

**"From the Heart"**

*Volunteers are angels in disguise.*

*Sent with love...*



*"From the Heart"* ♥



## **Grateful Thread - December 2014**

1425 Crawford Wood Place  
Midlothian, VA 23114  
[www.facebook.com/FromtheHeartStitchers](http://www.facebook.com/FromtheHeartStitchers)  
[www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

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## **Letter from Lois - December 2014**

We have bears...12 inch and 9 inch bears! Now all we need are outfits to cover their bare little bear bodies!

It has been our experience that it's best if we can give a child a bear wearing a top and pants or skirt as well as hat or head band, maybe little socks or booties and even a little purse or backpack. The more pieces we supply, the better to keep their little hands busy. Your bear may go to a child who has been hurt, might be having some type of treatment, could be sitting in a waiting room or just generally scared for any number of reasons. If we can offer some comfort to help them through whatever situation they are facing it will not only be pleasing for them but could possibly have a calming effect on their parents as well.

We have patterns in our pink book, at the shop, on the website and in this newsletter for both knit and crochet outfits, or you just might want to create your own unique pattern. Anything goes!

It would also be nice if we could get lots of these little critters ready in time for holiday gifts for children in need.

Another consideration...we have learned that dementia patients can benefit from having a "baby" to cuddle. When they have one snuggled in their arms they just seem more content. We have attempted to make outfits for the larger bears that resemble a baby gown or longer dress so these can be use in place of dolls. Give it some thought, you just might want to give this a try!

Either way, bears for kids or bears for adults, we can use your help. Stop by the shop soon and make your bear selection.

See you at the shop!

Lois

# Easy Crochet Bear Sweater

*A Pam Greswolde Creation*

Fits 9 inch bear

1 oz. Worsted weight yarn, G hook

**NOTE: If you crochet loosely you may want to use a smaller hook. 5 dc = 1 inch**

Chain 41

**Row 1:** dc in the 4<sup>th</sup> chain from the hook and the next 4 chains, 3 dc in the next ch, dc in the next 6 ch, 3 dc in the next ch, dc in the next 11 ch, 3 dc in the next ch, dc in the next 6 ch, 3dc in next ch, dc in the last 6 ch. Chain 2 and turn.

**Rows 2-6:** dc in each cc across putting 3 dc in center of dc of 3dc group below. Chain 2 and turn.

**Row 7:** dc to center of the first 3dc group, ch 4, skip across to the next 3dc group, dc in center of st (this makes the armhole) and each st across to the center stitch of 3<sup>rd</sup> dc group, ch 4, skip to last 3dc and dc in center of 3dc group and across to the end. Chain 2 and turn.

**Rows 8 – 12** dc in each dc across including both of the chain 4 stitches. Chain 2 and turn.

## **Finish:**

**Option 1:** Chain 1, work 1 sc in each stitch up the front side of sweater. Work 2 sc in corner and 1 sc in each neck stitch. At end of neck do 2 sc and then sc down the last front side. Finish off.

**Option 2:** Use this option if you want to put buttons on the sweater. Chain 1, work 2 sc in each stitch up the front side of sweater. Work 2 sc in corner and 1 sc in each neck stitch. At end of neck do 2 sc and then 2 sc down the last front side. Finish off.

**Sleeves:** Join yarn to the center stitch at bottom of armhole and dc around the sleeve. Work the desired numbers of rows to give you sleeve length you wish.

Finish off.



## **Teachers Needed - Robious Elem. After School Enrichment Program**

From the Heart will be teaching a basic knitting class to 7 4th and 5th grade girls on consecutive Tuesdays from 3.45 until 5.00, starting on January 27th and continuing through March 3rd (6 weeks) with a possibility of a 'snow make up day on March 10th).

We are looking for volunteers to help with this. We would not be required, under any circumstance, to stay later than 5.15 as the Robious PTA moms take over at that point. You would not need to commit to each Tuesday but we do need a good idea of how many of you would like to participate. This is a basic class so if you can cast on and do a knit stitch you know enough to be of help.

