

Letter from Lois – May 2019

Several of our members have formed a “Visiting Team from Home”. We have put together a small suitcase of most often requested projects along with a pattern notebook in which we try to keep 5 or 6 copies of the samples we store in that Show ’n Tell, traveling bag.

In the last years we have made trips to Mathews, Williamsburg, Waynesboro, New Kent, Colonial Heights, Fredericksburg, Reedville, and Farmville, as well as several locations in Chesterfield County, VA., just to name a few. Some of these groups have been a part of From the Heart for many years while others are just forming and seeking a little guidance in making an impact in not only their own communities but are offering to help where ever items are needed.

These are such fun trips for us, meeting new members as well as visiting with folks who’ve been a part of us for many years but with whom we rarely have a chance to visit. The groups with which we meet seem to enjoy having a chance to have any of their questions answered and gain new ideas and patterns of items would benefit areas to which they are currently donating.

We would love to have an opportunity to visit with you and your group. We could even help you find ways to attract interest in forming a new group. We might be able to offer a quick mini class on occasion, if there is some item that would be beneficial to your community but is new to your group. Sometimes we even might be able to supply a bag or two of yarn if that’s something your stitchers need or if it’s something special that’s required for a particular project, such as DK weight yarn for Knitted Knockers for mastectomy patients or worsted cotton for octopi used by memory care and senior rehab facilities.

Tuck these ideas under your hat. Think on them, discuss them with your friends and other stitchers. If this is something you’d enjoy having come to your “house” just say the word! We are putting together a schedule to cover the summer months and would love to include you in our planning!

Also, if you will, pass along to us YOUR ideas as to how we can make these visits as valuable as possible. I’m sure there are things we haven’t thought of that might make your stitching time more enjoyable.

I’m just sitting here waiting to hear from YOU !!

Lois

loisfth@me.com
804-305-4971

Richmond Area Yarn Swap, Leftovers Workshop and Potluck Luncheon

Our Richmond Area Yarn Swap, Leftovers Workshop and Potluck Luncheon takes place this Saturday, May 4, from 10:00am until 3:00pm at the Brandermill Church in Midlothian. It is not too late to make the decision to attend so please join us as we enjoy a yarn swap, door prizes, raffles of a coveted “Matilde” bag, a beautiful hand-knit bunny rabbit, and other goodies (tickets \$1 each, 6 for \$5), a mini-workshop, patterns which will make quick use of our many leftovers, a mini Dollar Daze, and a potluck luncheon.

Our mini-workshop will be taught by Kulla Ficare and will be on creating a necklace using lattice ribbon yarn. Anyone interested should bring a crochet hook (any one of these large sizes, H, J, K, L, N, M or P) and a **ruler** (not a tape). The pattern and the lattice ribbon will be provided.



So that we don't get too many of any one genre of food, please bring an appetizer/salad if your last name starts with letters from A to I, bring a main dish if your name starts with an J to R and bring a dessert if your last name starts with a S to Z. From the Heart will provide drinks, cutlery, and utensils.

To help us plan properly for this event, please let either Tricia, triciaennis2014@gmail.com, (804)683-9015 or Lois, loisfth@me.com, (804)305-4971 know if you plan to attend.

Please note that the workshop WILL be open on May 4.

Volunteers Needed

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

On Saturday, May 18th, a group of 18 3rd and 5th 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 12:30pm.

On Saturday, June 8th, 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 at loisfth@me.com or by phone at (804) 305-4971.

From the Heart 2019 Retreat – August 24, 2019

The Retreat Registration form is in this Newsletter so why not go ahead and get yours in early. As you know, the event will take place on Saturday, August 24th, 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.” The suggested donation to attend is \$40.

We have two confirmed speakers, Constance Jones with WRIC and Beverly Epps from John Randolph Medical Center.

We currently have three classes planned. They are: “Knitted Duplicate Stitch”, “Make Your Own Necklace Jewelry”, and “How to Crochet Two Rows at the Same Time”. We are seeking a fourth class so contact either Tricia or Lois with suggestions on what you would like to see offered, or if you would like to teach.



Our gift to attendees this year will be a book of classes we have offered in the past. We will also have our door prizes and bingo prizes and, of course, our Raffle. Tickets for the Raffle will be \$1 each or 6 for \$5. Once again, our members have been very generous in donating beautiful hand-made, one of a kind, items to be raffled.

