

Letter from Lois – December 2018



With our supplies of Red Heart, Caron Simply Soft, and baby yarn a little low, now is the time to get creative and make some beautiful, cheerful projects using leftovers!

We've displayed, at the shop, two shawls made from leftovers, one knit, and one crochet. We've included patterns for these near each shawl.

As you will see in our bins, the selection of color choices is quite vast as are the patterns that are available for you. In fact, any pattern works well using multiple colors for added interest!

Whether you choose a variation of one color, as the knitted shawl or a project of many colors, take a look when you can. Grab a bag and fill it up!

In this same area in our "yarn hall" we've included a supply of bagged leftovers as kits for hats and scarves. Take a look...pick your favorite colors and ENJOY YOUR STITCHING!

Lois

Linda's Legacy of Love

The beautiful blankets in this photo were made by my patient, Linda, while she was undergoing treatment for lung cancer. Constantly on the go before her diagnosis, Linda expressed to me that the hours of sitting at the

doctor's offices or at home recovering from her chemo were very frustrating and boring. As an avid knitter, I often use knitting to occupy my time during long waits, and I advised her to take up knitting to help pass the time. She flew to task, and over the next few appointments, she passed out multiple scarves that she had made for every person at my office, as well as for the oncology doctors and nurses at the chemo center. After a few months, she told me she had no one else to make scarves for, so I suggested that she make baby blankets for charity. Sadly, she passed away from her disease in June of 2018. A few weeks after her funeral, her family delivered more than twenty baby blankets to my office door for donation. We remember Linda fondly, and I know she will be pleased that her beautiful blankets will be distributed to those in need by the wonderful volunteers at From the Heart.~ Dr. Sarah Stubbs



PS: Some of you may remember Dr. Sarah Stubbs, as she spoke about her participation in RAM at our last Retreat.

From the Heart 2019 Retreat – August 24, 2019

Mark your calendars now for the 2019 Retreat, which will be held on Saturday, August 24th, from 10:00am until 3:30pm, at The Place at Innsbrook. We have decided the theme for this Retreat and it is "Make New Friends but Keep the Old. Some are Silver and Others Gold."

Many of you might remember this as a song you learned in the Girl Scouts. We thought it would be fun to take this concept and "play" with it a little bit. We have some ideas for mixers, and are kicking others around, to try to encourage Retreat attendees to get up, move around, sit at another table for a little while, spend some time getting to know someone they have never seen before, and generally mix it up a little bit. If you have ever attended a gathering where you took part in a really fun social mixer, something you think would be fun for us to do at the Retreat, please send the idea to either Lois or Tricia and we will discuss it at the next Board Meeting.

Along the lines of fun, we really had fun with all the terrific hats at our Mad Hatter Retreat and we think the theme of our 2019 also allows for inventive, interpretive, clothing. Some ideas the Board had were gold or silver hats, vests, dresses, shoes... Lots and lots of gaudy silver and/or gold jewelry. Scouring local vintage clothing stores for that perfect "old friend" look. Not that anybody has to dress up or "theme" themselves but, for those who would like to, there are lots of ways to do so. Gold or silver flapper dresses, cloche hats, gloves that come up to the elbow come to mind...., Give it some thought, might be fun ☺

The cost of the 2019 Retreat will remain the same, at a suggested \$40, as this helps defray our costs and The Place is, once again, working with us to keep our costs down. We will limit attendance to 200 again in 2019.

Please plan to join us and mark your calendars now. The Retreat is a fun celebration for our volunteers as well as a great way to meet new friends and learn new techniques.

Inclement Weather Policy



“When icicles hang by the wall,
And Dick the shepherd blows his nail,
And Tom bears logs into the hall,
And milk comes frozen home in pail,
When blood is nipped, and ways be foul...”
...then will the workshop be closed (apologies to Shakespeare).

As we approach the Winter season with its potential for snow and ice, we want to remind you that the general rule for From the Heart is “If the schools are closed or opening late, the workshop will be closed.”

This rule applies regardless of where you live. In Richmond, we look at Chesterfield, Henrico, Hanover,

and Richmond City schools. In Fredericksburg, it would be Spotsylvania. If your schools are closed/opening late, your meeting spot will be closed. Shakespeare’s lines are very valid on a Saturday, but a notice will be sent out on Friday evening if we are not opening on Saturday.

