

"From the Heart"

Volunteers are angels in disguise.

Sent with love...

"From the Heart"



Grateful Thread - October 2014

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

Letter from Lois - October 2014

I'm going to quote here a few paragraphs from a recent article in USA Today. It's great information and will possibly keep us fit longer and thereby able to continue supporting our stitching addictions well into our nineties and beyond! Read it well, put as much of this information into use as you possibly can. It's good for you!

"Don't just sit there. It may be killing you."

"Getting off the couch and moving more might lengthen your life, as well as decrease your risk of dementia, physical disabilities and other serious medical problems."

"Sitting disease" has been linked to increased risks of Type 2 diabetes, cognitive decline, disability in people over 60, and death from cancer, heart disease and stroke. One study showed that sitting less may lead to a longer life."

"If you take a brisk walk, jog, swim or do other physical activities for a least 30 minutes daily, it's great for your health, but not enough to offset being sedentary the rest of the day. You still need to move for a least 10 minutes every hour."

"Most people spend 10 to 15 hours a day sitting. It sounds kind of irksome, but most people sit most of the time. We have to search our souls pretty deeply to find a time when we are not sitting, and sitting is contrary to what our bodies are meant to do."

"The rule of thumb in retirement is the same as during your work years: If you've been sitting for an hour, it's too long. For 10 minutes of every hour you need to be up and moving in what's called non-exercise movement, because it's not intentional exercise."

I think I have come up with a plan to get me up from the sofa but still continue to work on my small projects. I've stitched a small pouch, just large enough for a skein of yarn for an ongoing hat or pair of socks. I've made a strap long enough to cause it to hang at a nice length, fitting across my opposite shoulder to keep it from slipping off. I've gotten good at stitching and walking! Of course, I only work on very simple patterns that require very little attention from me. (Don't want to not look where I'm going and trip. If I break an arm that would certainly make stitching, whether sitting or walking, very difficult.)

Give this article some thought. Come up with a plan custom designed just to fit YOU and get moving! We want you active for many, many more years to come...we want to see your smiling faces at the shop as often as possible.!

Church of Jesus Christ of Latter Day Saints Project



Lois and I had the terrific pleasure of representing From the Heart on Saturday 27th September at the Chesterfield Stake of the Church of Jesus Christ of Latter Day Saints as all the square, blankets, hats, scarves and toys knit by their members for a Service Project were all brought together and presented to From the Heart at the LDS Women's Conference. Many, many thanks to Sister Judi Gilliatt, Swift Creek Ward of the LDS (pictured to the left) for coordinating all of this within the Church.



As you may know, the number of items set as a goal was far, far exceeded and From the Heart was actually presented with over 1,000 items. Many of these items have already been sent out to our recipients and we have made kits of the squares in order to turn them into blankets.

We still have some of these kits waiting for volunteers to join them so please contact Tricia at 804-683-9015 or by email ennis1000@verizon.net if you would like to volunteer to stitch or crochet the squares together into blankets

First Ever Dollar Daze

Where you there? There were so many members taking advantage of our very first Dollar Daze...it's difficult to think who WASN'T there! Several were there when I unlocked the door at around 9:30. There were still so many still 'shopping' when we were ready to lock up at 2:00!

It took us 3 days of digging and sorting to find everything hidden in all the seldom visited corners of the shop. So much beautiful, but not suitable for donation items, yarn was tucked away just waiting to be noticed and loved :-)

We displayed some bins offered for no donation dollars, about 60% of our offerings carried a suggested minimum donation of just a quarter per skein...those containers were the most popular. Then there were a number of boxes with a posted suggested minimum of \$1.00 to \$2.00 per skein. We even set up a separate table with kits and bags of yarn collections for a minimum of the unbelievable sum of \$5.00!

We created an area of tables holding a very large collection of beautiful books and magazines...most were duplicates of those already on our shelves. And needles! As you may have witnessed, we had sooooo many on hand! The excesses were offered for a very small donation...of course you had to match them up yourself :-)

Had we only known how popular an event like this could be we certainly would not have waited so long to pull it all together. Our donation box was so full we were overwhelmed with your generosity. Richmond and Fredericksburg folks have now been able to go yarn shopping to stock up on just the yarns we've needed for so long. Those acrylics we use for making the many blankets, sweaters, hats and shawls we offer to those in need. We've also picked up yarns suitable for creating those baby blankets and items so many of us love to stitch.



Our hats are off to you, our members. You surpassed our greatest expectations. You have made it possible for our cubbies to be stocked with yarns you will enjoy using, making it possible for recipients to be surprised by the offered items "made with love", items for From the Heart.

