

## Letter from Lois – 2019

Remember to SMILE... Very Important... Very contagious!

Have you ever noticed how so many people we see in our daily routines are wearing frowns? I refuse to believe it's because I'm in their presence but, rather it's just a habit that's formed without their knowledge or approval!

So...a challenge for us all...look in every mirror, glass panel or other reflective surface you pass...keep a constant eye on YOUR smile. Remember, happy thoughts, friendly smiles...it's contagious! Might just be our contribution to alleviating some of the stress around us! (Folks may even begin to wonder just what you know that they don't!)

Every project you create will soon have your smile attached. From your hands into those of a sick or grieving recipient, a smile can be almost as nice as a warm hug.

Think about this, do your best, it just might create a better feeling for us as stitchers as well!

*Lois*

### Wednesday Morning Classes/Workshops

We have added our final two workshops for this session. Please contact Tricia Ennis (phone 804-683-9015, or email [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com)) asap if you wish to take a class. All classes take place on Wednesday mornings from 10:00am until noon at the Workshop on Westbriar Drive. The added classes are:

**Wednesday, March 20:** Nancy Wright will teach a mini-workshop on a very clever idea she has come with and has titled Sunshine Bags. You will learn to make a small bag with a facing similar to a checkers or chess board, which can be created via crocheting, knitting, or sewing. Items such as flowers, squares, circles... are then created and placed inside the Sunshine Bag. There bags are intended for use in Memory Care Facilities and serve the purpose of giving the residents something to



do. They can be used to play games, they can be simply admired or felt (as they are colorful and have lots of texture) or to store items in. Nancy will share her ideas with

you, and you will all brainstorm to see what you can develop. Knitters, crocheters, sewers, and quilters are welcome to attend.

**Wednesday, March 27:** Lois Moore will teach a class on How to Create Octopuses for Use in Memory Care Facilities. Yarn will be provided but you should bring your size F crochet hook. You should be able to make a crochet chain and a single crochet to take part in this class. Registration is limited to 8 people.

As mentioned already, these are our last two classes/mini-workshops for this Winter but, as you know, we offer classes at most From the Heart events so keep your eyes on the Events Section of the website for more opportunities.

In this Newsletter, we mention three Events which will offer workshops, The Richmond Area Workshop on May 4<sup>th</sup>, the Fredericksburg Area Workshop on May 18<sup>th</sup>, and our Annual Retreat on August 24<sup>th</sup>.

If there is a specific topic you would like to see a class or workshop on, or if you would like to volunteer to teach, please contact either Tricia or Lois. Please bear in mind that all our classes/workshops need to consist of methods, techniques we use in the fulfillment of From the Heart's mission.

### Looking for a Pink Knitted Dress

There was a pink, knit, dress in the workroom quite recently. It was so pretty that Linda Hague had the idea of asking who had made it and would that person mind if we used it as a raffle item at one of our events. However, when Linda went to retrieve it, she could not find it.

So, a question. Actually, two questions.

1. Does anyone know where the dress is?
2. Does anyone know who knit this dress?

Please let Linda know if you do, [Llh607@verizon.net](mailto:Llh607@verizon.net)

### Volunteers Needed

We have two opportunities coming up for people who love to teach others to knit.

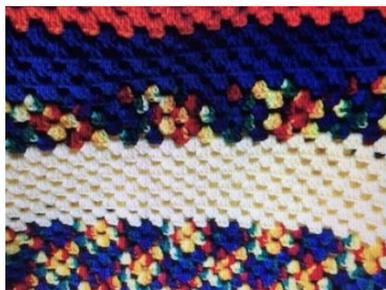
On Saturday, May 18<sup>th</sup>, a group of 18 3<sup>rd</sup> and 5<sup>th</sup> grade Girl Scouts will be visiting the workshop for a tour and, then, a knitting lesson. They will arrive at the workshop at about 10:30am, take a tour and the lesson should start at about 11am. Obviously, we will need quite a bit of help and we will probably break the girls out into two groups, one in the front and one in the back. If you can

help with this, please plan to be at the workshop from 10:15am until about 1:00pm.