Volunteers Needed

From the Heart will be teaching a basic knitting class at Midlothian Library in Chesterfield County on Saturday, January 12th, and we need teachers.

We would like to arrive at the library no later than 10:15am for a class which will start at 10:30am and continue until 12 noon. We will follow our usual class schedule of teaching a knitted cast on (with this they learn the knit stitch first thing while creating stitches on which they will be working) putting about 20 or 25 stitches on their needle. Then, with about 20 minutes to go until the end of class, we will teach how to cast off. We will bring our garter-stitch mitt sample and each student will be given a copy of that pattern before they leave. Having learned how to cast on, work the knit stitch and cast off, they should now be able to make a pair of mitts (perhaps with a little help from YouTube) on their own.

Midlothian Library is located at 521 Coalfield Road in Midlothian. Please contact Lois at (804) 305-4971 or loisfth@me.com if you can help with this. We like to have a 1 to 1 ratio of teacher to student if possible, as, for brand-new knitters, this works best.

Current Needs (December 2018)

Richmond and Surrounding areas have a need for:

- Christmas Mother items (knit, crocheted or sewn blankets, acrylic hats and scarves for all ages, mitts, socks, dressed bears, ... etc.)

Fredericksburg/King George has a need for:

- Lap blankets, Lap blankets, Lap blankets (at least 32” X 36”). Any size blanket is always welcome though
- Baby items

Upcoming Needs include:

We still have vest kits available at the workshop for those who would like to make a vest to be sent to the Remote Area Medical (RAM) team for distribution at one of their events.

Come February, we will have a need for at least 1,500 red baby hats for distribution through our local hospitals in recognition of Little Hats, Big Hearts™ to help raise

awareness about congenital heart issues. Baby hat patterns can be found towards the end of this newsletter should you wish to take part in that endeavor, although you can use any baby hat pattern you personally like. There are many available on our website and on Ravelry. Don't forget that all baby hats need to fit over a 5" Styrofoam ball and these are available at the workshop for you to check the size of your hats when you are turning them in.

Wednesday Morning Classes/Workshops

We will be resuming our Wednesday morning classes at the Workshop on Westbriar Drive in Henrico early in the New Year. These classes are intended to teach only methods and techniques that are useful to us in creating the items we donate. They are not intended to be a substitute for classes offered through our local yarn stores and will not include "fancy" techniques such as Entrelac, Mosaic or other techniques we might use for items we create for ourselves, as gifts, or for sale. With that in mind, if there is something you would like to see offered, please send that to Lois or Tricia and we will see if it might be possible to offer it.

The first couple of classes scheduled are:

Wednesday, January 9th, 10:00am until noon:

Nancy Wright will teach a class on "How to Crochet a Granny Ripple". This is a beautiful looking stitch which can be used in the making of blankets in particular.

Wednesday, January 16th, 10:00am until noon:

"How to Knit Mittens Using Worsted Weight Yarn" will be offered by Lois Moore. These mittens make up very quickly and, at this time of year, we need a lot of them.

Attendance at these classes will be limited to 8 but the patterns and class materials will be available at the workshop and will be posted to our webpage following the class. If any one class has significantly more than 8 people interested, we will probably offer it a second time.

Attendance is free, but you must register in advance by contacting Tricia Ennis at 804.683.9015 or by email at triciaennis2104@gmail.com.

December's Calendar of Local Groups

The calendar for From the Heart's many local group meetings is, as always, at the end of this Newsletter. As always, every effort is made to ensure that the calendar is correct but, at this time of the year, it is a good idea to check with the leader of any local groups you attend to make sure your group is meeting. Most people know when Christmas and Chanukah occur, but there are

actually 14 religious holidays in December and, in addition to that, some local groups may not hold a meeting if it occurs a couple of days before or after the main religious holidays. Good idea to check before you venture out.

One more note on the calendar, you will see that we have started to add contact information. If you lead a local group and would like your contact information added, please contact Tricia Ennis to let her know. Tricia can be reached at triciaennis2014@gmail.com or by phone at 804.683.9015.