Lois
loisfth@me.com

Fourth Annual Let's Stitch Event – Fredericksburg – October 11th

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

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

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

For questions contact Lynette Reed at yarnlyn@aol.com or From the Heart's Pam Greswolde at pegreswolde@comcast.net – Directions are on the second last page of this Newsletter.

Update: Blankets for the Cherokee Nation

Mr. Joe Demby of Oakland Baptist Church in Disputanta, VA has been our contact on this project. Lois received an email from him and a portion is below:

“Lois, I picked up the blankets etc. yesterday and they were all beautiful. Sorry I missed you!. The ladies and I had some great discussions and it was a very moving experience to meet and talk to them. I am in the process of boxing up what we have and getting them ready to load in my pickup for travel. We will be leaving on the 14th of Oct to take them cross country to Jay Okla...With what you have provided we have well over 100 baby and young children blankets...Thanks so much for what your organization does and I know the Cherokee and Choctaw children in Jay will love what you have done!, Joe Demby”

Thank you all for your contributions to this project

Robious Elementary School After School Enrichment Program

From the Heart has been asked if we would like to take part in the Robious Elementary School After-school Enrichment Program which runs from January 27 to March 5, 2015. Robious Elementary School is in Chesterfield County, near the intersection of Robious and Huguenot Roads.

We would participate by teaching a basic knitting class on Tuesdays to a group of 4th grade children. Instructors would need to arrive at the school by 3.45 for class set up and would stay until 5.15pm. We would not be required, under any circumstances, to 'babysit' children either before or after the teaching period.

Before we commit to this, we need to have sufficient instructors lined up to ensure we could fulfill our commitment and also to give us an idea of how many children we could handle at one time. Therefore, if you would like to be part of this, please contact me asap.

Please contact me at ennis1000@verizon.net or (804) 683-9015 if you have any questions.

Thanks so much

Tricia

Capital Area Health Network

We have been contacted by Capital Area Health Network in Richmond with a request for blankets and hats for their 8th Annual Community Baby Shower on December 3. Lois and I are looking forward to attending this shower and bringing down anything From the Heart may be able to contribute.

Capital Area Health Network in a non-profit federally funded community health center which serves the uninsured and underserved from the community. Any baby hats and/or blankets would be greatly appreciated by these moms-to-be.

Waste Not Workshop - working with less than a full skein

Date: Saturday 11/22/14 Time: 9:30 am - 4:30 p.m.

Location: 5994 Plank Road, Fredericksburg - Ruritan Building

Learn how to use up your leftovers. We will have leftover yarn, patterns and help available. See how leftovers can make up into useful beautiful items. All items completed will be delivered to various groups in the community.

Bring a dish to share. Plates, cups and utensils will be provided. Coffee, hot tea and iced tea will be available. The building has a large kitchen available.

Various demonstrations will be given on topics such as how to read a pattern, making a stitch buster blanket fast and others. If you are willing to demonstrate an item which can be made from leftovers, please contact Pam by the end of October.

Everyone is welcome so bring your friends and relatives. For more information or to volunteer to demonstrate, contact Pam at 540.972.3602 or email at pegreswolde@comcast.net. We hope to see you there!

Directions to 'Waste Not Workshop'

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

NurtureRVA/Let's Talk Breastfeeding Event Reminder

The last NurtureRVA/Let's Talk Breastfeeding Event at the Byrd House Market is scheduled for Tuesday October 14 from 3 until 6.30pm. We have already knit/crocheted some rather lovely hats to be given to the expectant mothers who will be there learning about the importance of breastfeeding. These hats have been very well received by the expectant moms so please keep on knitting ☺ There are two patterns at the end of this newsletter that are fun and which have been used for this project but please feel free to make whatever type of hat you would like. Just remember that it needs to have a stretchy opening to fit over a baby's head.

If you have an hour or two on October 14 to join Nurture RVA in their mission to improve the health and well-being of childbearing families at this last event please contact Tricia (ennis1000@verizon.net) or Eleanor at eleanorschnabel@yahoo.com

The Byrd House Market is located at 980 Idlewood Avenue in Richmond.

New Crochet Pattern from Susan's Heart

From the Heart member, Susan Ford, has developed a lovely, very cute and simple stitch pattern which can be used for many items - a hat is shown in the photo. Susan has kindly given permission for her pattern to be used freely by From the Heart members so there it is :-) Enjoy!