Robious Elementary School is in Chesterfield Co., near the intersection of Robious and Huguenot Roads.

Please let me know ASAP if you have availability and are willing to help with this program.

Tricia  
(804) 683-9015 or Ennis1000@verizon.net

## **Powhatan Festival of Fiber**

The Powhatan Festival of Fiber is gearing up for their next event which takes place on Saturday, April 25, 2015. **MARK YOUR CALENDARS NOW.** The event is from 10am until 5pm at 3920 Marion Harland Lane in Powhatan and admission will be \$5 with children 12 and under free.

As the name suggest, Fibers are celebrated at this festival. There will be hands-on exhibitions of felting, drop-spindling, weaving, spinning, shearing and more.

Exhibited animals will include alpaca, angora rabbits, and multiple breeds of sheep...

Contact Linda Hague if you would like to help out at this Festival. Lots of different types of help are needed so contact Linda at 804-741-1135 or by email at Llh607@verizon.net and she will set you up.

## **Purple 'From the Heart' Book**

We are currently in the planning stages of our third From the Heart book - the "Purple Book" - that we plan to have completed before our 2015 Retreat so that we can give each of you a copy.

The concept of this book will be new FTH patterns and we already have a few which were published in the last three newsletters from Johnnie, Susan, and Larissa. We need more, though, and they will need to be tested before we can include them so put on your thinking caps and see what you can come up with. Preferably, we would like designs that could be modified or used for many different items - hats, scarves, blankets and we would like a mix of knit and crochet. We have decided on a cut-off date for your ideas of March 15th as they will need to be tested, potentially modified, organized and printed before the next Retreat. When you submit patterns, please try to include an idea of how much yarn is needed for the project.

We also plan to include 'tips and tricks of the trade' in this book so please send any suggestions, special tips or ideas for those too. An example here might be "Did you know that old Rx containers make excellent sewing needle holders" or you may have a special method of weaving in ends so that they never unravel. Any special little thing that you have come to find invaluable and that you think others would benefit from knowing.

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

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

Thanks a bunch,  
Tricia (804) 683-9015: ennis1000@verizon.net

## Fun Sundays at the Shop

Starting in November, the Fun Sundays at the shop have been canceled until further notice.

## Mystery KAL and Mystery CAL?

Lois and I are tossing around the idea of hosting a (probably) 6 week Mystery Knit-a-Long and/or Crochet-a-Long project starting in January. The concept of a Mystery KAL or CAL is that you are not told what the final project is. You are given a set of instructions to work on during the week - some people might master that set and compete in one evening, others might need the entire week. The item made would be one for your own personal use and not intended for return to the shop.

What we are thinking of is offering a class in the shop on Westbriar, probably on Saturdays, but ALSO filming it so that it can be put on YouTube for those who might like to attend but are unable to do so. The FTH site would host the video or, at least, provide links to the correct weekly taping.

We have really nice yarn (which we received as a donation) around which we will be designing this project and our concept is that those who can come to the shop for classes will be asked to make a donation for the yarn around which the design has occurred. Those who cannot attend the shop and follow the 'classes on line' would do so free but would have to supply their own yarn.

This is an idea in the making. Let us know what you think.

**\*\*Are you interested?**

**\*\*Would you like to come to the shop (day undecided so which day)?**

**\*\*Would you prefer to follow along via the 'net'?**

**\*\*Would you prefer to Crochet a Mystery item or Knit a mystery item?**

Let us know as we are trying to do something new and go where we have never gone before.... appropriate music please and you all know what that music is ☺

Contact Tricia at [ennis1000@verizon.net](mailto:ennis1000@verizon.net) or Lois at [Loisfth@me.com](mailto:Loisfth@me.com) to let us know your interest so that, if we do this, it is sometime the membership wants.