Benefits of Knitting and/or Crocheting

Not too long ago, there was an article online, on the site www.lifehack.org, (written by Kathryn Harper, the Media Relations Manager) which listed 6 "unexpected" benefits of knitting. However, these benefits would also apply to crochet. The article was very interesting as there actually were a couple of benefits that I, for one, had not thought of before. The benefits listed were:

1. It Provides a Sense of Pride: We have all experienced this. When you wear something and a stranger compliments you on it, or when you give somebody a gift and they are blown away by its beauty, it really does boost your confidence.
2. It Has the Same Benefits as Meditation: Knitting and crocheting can be very relaxing. The rhythmic, repetitive motions of both bring about a sense of relaxation very similar to what one experiences when one meditates. The article pointed out that an additional benefit of knitting and/or crocheting has over meditation is that you "get a blanket at the end" of the knitting or crocheting.
3. It Can Alleviate Anxiety, Stress, and Depression: The same rhythmic motions that bring about relaxation brings a sense of focus, which can distract from symptoms of anxiety, depression, and stress. When we sit still, knitting or crocheting, our heart rate is lowered and, consequently, after a few minutes, our blood pressure goes down.
4. Motor Function is Improved: Knitting and crocheting stimulate almost the entire brain at the same time. The frontal lobe guides attention and planning. The parietal lobe handles sensory information and spatial navigation. The occipital lobe processes visual information. The temporal lobe stores memories and interprets language and meaning. The cerebellum helps with coordinating precision and timing of movement. You can see how all these skills are involved in both knitting and crocheting. Because of the use of almost the entire brain when knitting and crocheting, it is believed

that they can be used to help people with diseases like Parkinson's improve their motor functions and fine motor skills.

5. Cognitive Decline May be Slowed Down. The more you use your brain, the healthier it becomes, and the longer it lasts. According to the article, the Mayo Clinic has found that seniors who engage in crafts (including knitting) are about 30-50% less likely to have a "mild cognitive impairment" than those who don't.
6. Knitting and Crocheting Delay the Onset of Arthritis and Tendinitis: Just as with the brain, using your joints helps to keep them healthy. The gentle use of fingers when knitting and crocheting can assist with building up cartilage, making the joints stronger.

Tip of the Month

Lois is sorting through all the yarn at the workshop at the moment and re-arranging all our "leftovers", so this seems like a good time to repeat a tip sent by member Sheila Weisensale a year or so ago.

"Ever put yourself in the situation where you have selected several different colored yarns to make a multicolored afghan or blanket, laid them all out on the floor, loved the color combination you choose, start work on the blanket and a few rows in you simply can't remember the order of colors you had decided on? Happens to all of us, I think. Here is a way to avoid that problem.



Cut about a 10" length of yarn from each of the skeins you plan to use. Find an old skewer, knitting needle, or crochet hook and simply tie these lengths of yarn, in the color combination you want, onto the skewer. You can play around with the colors until you get to the combination that really catches your eye and appeals most to you. This avoids the yarn getting tangled on the floor and you can easily check which color comes next

when you need to. It is also very portable so can accompany your project wherever you take it."

If you have a tip you believe could benefit our members, please send it to me at triciaennis2014@gmail.com, leave a note at the workshop for me, or phone me on 804.683.9015.

Workshop Hours, December Scheduler, & November Elf of the Month

The From the Heart workshop is open from 10am until 2pm every Tuesday, Wednesday, Thursday, and Saturday. Tricia Ennis is the December scheduler and she can be reached at triciaennis2014@gmail.com or by phone at 804.683.9015. Please let her know if you would like to volunteer as a workshop Elf in December.

The winner of the Workshop Elf prize for November is Katya Arsenyeva. Please pick up some nice yarn for your personal use next time you are at the workshop, Katya.

A Bit of a Laugh from Fredericksburg

"We deliver a lot of what we call shirt protectors (adult bibs). Last meeting, we delivered a fair number to an organization. I wondered how they liked them, did they want more or not something they would want, even though I felt sure they would love them.

Pat's immediate response was " Oh MY GOODNESS! We loved the food catchers.

The whole group had a good laugh over it and thought we should change the name of them.

Pam"

Donation Inventory Numbers

Previous Total	
Mid 2002 – 2017	286,748
2018	
January – October.....	24,085
November.....	4,151
Year to Date Total.....	28,236

Grand Total 314,984

Curious about where these items go? Find out on our webpage at the "Who We Help" tab under the "About Us" section. <https://fromtheheartstitchers.org/who-we-help/>

From the Heart Wishes All Its Members a Happy and Healthy 2019

Newborn Baby Knitted Hat

Materials:

1 skein Lion Brand Jiffy in pastel color will make 2 of these little hats with yarn left over.
Long size 10 needle for magic loop or double point needles. (16" circular is not suitable for knitting these small tube hats.)