Pattern is for a Hat – stitch would work for pretty much anything
Caron Simply Soft Yarn was used for the sample but any soft worsted weight yarn would work. Hold two strands of yarn together throughout pattern

Chain 72

R1: DC in 3rd ch from hook. SC in next st. *1 dc, 1 sc* Repeat to end of row, turn

R 2- 20 : Ch 2, *1dc, 1sc* Repeat to end of row

STOP here for a toddler size, continue to 24 rows for child size, 26- 28 rows for teen or adult sizes.
At the end of last row, do not cut your yarn! Fold your work in half, putting the shorter ends together.
Using your yarn, sc through both sides to join the sides together, making a hood.

For the braids:

Measure out about 20 strands of yarn to be TWICE the length you want for your braids. Using a large crochet hook (or your fingers if you are well coordinated) pull the strands through the corner stitch at the bottom of the hood. The middle of the strands should be where the crochet stitch is so that half of the strands are on either side. Using strands from each side of the stitch, make a braid. Wrap a separate piece of yarn around bottom of braid and tie tightly to secure braid. Trim ends to even them. Repeat for the other side.

100 Happy Birthday's to Helen ☺



Those of you were at the Retreat might remember Helen Sgarlato who was acknowledged as the oldest attendee. Helen celebrated her 100th Birthday on October 3rd. When asked to what she could attribute her longevity, she replied that she drank a Coke every day for 60 years. Helen, who has been driving since she was 10 years old growing up in the Midwest, has just bought herself a new yellow VW convertible bug. Now, that is how you celebrate turning 100. Way to go, Helen.

Happy Birthday from all your friends at From the Heart, Helen

Supporting our Veterans in Hospice Care

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

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

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

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

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

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

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

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

Current Needs

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

We also need drain tube (Suzy) bags and baby blankets.

Fredericksburg/King Gorge:

Lap blankets 30 x 30

Military lap blankets 30 x 30

Larger blankets 36 x 48 or larger

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

Check the website www.fromtheheartstitchers.org for patterns for all of these items.

Schedulers Urgently Needed

From the Heart currently has only 3 ladies working on the shopkeeping scheduling. These ladies coordinate shopkeeping hours with our wonderful shopkeepers. With YOUR help, this would allow the scheduling rotation to be spread out more. It is NOT a difficult job, but it must be done. Won't you give it a try?!? Contact any one of the current schedulers for more information. Thank you for considering this opportunity with From the Heart.

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

Stop by the Shop

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

Tricia Ennis is the October scheduler. Contact her by email or phone her at 804-683-9015 (C)

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

Donation Inventory Numbers Through August

Previous Total	
Mid 2002 – 2013	180,534
<u>2014</u>	
Jan – Aug	20,321
September	2,608
Year to date total	22,929
Grand Total	203,463

Address for Newsletter Articles or Information

Please remember to send newsletter articles or information you would like to see in the newsletter to Tricia Ennis. This should ensure that we do not miss information. Thanks! We do publish items and requests sent in by members and we are trying to include a member-written pattern in each Newsletter so keep them coming ☺

Tricia Ennis
ennis1000@verizon.net

Crochet Booby Hat



Supplies

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

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

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

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

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

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

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

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

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

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

Switch to J/10 (6.00mm) hook

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

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

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

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

Round 9: (dc) {39 dc}

Round 10-14: repeat Round 9

Knit Booby Hat

Age Newborn to ~ 6 month

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

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

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

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

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

- Round 1: *k6, k2tog* Repeat from * to * to the end
- Round 3: *k5, k2tog* Repeat from * to * to the end
- Round 5: *k4, k2tog* Repeat from * to * to the end
- Round 7: *k3, k2tog* Repeat from * to * to the end

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

- Round 9: *k2, k2tog* Repeat from * to * to the end
- Round 11: *k1, k2tog* Repeat from * to * to the end
- Round 13: k2tog to the end

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



Directions to Let's Stitch – October 11, 2014
10:00am – 4:00 pm
916 Liberty Street, Fredericksburg, VA

Local Considerations:

Liberty Street is a one block ONE WAY street (North) that can only be approached from the South (the George Street end)

Barton Street is a one block ONE WAY street (South) - but does not allow a left turn onto George Street.

Liberty Town can only be reached via George Street or Hanover Street.

From Points North:

Take I95 South

Exit Route 3 East, Fredericksburg

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

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

Street - *0.1 miles* Turn right on George Street - *0.1 miles*

Turn right on Liberty Street

Liberty Town is on your left - 916 Liberty Street .

From Points South:

Take I95 North

Exit Route 3 East, Fredericksburg

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

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

Street - *0.1 miles* Right on George Street - *0.1 miles*

Right on Liberty Street

Liberty Town is on your left - 916 Liberty Street.

From Points East:

Take Route 3 West Business, Fredericksburg Cross the Falmouth Bridge

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

Liberty Town is on your left - 916 Liberty Street.

From the Heart Local Group Times

October 2014

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

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

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