One of those items is pictured.

Southside FtH Birthday Celebration

The Southside From the Heart group had a wonderful Birthday Celebration, Saturday, March 23rd, at the Appomattox Regional Library in Hopewell, Va.

It was a great day for games, food, knitting and crocheting. Best of all, visiting with old friends and making new ones. Our group was founded in 2010 by

Shari Henry and Lois Moore. We have held on to the tradition of helping our community and those in need and making friends along the way.



The Memory Care Team Needs your Help

Do you need a quick project - say 15 minutes? Then the Memory Care team has just the thing! Our Sunshine Bags use 25-30 small circles, squares, or other shapes. The recipient can sort, stack, or play with the pieces as they wish. We can also use them for tabletop games, as game pieces or part of the game board. One of my crazier Sunshine bags requires 32 squares - 2 each of 16 colors. So, you see, we need a LOT of them!

In crochet, circles of one or 2 rows of double crochet (directions follow) or small one, 2 or 3 row Granny squares are wonderful, any weight yarn. Have some odd leftover Grannies in your basket, just waiting to be made into something? We'd love those. In knit, a Garter stitch square that begins with 10, 15, or 20 stitches are wonderful. Again, any weight of yarn. You might be able to do a 5-stitch square in chunky yarn. Have you even ventured into other shapes? Like hexagons, triangles, or rectangles? We'd love those, too!

You don't even need to work in the ends! A 12-24-inch tail would be helpful for sewing the pieces in place; we'll work in ends if needed. Crazy yarn with texture, variegated, fuzzy or furry.... whatever odd bits are languishing in your basket.

There will be a bin just for the pieces at the Workshop. We'll collect them until the end of May. Thanks so much for your help!

Crochet Circles:

For a **small** circle: chain 3, double crochet between 9 and 12 stitches into the 3rd chain from the hook. (the number depends on how many stitches it takes to complete the circle... depends on the thickness of the yarn and my hook size, and my mood). Fasten off, leaving a 12 to 20-inch tail. For a **medium**, I added a second round - 2 single crochets in each stitch of the first round and fasten off. For a **large**, the second round was 2 double crochets in each stitch of the first round and fasten off.

Knitted Squares:

Cast on 5, 10, or 15 stitches. Work twice as many rows as stitches for a square, or as many as you'd like for a rectangle. Bind off, leaving a 12-24-inch tail for sewing.



Current Needs (May 2019)

Richmond and Surrounding areas have a need for:

- Blankets for adults, large size
- Cotton blend (it is softer than 100% cotton) hats in all sizes and colors (for men, women, and children). No need for matching scarves as we don't have a need for scarves at the moment
- Small circles/squares, etc. for Memory Care Team

Fredericksburg/King George has a need for:

- Baby items
- Blankets of all sizes
- Shirt Protectors
- Hats (remember we work on hats all year, so we have enough for Fall and Winter needs)

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.

Workshop Hours, May Scheduler, & April Elf of the Month

The FtH Workshop is open from 10am until 2pm every Tues, Wed, Thurs, and Sat. Ann Robbins is the May scheduler and can be reached by phone at either 270-6247 (h), 921-1174 (c) or at aerobbins@live.com Please let Ann know if you would like to be a Workshop Elf in May. The winner of the Workshop Elf prize for April is Beth Williamson. Pick up some nice yarn for your personal use next time you are at the Workshop, Beth. This month, we welcome a new scheduler, Kulla Ficare, to the Scheduling Team. Thank you, Kulla ☺

Fredericksburg Spring Waste Not Workshop

Date/Time: Saturday May 18 :10:00a.m.– 4:00p.m
Place: Ruritan Building, 5994 Plank Rd, Fredericksburg (Between Battlefield Dental and the Fire Station just east of Andora Drive on Rt. 3.)

We will have yarn, patterns and help available. We are going to do a yarn swap - bring those skeins you don't like and swap for something you would like to work with. Is there something you need help with? Bring it with you and we will find someone to help you. Is there something you want to learn? Let me know asap and we will try to add a class for that topic. Right now, we have volunteers to do a class on 'How to read a pattern' – both knit and crochet.