On Saturday, June 8<sup>th</sup>, From the Heart will be teaching at Midlothian Library. Teachers need to arrive at the library no later than 10:15am for a class which will start at 10:30am and continue until 12 noon. Midlothian Library is located at 521 Coalfield Road in Midlothian. For both of these teaching sessions, 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.

Please contact Lois Moore if you can help with either of these classes. She can be reached [loisfth@me.com](mailto:loisfth@me.com) or by phone at (804) 305-4971.

### The Blanket of Many Colors



*This is the blanket that was given to Ms. Minnie as her life's journey was ending. She was alert and very well aware of what was happening to her. She was "ready". She just wondered what was*

*taking God so long. Even in the discomfort of this time, Ms. Minnie knew beauty when she saw it. And this blanket spoke to her of God's love and the beauty of His creation. She showed it off to all of her visitors of which there were many. Today the person who made this "blanket of many colors" brought joy not only to Ms. Minnie, but to all of her friends and family who stopped by to say goodbye.*

*As you crochet or knit this day, know that the work of your hands will be a blessing to someone. The blanket that warms your lap as you stitch it, warms the hearts of others when it is delivered. Thank you.  
All the best –*

Judy Jamison  
Palliative Care Volunteer  
VCU Medical Center

### Current Needs (March 2019)

**Richmond and Surrounding areas** have a need for:

- Dialysis blankets. Linda is requesting dialysis blankets of 30-34" wide and 60" in length. They can

be knit or crochet, any weight yarn, any pattern you like. Dialysis blankets can also be created using fleece.

- Twin bed size blankets of up to 72" in length (30-32" wide)
- Port Pillows – see pattern at back of Newsletter
- Knitted Tit Bits (boobs) - see pattern at back of Newsletter and don't forget to tag this item with the size
- Baby blankets/hats are needed by March 27<sup>th</sup>

**Fredericksburg/King George** has a need for:

- Knit or crochet turtles (these can be any color, any size and can be knit or crochet). The cut-off date for turning turtles in is March 31<sup>st</sup>.
- Blankets – any size, any color, for men, women, children and babies
- Hats of all sizes
- Baby items
- Seatbelt Protectors

Please note that we give you our current needs, not to say that you need to focus on these items, but because these are our most pressing items. We prefer you work on something that you enjoy doing and, as you know, we can find an outlet for anything you wish to donate. We give you the current needs in the event what you enjoy most is making something to meet the current need. We are grateful for anything you make for From the Heart.

A quick request for when/if you turn in those 12" cotton or acrylic squares. Please either note on them which they are (cotton or acrylic) or attached the yarn label, as they go different places. The cotton go to Retirement Homes and are used as actual washcloths. These get tagged. The acrylic go to Memory Care Centers and are used as part of a Montessori Program in which resident help "fold laundry". These do not get tagged, just counted and inventoried.

### Thank you, Thank you, Thank you...

As always, From the Heart members responded in a fantastic way to the need for vests for Wise County and, also, for the red baby hats in recognition of the Little Hats, Big Hearts project. We received 1,920 red baby hats and in excess of 90 vests. If you are still working on either of these projects, don't worry. Just finish them



up and turn them in. After all, babies can still wear red hats, even if it is no longer February and we will be sending additional items to Remote Area Medical later in the year.

### **From the Heart 2019 Retreat – August 24, 2019**

The cost of the 2019 Retreat will remain the same, at a suggested \$40. The Registration form will accompany next month's (April) Newsletter so be sure to watch for it and get yours in early. As you know, the event will take place on Saturday, August 24<sup>th</sup>, from 10:00am until 3:30pm, at The Place at Innsbrook and the theme this year is "Make New Friends but Keep the Old. Some are Silver and Others Gold."

In keeping with that theme, the door prize this year will be a book containing all the classes and workshops we can remember having offered so far (including the 4 we have actually to offer this year). Some of these classes/workshops are old friends to all of us and some are new techniques of things we have not tried before.

