud handclap ☺

Bring it on Knitted Baby Blanket

For Cast on and Bind off use size 13 or 15 needles. Using larger needles will create more relaxed beginning and ending ridges.

For body of blanket, use needles a few sizes larger than suggested on yarn label. I used Lion Brand Pound of Love and size 10 needles.

This is an eleven stitch pattern repeat.

For infant size blanket cast on (using your larger needle) 100 stitches.

You may increase this count in increments of 11 for larger child or adult blanket.

Knit 4 rows of garter stitch (this means knit every row).

Begin pattern:

Row 1: Knit 2 together, knit 2 together, yarn over, knit 1, yarn over, knit 1, yarn over, knit 1, yarn over, knit 2 together, knit 2 together (11 stitches used). Repeat these 11 stitches to the end of the row. I always place a marker after each set of 11 stitches, moving them when coming to them on every row.

Rows 2, 3 and 4: Knit all stitches.

Repeat these 4 rows until blanket measures desired size.

Finish blanket by knitting all stitches (garter stitch) for the last 4 rows.

Use larger needle to cast off final edge.



Aligned Shells Crocheted Baby Blanket

Materials:

Size "I" crochet hook

Worsted weight (#4) yarn (1 lb such as Caron results in a baby blanket of 18 shells across by 35 shells of approximately 32" wide X 27" long)

Tapestry needle for weaving in ends

Pattern:

Chain 111 (any multiple of 6 + 3). Makes 18 shells across.

Row 1: 5 double crochet (dc) in 6th chain from hook, Skip next 2 chains, Double crochet in next chain *skip next 2 chains, 5 dc in next chain, Skip next 2 chains, Double crochet in next chain * Repeat from *
Double crochet in last chain stitch

Row 2: Chain 3, Turn, Skip first 3 dc, 5 dc in next dc, Skip next 2 dc

*dc in next dc, Skip next 2 dc, 5 dc in next dc Skip next 2 dc

Repeat from *

Double crochet in first chain stitch

Repeat Row 2 to reach desired length. Weave in ends.



From the Heart Local Group Times

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 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>2 Starbucks Huguenot Rd 11 am-1:30pm</p>	<p>3 Atlee Angels Legacy Park 1 – 3 pm</p> <p>Starbucks Oxbridge Square 10 – noon</p>
4	<p>5 Midlothian Women's Group, Starbucks Colony Charter Martin's 10 am.</p> <p>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>6 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p>7 Colonial Heights Senior Center 10-noon</p> <p>Colony Critters', Patriot's Colony in Williamsburg. 1:3pm</p> <p>Mathews Group, Rescue Squad Hudgins, VA 10:30 am – 2:00 pm</p> <p>ElmCroit Retirement 1:30</p> <p>Michael's, Midlothian TnPk. & Courthouse Rd. 12:00-3:00</p>	<p>8 Hopewell Library 10am – noon</p> <p>Chamberlayne Hts. United Meth Church 1:30 – 3:00 pm</p>	<p>9 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>10 Louisa Group Hardee's 10 – noon</p>
11	<p>12 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>13 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Chesterfield Heights Community Center 2:00-3:30</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7p</p> <p>Montpelier Crafters 1 – 3pm</p> <p>Fredericksburg Wegman's 2nd FI Food Court - 11:30a -2:30pm</p>	<p>14 Colonial Heights Senior Center 10-noon</p> <p>ElmCroit Retirement 1:30</p> <p>King George - Peace Lutheran Church 10 am – 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>15 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>16 Starbucks Huguenot Rd 11 am - 1:30 pm</p>	<p>17 Starbucks Oxbridge Square 10 – noon</p> <p>Atlee Angels - Legacy Park 10 - noon</p>
18	<p>19 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>20 Panera Bread, Midlothian and Chippenham 5:30-7:30pm</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>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> <p>Prince George Library 2:00 – 4:00 pm</p>	<p>21 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>22 Hopewell Library 10am - noon</p> <p>Summerhill Retirement 1:30-3:30 pm</p>	<p>23 Starbucks Huguenot Rd 11 am-1:30pm</p> <p>Kay's Krafters 1 –5 pm</p>	<p>24 Redeemer Lutheran Redbridge Rd Upstairs Conf. Room 9 - 11am</p>
25	<p>26 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>27 Chesterfield Heights Community Center 2:00- 3:30</p> <p>Panera Bread, Midlothian and Chippenham 5:30-7:30pm</p> <p>Gayton Kirk K/C. Gayton Kirk Church 7pm</p> <p>Fredericksburg Wegman's 2nd FI Food Court - 11:30a -2:30pm</p>	<p>28 Colonial Heights Senior Center 10-noon</p> <p>King George - Peace Lutheran Church 10 am – noon</p> <p>B'mill/Woodlake Clover Hill Library 6.30 – 8 pm</p> <p>Dinwiddie Library 1:00-3:00pm</p>	<p>29</p>	<p>30 Starbucks Huguenot Rd 11 am - 1:30 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
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	Wednesday 2 nd , 4 th	10am - noon
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
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