

Letter from Lois – June 2019

What's your favorite stitching project? So many from which to choose.

- Blankets for cuddling babies and tots
- Blankets to ease the discomfort of infusions or surgeries
- Blankets for those sleeping outside, under the stars (or clouds and rain!)
- Very special blankets of red, white and blue to honor our veterans
- And crate/cage blankets to create underfoot softness for rescued, homeless pets
- There are even blankets for hospice patients helping ease them and their families through end of life situations

Maybe your stitching passion lies in the area of residents in memory care facilities...they could each enjoy a "hug" from a shawl or blanket stitched by a From the Heart volunteer, as well as any number of choices along the lines of 'fidget' items for these residents.

Then there are those who can create endless numbers of precious, little demise gowns, blankets and cradles for the tiny babies who do not survive. We even stitch purple blankets to be given to the grieving families of those little babies.

I think just maybe my own personal favorite might be the sweet little layette pieces or sets for newborns whose families just may need a little help supplying outfits for their precious bundle. Those, to me, are such very happy stitching! These little pieces are such quick to stitch projects and being able to contribute to the happy home coming for families is just so special!

The stitches we make to comfort reach further than you might ever imagine... Pick out your yarn and tools, grab your favorite pattern or stop by the shop for inspiration! We can use all the stitching help we can get!

Lois

loisfth@me.com
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Richmond Area Yarn Swap, Leftovers Workshop and Potluck Luncheon

What an enjoyable workshop this was! Maybe our very best Brandermill event to date! Close to 40 stitchers attended, each one brought amazing food to share for our snacks and lunch. I think we all came hungry since it seems there wasn't much in the way of leftover food!

Kulla Ficare started our day with a necklace making class using some of our trellis novelty yarn. The technique seems quite easy, but the results were so impressive...great job, Kulla!

We held a mini \$ Dazes with some of our better yarns that really aren't suitable for FtH everyday projects plus we were able to include a few very nice books. This, along with our raffle table netted us enough cash to be able to purchase quite a bit of much needed acrylic yarn to add to our cubbies.

Mid-day we had our door prize drawing and one very lucky attendee went home with a \$25 gift card!

We took our 19 baskets of leftover yarn and decided it would be a great time to get some much need help in winding these into huge balls (holding 5 strands of yarn together at a time)



These monster balls are best used for knitting or crocheting pet cozies . We were able to create 28 of these balls, which were put into cubbies that evening. Within two days about a dozen of them had been chosen by our stitchers and now the pet cozies for padding crates and cages at pet rescue centers should be coming in, ready for distribution! Thank you all for your help in making this happen :)

Watch your newsletters for programs such as this in the future. You certainly don't want to miss out on so much FUN!

Lemonade and Squares, Saturday June 22

In response to our call for 12" squares recently, we received well over 500 squares. The cotton squares continue to be given to various Retirement and Memory Care facilities for use as washcloths and we have given many small laundry baskets with 1 dozen or so acrylic squares for folding to any of the Memory Care facilities that wanted them. Extra squares have been used to create Sunshine Bags for Memory Care.

We still have many squares left and we have decided that most of these would make fantastic blankets.

You are invited to join us at the workshop, anytime, on Saturday June 22 where From the Heart will be hosting a "Lemonade and Squares" event. The squares we plan to use for making blankets at this event will be sorted by size, bagged, and ready for your use on the 22nd. You can stay for the entire day, from 10:00am until 2:00pm or just drop by at any point during the day for any period of time you want. We will be demonstrating various methods of joining the squares and will have yarn,

crochet hooks, tapestry needles, measuring tapes, etc. on hand for you to us.

Some of the methods we will use for joining are given as the pattern this month so do feel free to familiarize yourself with these, should you wish, before the 22nd.

In addition to squares to join, we will have lemonade and cookies for you to enjoy. If you want to, let Tricia or Lois know you plan to attend (so we can be sure to have sufficient lemonade and cookies on hand) but, if you don't "register", don't let that stop you from showing up. Your help will be greatly appreciated either way

From the Heart 2019 Retreat – August 24, 2019

Planning to attend the Retreat on Saturday, August 24th, at The Place at Innsbrook? If so, I strongly suggest you go ahead and register now as we already have 70+ registrants and our absolute cut-off is 200. We suggest a donation of \$40 as this is the amount which defrays our cost. A huge shout-out to The Place, which has not increased the cost for three years now. If \$40 is something you simply cannot afford but you would still like to attend, please contact either Lois or Tricia. All enquiries of this nature will be kept in strict confidence.