We have confirmed 4 vendors to date, and they are: Everblooming Glass, Dances With Wool, the Merry Soap Makers, and Sheila Weisensale's Creations. These are all locally owned and operated businesses and have been a terrific success when we have had them as vendors before.

Constance Jones (WRIC news anchor) has agreed to be a speaker. She is new to the area and is an avid crocheter. An opportunity, perhaps, to make new friends ☺

We are actively working on additional speakers at the moment so, if there is somebody you would like us to invite, please let a Board Member know and we will see what we can do.

Please send any ideas for workshops or classes you might like to see and, don't forget, we would love to have members offer to teach. Again, in the spirit of new and old, we would love to consider something we have not done before. As I type that, it occurs to me that perhaps one of you knows how to make simple jewelry which could be made in 15-20 minutes??

Any ideas/thoughts/suggestions you have can be sent to me (Tricia) at [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), or phoned in to me at (804)683-9015.

### **Hold the Date – Date Change Fredericksburg Waste Not Workshop**

The date of the Fredericksburg Waste Not Workshop has been changed to Saturday May 18<sup>th</sup>, 2019.

Details of this annual event will be given in next

month's (April) Newsletter.

### **Richmond Area Yarn Swap, Leftovers Workshop and Potluck Luncheon**

Mark your calendars now and plan to attend From the Heart's Richmond area event on **Saturday, May 4** from 10:00am until 3:00pm at the Brandermill Church in Midlothian. We will have a yarn swap, patterns which will make quick use of our many leftovers, and a potluck luncheon. Please bring a dish to share.

We are currently in the planning stages, but we will have mini-workshops, a yarn swap (full skeins and unopened packages please), and a delicious pot-luck luncheon. Please let either Tricia, [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), (804)683-9015 or Lois, [loisfth@me.com](mailto:loisfth@me.com), (804)305-4971 know if you plan to attend as this will help greatly with planning.

### **A Small Change is Coming to the Workshop**

We have had a request from an Elf that music be played in the workshop as it is sometimes nice to have some background sound.

Some of you may recall that we did, at one time, have music at the workshop but the radio we were using "walked out the door" and we not did replace it.



I don't think any of us have a problem with music which appeals to a large audience being played softly in the background, however, so if an Elf wants to bring in their own iPod or other such device and play *gentle* music, *softly*, we would have no problem with that.

Bear in mind, though, that the Elf would need to bring in their own personal device and From the Heart could assume no responsibility for it. Any music played should have a wide-ranging appeal and, if anybody in the workshop, does not want to hear what is being played, their request to turn it off should be respected.

### **Tip of the Month**

Are you like me insomuch as you can never remember the difference between a M1R and a M1L?? You know that the M1R creates a new stitch which leans right and the M1L creates a new stitch which leans left, but...

which one requires that the needle go from front to back and vice versa?? Are you tired of having to check a book or go to YouTube every time you come across a M1R? Here is an easy trick to help you remember. The M1R is the one which requires that you insert your needle from back to front and then knit into the front of the stitch. There is an old adage which we are all familiar with. "I'll be right back." Tack the words "to front" onto that adage and you have "I'll be right back... to front." Voila! The way to remember the M1R. "I'll be... R = B to F" If that is the M1R, by default the M1L is going to be F to B. Then, of course, you simply knit into the last letter so,

M1R: "I'll be right... B(ack) to F, knit into the F of the stitch

M1L: Insert needle F to B, knit into the B of the stitch

Have a tip you believe could benefit our members? Send it to me at [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), leave a note at the Workshop for me, or phone me on (804)683-9015.

### Fredericksburg Harry's Alehouse Restaurant Charity Night

Join us for dinner at Harry's AleHouse Restaurant (Harrison Crossing near Home Depot) Monday March 25<sup>th</sup>. They are is doing a From the Heart charity night like last year. From the Heart Stitchers will receive 10% of all sales from 4PM-10PM. Last year they donated \$300!

Everyone who had dinner there last year really enjoyed it. The food is very good and there is always a Monday night special – Steak dinner for \$9.99. Spread the word and we look forward to seeing you there.

### Workshop Hours, March Scheduler, & February 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 March scheduler and she can be reached at [triciaennis2014@gmail.com](mailto: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 March.