## Something to Consider

The cost of mailing each hard copy of the From the Heart Newsletter is approximately \$1.50 per newsletter per month when you include printing costs, the label, the stamp and the tabs to close the newsletter. We have been informed that the Post Office is changing their system so that we will have to redesign the format of the newsletter in order to mail it. The proposed change will require having one side of the newsletter, in addition to the bottom edge, fully sealed rather than folded. The change in paper size necessitated by this (from 8.5x11 to 11x17) will result in additional cost to From the Heart. Therefore, we are asking, if you receive a hard mailed copy of the newsletter, that you consider a change to receiving an emailed version. We know this is not possible for everyone who receives a hard copy as some of you do not have email and others of you really enjoy receiving the newsletter into your physical mail box but, for those of you who can make the switch we are asking that you consider the possibility of doing so. Should you decide to switch over, please let me (Tricia) know at 804-683-9015 or by email at [ennis1000@verizon.net](mailto:ennis1000@verizon.net)

## Knit and Crochet Bear Clothes Patterns

As noted in this month's Letter from Lois, Richmond has a real need at the moment for bear clothes. Below are links to patterns for these clothes should you decide to create some. Bears for you to dress are available at the shop on Westbriar. There are also patterns printed in this newsletter.

## Donation Inventory Numbers Through November

<b>Previous Total</b>	
<b>Mid 2002 – 2013</b>	<b>180,534</b>
<b>2014</b>	
Jan -Oct	25,148
Nov	<u>3,026</u>
<b>Year to date total</b>	<b>28,174</b>
<b>Grand Total</b>	<b>208,708</b>

## **Current Needs**

**Richmond, Petersburg and surrounding's** main need at the moment is for dressed bears for both children and older folks suffering with dementia, please see this month's Letter from Lois. We also need baby blankets and hats (no toddler sized please), and drain tube bags.

**Fredericksburg/ King George Area Current Needs** are for PLAIN color scarves (to match with many multi-color hats in order to create sets) in sizes from child to adult. Also needed are soft acrylic Chemo hats, baby items (no preemie hats please) and blankets of all sizes.

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

### **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!

Tricia Ennis [ennis1000@verizon.net](mailto:ennis1000@verizon.net)

## **Scheduling/Shopkeeping**

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

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)

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

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

## Easy Crochet Bear Pants (to fit a 9" bear)

*A Pam Greswolde Creation*

1 oz. worsted weight yarn, G hook. NOTE: If you crochet loosely you may want to use a smaller hook.  
5 DC should = 1 inch

Chain 50 and join to the beginning ch being careful not to twist.

**Rows 1:** Ch 2, dc in each chain across. Join to the top of the beginning ch, ch 2 and turn.

**Rows 2-5:** dc in each dc across, join to the top of the beginning ch, ch 2 and turn.

### **First leg**

**Rows 6-11 (1<sup>st</sup> pant leg):** dc in 25 dc, join to opposite side (you should be able to lay piece down and it will be flat). And complete back side of leg with 25 dc. You will have one complete row of one leg. Ch 2 and turn, dc in each stitch around for 5 additional rows. Fasten and finish off.

### **Second leg**

Join yarn in first stitch after 1<sup>st</sup> leg on 6<sup>th</sup> row with sl st. Ch 2 to start stitch and dc in each stitch around to beginning – join with a sl st, ch 2 and turn. Dc in each stitch around for 5 additional rows. Fasten and finish off.

*Waistband and straps:*

**Waistband:** Join yarn at waist of pants ch 1 and sc in each stitch around. Join to the beginning ch..

Chain 1 and sc in each stitch for a 2<sup>nd</sup> row. Fasten off and finish.

**Straps:** Lay pants flat so you are looking at the back of the pants. Join yarn to back with sl st at the 8<sup>th</sup> dc from the right edge as shown in illustration. Ch25 and turn, sc in each stitch back to the body of the dress. Slip stitch into the body of the pants, ch 1 and turn. Sc in each st to the end of the strap.ch 1 and turn. Sc in each stitch back to the body of the pants and sl st into the pants. Fasten off and finish. Repeat the same procedure by joining yarn 8 dc from the 1<sup>st</sup> strap. Attach the front of the straps by either stitching to front of pants or using a button and stitching through button, strap and body.