Pattern:

Cast on 44 stitches. Join carefully being certain stitches are not twisted. Work in knit 2; purl 2 ribbing for 28 rows.

Decreases rows are very simple. During the first row you will knit the knits and purl the 2 purls together.

On second row knit the knits together and purl the purl as follows:

Row 29: Knit 2, purl 2 together. Repeat around the row. 33 stitches remain.

Row 30: Knit 2 together, purl 1. Repeat around the row. 22 stitches remain.

Row 31: Knit 2 together. Repeat around the row. 11 stitches remain.

Row 32: Knit 2 together to last stitch, knit 1. 6 stitches remain.

Cut yarn, thread thru tapestry needle, pull thru remaining 6 stitches, snug up smoothly, weave in tail.



SLK Baby Hat

Susan L. Kraus

Size: Newborn to 3 months

Hat Circumference: 14 inches.

Materials:

1-ounce baby sport yarn,

Size H (5.00mm) crochet hook.

*For a smaller "Take Me Home" size use baby yarn (not fingering) and size G (4.00mm) crochet hook.

Note: Beg ch 2 does not count as a st in this pattern.

Hat:

Beginning at top of hat, ch 4, sl st in first ch to form ring.

Rnd 1 (Right Side): Ch 2, work 13 dc in ring, join with a sl st in first dc. 13 sts.

Rnd 2: Ch 2, turn, 2 dc in each st around, join with a sl st in first dc. 26 sts.

Rnd 3: Ch 2, turn, dc in first st, *2dc in next st, dc in next st, repeat from * around ending with 2dc in last st, join with a sl st in first dc. 39 sts.

Rnd 4: Ch 2, turn, *dc in first two sts, 2dc in next st, repeat from * around, join with a sl st in first dc. 52 sts.

Rnds 5 - 16: Ch 2, turn, dc in each st around, join with a sl st in first dc. 52 sts. Do not turn at end of last row.

Edging: (Ch 1 and sc) in each st around, join with a sl st in first sc. Fasten off. Weave in ends of yarn.

Turn up bottom of hat for brim.

Models were made with Red Heart Soft Baby yarn.

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This pattern may be found at