At the end of each month, a random drawing is made from the names of the volunteer Elves for that month, one chance for each two-hour shift, and that Elf is asked to take some nice yarn from the workshop for personal use. The winner of the Workshop Elf prize for February is Jane Arancibia. Please pick up some nice yarn for your personal use next time you are at the Workshop, Jane.

Additional schedulers are needed at this time. Please let one of the current schedulers know if you would like

more information. The schedulers are responsible for ensuring that the Workshop is properly staffed, and that two people are on duty for each shift. Schedulers are responsible for one month at a time.

The schedulers are:

Ann Robbins: [aerobbins@live.com](mailto:aerobbins@live.com), 270-6247 (h), 921-1174 (c)

Tricia Ennis: [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), 683-9015

Jacqueline Muoio: [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com), 840-4687

### Powhatan Festival of Fiber

The Powhatan Festival of Fiber takes place, this year, on Saturday, April 27 from 10:00am until 5:00pm with vendors, delicious food, fiber animals, demonstrations, hands-on fiber crafts, door prizes and MORE. Children under 12 are admitted free and the charge for adults is \$5. No pets are allowed.

Please contact Linda Hague at [lh607@verizon.net](mailto:lh607@verizon.net) if you would like to volunteer to help with this festival.

### Inclement Weather Policy Clarification – Please Read

We are not quite out of the woods yet, so please be aware that if **Chesterfield, Henrico, and/or Richmond City** Schools are closed *or opening late*, the Workshop will be closed.



If we need to close on a Saturday, an email will be sent on Friday evening to alert you.

### Donation Inventory Numbers

Previous Total	
Mid 2002 – 2018 .....	317,811
2019	
January .....	2,123
February .....	3,518
Year to Date Total .....	5,641

**Grand Total .....323,452**

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/>

## Knitted Tit-Bits (Boobs!) – Lois Moore

About 120 yards of **soft** DK or sport weight yarn such as cotton, baby cashmere will make a pair of Ds.

29" size 5 circular knitting needle or 4 double point needles

Marker for section divider for magic points or begin/end of row for DP needles



Cast on 3 sts. Increase by knitting into front and back of each stitch. 6 sts.

Divide for knitting Magic Loop, 2 stitches on front needle point, 4 on back needle point.

For double points, 2 stitches on each of 3 needles. Place begin/end of row marker.

Join. Knit one row. Place begin/end of row for double points. For magic loop place marker between section 2 & 3.

Row 2: Front or first needle: Knit 1, make one (pick up strand between stitches with left needle point, entering from front to back, knit into the back of this new stitch), knit one. You now have 3 stitches per section.

Row 3: Knit to last stitch per section, make one, knit 1.

Continue this method until you have a total of 66 stitches (22 per section) for A cup, 72 stitches (24 per section) for B cup, 84 stitches (28 per section) for C cup, 90 stitches (30 per section) for D cup or 96 stitches (32 per section) for DD cup.

Purl 2 rows without increases.

Decreases: Knit to within 2 stitches of end of row in each section, knit these last 2 together.

When stitch count reaches about 15 stitches per section, fill as much as possible without it interfering with ability to continue work. Be certain to fill well into each of the 3 "corners".

Complete filling boob with poly-fill to semi-firm through hole. Continue this pattern until only 15 stitches (total 5 per section) remain.

Option 1: Cut yarn, leaving enough yarn (for me that's at least 18+ inches) to thread through remaining stitches.

Option 2: at 15 stitches, \*K1, K2tog, rep from \* around. K2tog around one more time. 5sts left. cut yarn, draw through remaining stitches, weave in end.

Option 3: Draw stitches together. Stitch closed...or double knot ends and thread through inside of boob to outside, clip off excess. Thread beginning yarn onto needle and thread through finished project, clip off excess.

Tag your finished item with the size (A through DD) before you forget what size it is.