## **Easy Knit Top-Down Bear Sweater** *Fits a 9" Bear*

*A Lois Moore Creation*

Worsted weight yarn, size 6 needle

Beginning at neck edge, cast on 33 stitches. Knit 3 rows

Row 4: Knit 3 \*inc in next stitch (knit in front then back on stitch) Knit 1\*. Continue across row to last 4 stitches. Inc in next stitch, knit 3. (47 stitches)

Row 5: Knit 3, purl to last 3 stitches, knit 3.

Row 6: Knit 5, inc 1, place marker (pm), inc 1, knit 8, inc 1, pm, inc 1, knit 13, inc 1, pm, inc 1, knit 8, inc 1, pm, inc 1, knit 5. (55 stitches)

Row 7: Repeat row 5

Row 8: Knit across, increasing before and after each marker. (63 stitches) Row 9: Repeat row 5

Row 10: Repeat row 8. (71 stitches)

Row 11: Repeat row 5

Separate body pieces from sleeves:

Knit 9 front stitches, remove marker, place next 16 sleeve stitches on holder (scrap yarn works best) remove marker, cast on 4 stitches for underarm, knit 21 back stitches, remove marker, place next 16 sleeve stitches on holder, remove marker, cast on 4 stitches for underarm, knit 9 front stitches. 47 body stitches on needle.

Work 10 rows of garter stitch (knit every row) Bind off all stitches.

Slip 16 sleeve stitches onto empty needle. On right needle cast on two stitches, knit across 16 sleeve stitches, cast on 2 stitches. (20 stitches)

Row 1: purl

Row 2: knit

Row 3, 4, 5: knit Bind off all

stitches.

Repeat for 2<sup>nd</sup> sleeve.

Stitch together underarm seams. Weave in all ends.

## Knit Bear Pants to fit a 9" Bear

*A Lois Moore Creation*

Size 6 needles, worsted weight yarn

When I cast on I leave about an 8 inch tail for sewing the inseam together. Left leg and body:

Beginning at lower cuff, cast on 34 stitches. Rows 1, 2 and 3: Knit all stitches.

Begin stockinette stitch: Row 4:  
Purl

Row 5: Knit

Row 6: Continuing in stockinette stitch, (this will be a purl row) bind off 4 stitches at the beginning of the next two rows for crotch. 26 stitches remain.

Work 3 more rows stockinette stitch, ending with purl row.

Begin short row shaping, left side:

Knit 7, bring yarn to front as if to purl, slip next stitch purlwise to right needle point, take yarn to back, replace stitch on left needle point (wrap stitch completed). Turn work, purl 7.

Next row: Knit 9, wrap 1 stitch as above, turn, purl 9 Next row: Knit 11, wrap 1 stitch as above, turn, purl 11. Next row: Knit 26 stitches.

Waist Band:

Work 4 rows of knit 1, purl 1 ribbing. Bind off in rib.

Right leg and body:

Work as for left portion until beginning short row shaping except end by working 4 rows instead of 3:

Begin short row shaping, right side:

Purl 7, take yarn to back as if to knit, slip next stitch purlwise to right needle point, bring yarn to front, re-place stitch on left needle point. Turn work, knit 7.

Next row: Purl 9, wrap 1 stitch as above, turn, knit 9 Next row: Purl 11, wrap 1 stitch as above, turn, knit 11.

Next row: Purl all 26 stitches. Waist Band:

Work 4 rows of knit 1, purl 1 ribbing. Bind off in rib.

With right sides together sew up leg seams. Turn one leg right side out and fit this one inside the other leg, right sides together. Sew long crotch seam.

Weave in all ends.





# 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 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**

<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Day of Month</b>	<b>Time of Day</b>
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	2 <sup>nd</sup> and 4 <sup>th</sup> 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 <sup>nd</sup> 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 <sup>st</sup> 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 <sup>nd</sup> , 4 <sup>th</sup>	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 <sup>st</sup> , 3 <sup>rd</sup>	6:30 - 8:30 pm
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	11:30 – 2:30
Wegman's 2 <sup>nd</sup> floor Food Court	Central Park	Fredericksburg	Tuesday 3 <sup>rd</sup>	6:30 – 8:30 pm