<http://susan.kraus.net/pages/pattern5.html>

Questions or comments? E-mail me at slkdesigns@hotmail.com



From the Heart Local Group Times

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>Workshop Closed Holiday Luncheon/ Open House</p> <ul style="list-style-type: none"> • Atlee Angels, Legacy Park, 1-3pm
<p>2</p>	<p>3</p> <ul style="list-style-type: none"> • The Crossings at Bon Air 2:00pm • Gayton Kirk K/C, Gayton Kirk Church 7pm • Midlothian Women's Group, Starbucks, Ivy Mount Shopping Center 10:00am • Stonebridge Rec. Ctr. 10:00am – 1:00pm 	<p>4</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • Panera Bread, Midlothian and Chippenham 5:30–7:30pm • North Courthouse Rd Library, 11am – 1pm • Fredericksburg: Redeemer Lutheran Church, 5120 Harrison Rd. 10:00am – 1:00pm • Violet Bank Stitchers, 10am – noon • Prince George Library 2:00 – 4:00pm • Heritage Public Library, New Kent, 1:00pm • Mechanicsville Library 6:30 – 8:30pm 	<p>5</p> <ul style="list-style-type: none"> • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • Colonial Heights Senior Ctr 10-noon • Colony Critters', Patriot's Colony in Williamsburg. 1:30pm • Mathews Group, Church of Francis De Sales, Mathews, 10:30a –2:00p • McKenney Library (Ragsdale Room) 3:00 – 5:00pm • Michael's, Midlothian Tnpk. & Courthouse Rd. noon-3:00pm 	<p>6</p> <ul style="list-style-type: none"> • Hopewell Library 6pm – 8 pm • Panera Bread Midlothian: 6:00pm- 8:00pm • Mall Group Chesterfield Towne Center (food court) 9:00am-noon 	<p>7</p> <ul style="list-style-type: none"> • Starbucks, Huguenot Rd, 9:30am - noon • Five Rivers Fiber Guild 10am – noon, Rice's Hotel /Hughlett's Tavern, Heathsville 	<p>8</p> <ul style="list-style-type: none"> • Louisa Hardee's 10:00am - noon
<p>9</p>	<p>10</p> <ul style="list-style-type: none"> • The Crossings at Bon Air 2:00pm • Gayton Kirk K/C, Gayton Kirk Church 7pm • Stonebridge Rec.Ctr. 10:00am – 1:00pm 	<p>11</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • Panera Bread, Midlothian and Chippenham 5:30–7:30pm • North Courthouse Rd Library, 11am – 1pm • Violet Bank Stitchers, 10am – noon • Mechanicsville Library 6:30 – 8:30pm • Fredericksburg : Redeemer Lutheran Church, 5120 Harrison Rd. 10:00am – 1:00pm • Montpelier Crafters 1 – 3pm • Paddington Group, Fairfield Library, 5:00pm 	<p>12</p> <ul style="list-style-type: none"> • Colonial Heights Sr Ctr 10-noon • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • Chesterfield Needlework Friends Central Library. 1pm - 2.30pm • Dinwiddie Library 1:00-3:00pm • King George - Peace Lutheran Church 10 am – noon • Elmcroft Retirement 1:30pm 	<p>13</p> <ul style="list-style-type: none"> • Hopewell Library 10am – noon • Chamberlayne Heights United Meth Church 1:30 – 3:00 pm 	<p>14</p> <ul style="list-style-type: none"> • Starbucks, Huguenot Rd. 9:30am - noon • Five Rivers Fiber Guild 10am – noon, Rice's Hotel/ Hughlett's Tavern, Heathsville • Kay's Krafters 1 – 5pm • Twin Hickory Clubhouse Group 10:30am – 12:30pm 	<p>15</p> <ul style="list-style-type: none"> • Atlee Angels, Legacy Park, 10am - noon
<p>16</p>	<p>17</p> <ul style="list-style-type: none"> • The Crossings at Bon Air 2:00pm • Gayton Kirk K/C, Gayton Kirk Church 7pm • Stonebridge Rec.Ctr. 10:00am – 1:00pm 	<p>18</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • Panera Bread, Midlothian and Chippenham 5:30–7:30pm • North Courthouse Rd Library, 11am – 1pm • Violet Bank Stitchers, 10am – noon • Prince George Library 2:00 – 4:00pm • Fredericksburg Wegman's 2nd Fl Food Court - 5:30-7:30pm 	<p>19</p> <ul style="list-style-type: none"> • Colonial Heights Sr Ctr 10-noon • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • McKenney Library (Ragsdale Room) 3:00 – 5:00pm • Michael's, Midlothian Tnpk. & Courthouse Rd. noon-3:00pm 	<p>20</p> <ul style="list-style-type: none"> • Hopewell Library 6pm – 8 pm • Panera Bread Midlothian: 6:00pm- 8:00pm • Mall Group Chesterfield Towne Center (food court) 9:00am-noon 	<p>21</p> <ul style="list-style-type: none"> • Starbucks Huguenot Rd 9:30am - noon • Five Rivers Fiber Guild 10am – noon, Rice's Hotel/ Hughlett's Tavern, Heathsville 	<p>22</p>
<p>23/30</p>	<p>24 and 31</p> <ul style="list-style-type: none"> • The Crossings at Bon Air 2:00pm • Gayton Kirk K/C, Gayton Kirk Church 7pm • Stonebridge Rec.Ctr. 10:00am – 1:00pm 	<p>25</p> <p style="text-align: center;">Workshop Closed Merry Christmas to All</p>	<p>26</p> <ul style="list-style-type: none"> • Colonial Heights Sr Ctr 10-noon • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • Dinwiddie Library 1:00-3:00pm • Chesterfield Needlework Friends Central Library 1pm – 2:30pm • King George - Peace Lutheran Church 10 am – noon • Elmcroft Retirement 1:30pm 	<p>27</p> <ul style="list-style-type: none"> • Hopewell Library 10am – noon • Summerhill Retirement Ctr. 1:30 – 3:30pm 	<p>28</p> <ul style="list-style-type: none"> • Five Rivers Fiber Guild 10am – noon, Rice's Hotel/ Hughlett's Tavern, Heathsville • Starbucks Huguenot Rd 9:30am – noon • Kay's Krafters 1 – 5pm 	<p>29</p> <ul style="list-style-type: none"> • Violet Bank Stitchers 1 – 3pm