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

For those who are not familiar with the concept of Dollar Daze, From the Heart receives donations of very nice yarn during the year which is not suitable for the work we do (silks, mohair, cashmere, linen and so forth). We categorize this yarn and, in some cases, mark it with its original price. We offer this yarn to our members for a donation. Depending on the yarn, we might suggest a donation of about 1/3 the original, but we also offer some for a suggested donation of \$1/skein. With the funds we receive at these events, we purchase acrylic yarn which we can use for our clients.

Bring your tools and a dish to share and come for a fun filled day! You can come for the day for just an hour or two just don't miss the fun. Plates, napkins, cups, bowls, utensils, coffee, hot tea and bottled water will be provided. The building has a large kitchen for our use.

We will need both a setup and clean up team so let us know which you are able to help with. If you need more information, have questions, would like to volunteer to help, or have some knitting or crocheting technique you would like to demonstrate, contact Pam Greswolde at pegreswolde@comcast.net, or phone 540.661.7967.

Everyone is welcome. Bring your friends and relatives. We hope to see you there!

Tip of the Month

As you all know, items made with wool require blocking upon completion. Whether you run your items through a wash cycle in your machine or soak them in a wash, there is always the need to remove the excess water from them before beginning the blocking process. Kulla Ficare recently sent me an article with an excellent suggestion as to how to remove that water. A salad spinner! A salad spinner is a lot gentler than the spin cycle of a washing machine and a lot less messy than using towels (which, of course, leaves you with a pile of wet towels). Salad spinner it is for me from now on. Thank you, Kulla, for this excellent suggestion.



Donation Inventory Numbers

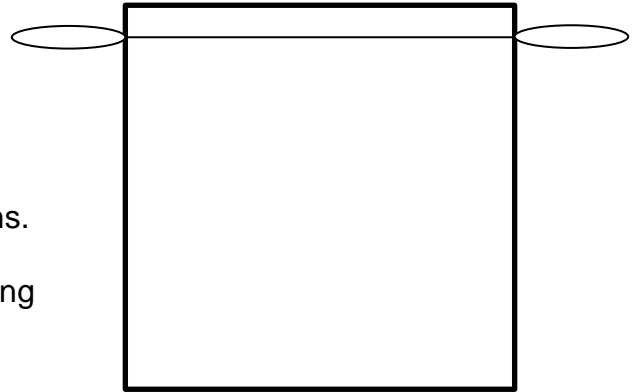
Previous Total	
Mid 2002 – 2018	317,811
2019	
Jan - March.....	8,934
April	1,573
Year to Date Total	10,507
Grand Total	328,318

Ditty Bag

12" wide and 12" deep

Hem of 2 ¼" with an opening at either side of the bag and a cord or tape running through the opening and acting as a draw string.

These are used by the patients for their personal items. Any fabric and color may be used. Ties may be made of material, yarn, shoe strings, string or whatever is handy.



Drain Bags

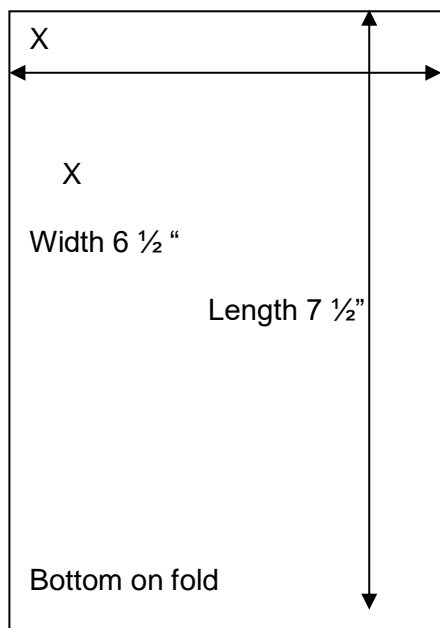
Finished Measurement: 6" x 7"

Sew side seams wrong side together.
Stitch ¼ inch seams, trim and turn to inside.
Stitch again to enclose seams.

Attach ribbon or self-fabric strap (no lace or hem tape please) ¼ inch, 40 inches long at X.

To box bottom ends:

On inside of bag lay bottom end with seams up the middle (this will look like a triangle.)
Stitch across from outside fold to outside fold.