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## Port Pillows (Ties onto Seatbelt) - Jenny Olsen's Pattern

### Cold Weather Pillow

Crochet Hook size H (5 mm)

1.5 ounces worsted weight yarn

### Warm Weather Pillow

Crochet Hook size H (5mm)

Soft, worsted weight yarn such as Lion Brands Jiffy or Vanna's Complement

Working in the round

Chain 13

Row 1: SC 11, 2 SC in the end of chain (one on one side and one on the back side), SC 11 (should be back at the beginning)

Row 2 - 13: SC 24

Row 14: SC until you get to first edge. Chain 20 and SC 19 back to the pillow to make a tie, SC 12 to the other edge and chain 20, SC 19 back to pillow.

Row 15: SC 24 and you will skip over the tie. (May want to test out the tie is long enough at this time in case you need to make it longer, so you won't have too much to redo).

Row 16 - 26: SC 24

Stuff with fiber fill, Stitch closed



# From the Heart Local Group Times

# March 2019

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

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 Middy Ln	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm/10-noon	
Chamberlayne Heights Meth Church	6100 Chamberlayne Road	Richmond	Thursday 2 <sup>nd</sup>	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 <sup>nd</sup> , 4 <sup>th</sup>	1-2 :30pm	
Colonial Heights Sr Ctr	Roanoke Avenue	Colonial Heights	Wednesday every	10am-noon	
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 <sup>st</sup>	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 <sup>nd</sup> , 4 <sup>th</sup>	1:00pm	
Elmcroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:30pm	
Fairfield Lib Conf Rm (Paddington Group)	1001 N. Laburnum Rd.	Henrico	Tuesday 1 <sup>st</sup> (at library) Tues 4 <sup>th</sup> at Miskimon's	5:00-6:30pm	Tonia Neiter, 804-938-0468 <a href="mailto:teemorla@gmail.com">teemorla@gmail.com</a> Mary Miskimon, 1108 Traverse Dr., Sandston
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, <a href="mailto:jkmooers@aol.com">jkmooers@aol.com</a>
Fredericksburg Group	Redeemer Luth, 5120 Harrison Rd	Fredericksburg	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	10:00am–1:00p	
Fredericksburg Group	Wegman's Food Court, Central Pk	Fredericksburg	Tuesday 3 <sup>rd</sup>	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 <sup>st</sup>	1pm	Heritage Public Library, 804-966-2480
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am-noon	
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	6-8pm	
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 <sup>nd</sup> , 4 <sup>th</sup>	1-5pm	
King George, Peace Lutheran Ch	5590 Kings Highway	King George	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am-noon	
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2 <sup>nd</sup>	10am-noon	
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup>	9am-noon	
Mathews group, A Common Thread	Ch of Francis De Sales, 176 Lovers	Mathews	Wednesday, 1 <sup>st</sup>	10:30am–2:00pm	
McKenney Library Group	Ragsdale Room, McKenney Library	McKenney	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	3:00–5:00pm	
Mechanicsville Library	7461 Sherwood Crossing Place	Mechanicsville	Tuesday, every	6:30–8:30pm	Evie Knoeller, (804)298-0619, <a href="mailto:thekjhouse@gmail.com">thekjhouse@gmail.com</a> .
Michael's, (craft room)	Midlothian Tnpk. & Courthouse Rd	Midlothian	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	Noon–3pm	
Midlothian Women's Group	Starbucks, Ivy Mount Shopping Ctr	Midlothian	Monday 1 <sup>st</sup>	10:00am	
Montpelier Crafters	Montpelier Ctr for the Arts and Educ.	Montpelier	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	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 <sup>st</sup> , 3 <sup>rd</sup>	6-8:00 pm.	
Prince George Yarnspinners	Prince George Lib, 6605 Courts Dr	Prince George	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	2-4pm	
Redeemer Lutheran	9400 Redbridge Rd. (Conf. room)	Richmond	Saturday 4 <sup>th</sup> (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 <sup>th</sup>	1:30-3:30pm	
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 <sup>nd</sup> , 4 <sup>th</sup>	10:30am-12:30pm	Mickey Price, 804-364-1257, <a href="mailto:mickeyprice@comcast.net">mickeyprice@comcast.net</a>
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday every, last Sat	10a-noon, 1-3pm	