From the Heart Local Group Times, additional to shop hours of 10am – 2pm Tues, Weds, Thurs, Sat every week (unless noted on calendar - see reverse)

Name	Address	City	Day of Month	Time of Day	Contact
Atlee Angels	Legacy Park Social Ctr Midday Ln	Mechanicsville	Saturday 1 st , 3 rd	1- 3 pm/10-noon	
Chamberlayne Heights Meth Church	6100 Chamberlayne Road	Richmond	Thursday 2 nd	1:30-3pm	
Chesterfield Heights Comm Ctr	901 Madrona Street	Midlothian	Tuesday, every	2–3:30pm	
Chesterfield Needlework Friends	Central Library, 7051 Lucy Corr Blvd.	Chesterfield	Wednesday, 2 nd , 4 th	1-2 :30pm	
Colonial Heights Sr Ctr	Roanoke Avenue	Colonial Heights	Wednesday every	10 am-noon	
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 st	1.30pm	
Crossings at Bon Air	Bon Air Crossing Drive	Richmond	Monday, every	2:00pm	
Dinwiddie Designers	Library, 14103 Boydton Plank Rd	Dinwiddie	Wednesday 2 nd ,4 th	1:00pm	
Elmcroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 2 nd ,4 th	1:30pm	
Fairfield Lib Conf Rm (Paddington Group)	1001 N. Laburnum Rd.	Henrico	Tues 2 nd , 4 th	5:00pm	Tonia Neiter, teemorla@gmail.com
Farmville	Farmville Baptist Ch, 132 N Main St	Farmville	Wednesday, every	5:00pm	
Five Rivers Fiber Guild	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am-noon	Judy Mooers, 804-366-1133, jkmooers@aol.com
Fredericksburg Group	Redeemer Luth, 5120 Harrison Rd	Fredericksburg	Tuesday 2 nd , 4 th	10:00am–1:00p	
Fredericksburg Group	Wegman's Food Court, Central Pk	Fredericksburg	Tuesday 3 rd	5:30–7:30pm	
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm	
Heritage Public Library	7791 Invicta Lane	New Kent	Tuesday 1 st	1pm	Heritage Public Library, 804-966-2480
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 2 nd , 4 th	10am-noon	
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	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 Ch	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	
Mathews group, A Common Thread	Ch of Francis De Sales, 176 Lovers	Mathews	Wednesday, 1 st	10:30am–2:00pm	
McKenney Library Group	Ragsdale Room, McKenney Library	McKenney	Wednesday 1 st , 3 rd	3:00–5:00pm	
Mechanicsville Library	7461 Sherwood Crossing Place	Mechanicsville	Tuesday, every	6:30–8:30pm	Evie Knoeller, (804)298-0619, thekjhouse@gmail.com .
Michael's, (craft room)	Midlothian TnPk. & Courthouse Rd	Midlothian	Wednesday 1 st , 3 rd	Noon–3pm	
Midlothian Women's Group	Starbucks, Ivy Mount Shopping Ctr	Midlothian	Monday 1 st	10:00am	
Montpelier Crafters	Montpelier Ctr for the Arts and Educ.	Montpelier	Tuesday 2 nd , 4 th	1–3pm	
N Courthouse Rd Library Fiber Trends	325 N. Courthouse Rd.	Richmond	Tuesday, every	11am–1 pm	
Panera Bread	Midlothian and Chippenham	Richmond	Tuesday every	5:30–7:30pm	
Panera Bread	11649 Midlothian Turnpike	Midlothian	Thursday 1 st , 3 rd	6-8:00 pm.	
Prince George Yarnspinners	Prince George Lib, 6605 Courts Dr	Prince George	Tuesday 1 st , 3 rd	2-4pm	
Redeemer Lutheran	9400 Redbridge Rd. (Conf. room)	Richmond	Saturday 4 th (ex Dec)	9–11am	
Starbucks	5001 Huguenot Road	Richmond	Friday every	9:30am-noon	
Stonebridge Recreation Ctr	230 Karl Linn Drive	N. Chesterfield	Monday every	10:00am–1:00pm	
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Thursday 4 th	1:30-3:30pm	
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 nd , 4 th	10:30am-12:30pm	Mickey Price,804-364-1257, mickeyprice@comcast.net
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday every, last Sat	10a-noon, 1-3pm	