From the Heart Local Group Times (additional to workshop hours)

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</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>2</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>3</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>4</p> <ul style="list-style-type: none"> • Atlee Angels, Legacy Park, 1-3pm
<p>5</p>	<p>6</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>7</p> <ul style="list-style-type: none"> • Chesterfield Heights Comm. Ctr 2:00- 3:30pm • Panera Bread, Midlothian and Chippenham 5:30–7:30pm • Violet Bank Stitchers, 10am – noon • Mechanicsville Library 6:30 – 8:30pm • Paddington Group, Fairfield Library, 5-6:30pm • North Courthouse Rd Library, 11am – 1pm • Heritage Public Library, New Kent, 1:00pm • Prince George Library 2:00 – 4:00pm 	<p>8</p> <ul style="list-style-type: none"> • Colonial Heights Senior Ctr 10-noon • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • Elmcroft Retirement 1:30pm • Chesterfield Needlework Friends Central Library 1pm – 2:30pm • Dinwiddie Library 1:00-3:00pm • Brandermill/Woodlake Group Panera Bread, Brad McNeer Pkwy – 6:30pm – 8:00pm 	<p>9</p> <ul style="list-style-type: none"> • Hopewell Library - 10am-noon • Chamberlayne Heights United Meth Church 1:30 – 3:00 pm 	<p>10</p> <ul style="list-style-type: none"> • Starbucks, Huguenot Rd, 9:30am - noon • Kay's Krafters 1-5pm • Five Rivers Fiber Guild 10am – noon, Rice's Hotel /Hughlett's Tavern, Heathsville • Twin Hickory Clubhouse Group 10:30am – 12:30pm • King George - Peace Lutheran Church 10 am – noon 	<p>11</p> <ul style="list-style-type: none"> • Louisa Hardee's 10:00am - noon
<p>12</p>	<p>13</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>14</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 	<p>15</p> <ul style="list-style-type: none"> • Colonial Heights Senior Ctr 10-noon • McKenney Library (Ragsdale Room) 3:00 – 5:00pm • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • Michael's, Midlothian Tnpk. & Courthouse Rd. noon-3:00pm 	<p>16</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>17</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 • Midlothian Women's Group Starbucks, Ivy Mount Shopping Center. 2:00 – 4:00pm 	<p>18</p> <ul style="list-style-type: none"> • Atlee Angels, Legacy Park, 10am - noon
<p>19</p>	<p>20</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>21</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 Wegman's 2nd Fl Food Court - 5:30-7:30pm • Prince George Library, 2:00 – 4:00pm 	<p>22</p> <ul style="list-style-type: none"> • Colonial Heights Senior 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 • Elmcroft Retirement 1:30pm • Brandermill/Woodlake Group Panera Bread, Brad McNeer Pkwy – 6:30pm – 8:00pm 	<p>23</p> <ul style="list-style-type: none"> • Hopewell Library 10am – noon • Summerhill Retirement Ctr. 1:30 – 3:30pm 	<p>24</p> <ul style="list-style-type: none"> • Starbucks Huguenot Rd 9:30am – noon • Kay's Krafters 1-5pm • Five Rivers Fiber Guild 10am – noon, Rice's Hotel/ Hughlett's Tavern, Heathsville • Twin Hickory Clubhouse Group 10:30am – 12:30pm • King George - Peace Lutheran Church 10 am – noon 	<p>25</p> <ul style="list-style-type: none"> • Violet Bank Stitchers 1 – 3pm • Redeemer Lutheran, Redbridge Rd (Conf. room) 9am-11am
<p>26</p>	<p>27</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>28</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 	<p>29</p> <ul style="list-style-type: none"> • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • Colonial Heights Senior Ctr 10-noon 	<p>30</p>	<p>31</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 	

Name	Address	City	Day of Month	Time of Day	Contact
Atlee Angels	Legacy Park Social Ctr Middy Ln	Mechanicsville	Saturday 1 st , 3 rd	1- 3 pm/10-noon	
Brandermill/Woodlake Group	Panera Bread, Brad McNeer Parkway	Midlothian	Wednesday 2 th , 4 th	DST 6:30–8:00pm	
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	10am-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	Tuesday 1 st	5:00-6:30pm	Tonia Neiter, 804-938-0468 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	Friday 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 /Friday 3 rd	10:00am / 2:00pm	
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	