The *always popular* classes will be "Knitted Duplicate Stitch" taught by Beth Watkins, "Make a Necklace for Yourself or as a Gift" with Lizard Harper, "How to Crochet Two Rows at the Same Time" offered by Francine Nelson and Joyce Puller, and "Learn Portuguese Knitting" taught by Johnnie Wood. All classes will be offered twice, once in the morning and once again in the afternoon, but we can only accommodate a maximum of 10 people in each class. Therefore, we need people to register beforehand if they want to attend a class. Extra patterns and instructions will be available for all classes and will be available at our website after the Retreat but personal, hands-on, instruction can really only be made available for 20 people on the actual day of the Retreat so, *please*, let Tricia know if you want a seat in any of these classes. Please note that you must be already registered for the Retreat in order for a seat to be reserved for you.

More about the Retreat next month but don't hesitate to ask if you want to know more now.

Those Circles and Other Shapes?

It started with Twiddle Muffs, brought to From the Heart's attention by Donna Kelley. Nancy Wright and Nancy Stallard found the same book on Twiddle Mats and Cuffs and bought it for the Workshop. Nancy Wright expanded the mat idea to Sunshine Bags, with shapes to stack, sort or play with. Lois Payne was

making Twiddle Mats with sewn placemats. We had the privilege of meeting several Memory Care residents and had wonderful conversations with the aides, nurses and activity directors at Ginter Hall South and Brookdale West. They all had wonderful ideas, suggestions, and insights to share. It, suddenly, seemed to come together.

Our ideas expanded: small mats for one person, tabletop mats or games to engage interaction; things to appeal to men; things that spark a patient's memories of work or hobbies. We started looking at just about any object and imagining possibilities and we strive to make sure what we made is safe, colorful and appealing, and respectful of the dignity of our recipients.



Tricia was inspired by wonderful woven squares made by Levi Fleming and his mother Wendy Alvis. They had been making pet cozies by sewing them together; we love using them

as beautiful bases for Twiddle Mats and tabletop games. Nancy Stallard has made many creative items using Levi's squares. A request for colorful blocks led to Barbara Jordanger organizing women from Brandermill Woods to make needlepoint blocks, with jingle bells inside for an extra musical treat. Nancy Wright asked for help making lots of small shapes for the Sunshine bags. The response has been amazing.



Many thanks to those who have let us show off our projects, tried out the Twiddle Mats and other "toys", decided to make some too, contributed toys from the Dollar Tree (LOVE those Slinkys!). We have gotten a lot of wonderful ideas from members who have experience with Memory Care, as caregivers for a family member or working with patients as professionals.

Tip of the Month

What do knee-highs have to do with knitting and/or crochet? Amigurumi and other small tightly knitted/crocheted items, such as port pillows, is the answer!

If you have crocheted or knitted stuffed items you might have noticed, on occasion, a tiny piece of stubborn Fiberfill attempting to sneak its way out. To combat this, stuff the Fiberfill into knee-highs (or old pantyhose) before placing it into your work. The Fiberfill won't be



able to work its way out and, as the nylon in stocking is autoclave safe, this works perfectly for what we make, even the octopuses for use in the NICU's. If you are

working with darker yarn, you could buy darker hose or tights for they won't ever be visible.

No need for this extra step to cost a lot of money, either, as the Dollar Tree often has knee-highs or you could save stockings you were going to throw out, give them a good wash, and use those.

Current Needs (June 2019)

Richmond and Surrounding areas have a need for:

- Blankets of all sizes
- 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
- Purple blankets for Henrico Doctors Hospital. These need to be approximately 27 X36" and can be knit, crocheted, fleece, or quilted

Fredericksburg/King George has a need for:

- Baby items
- Blankets of all sizes
- Hats of all sizes – chemo and winter
- Shirt Protectors
- 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.

Donation Inventory Numbers

Previous Total	
Mid 2002 – 2018.....	317,811
2019	
Jan - April	9,928
May	1,915
Year to Date Total	11,843
Grand Total.....	329,654

Volunteers Needed

We have an urgent need for additional volunteers to teach at two upcoming sessions. They are:

Saturday, June 8th: Midlothian Library, from 10:15am until 12 noon. We currently have 4 teachers for this session but there are 10 people signed up to learn.

Saturday, June 15th: The From the Heart workshop on Westbriar Drive. We expect 18 Girl Scouts, grades 3 through 5 to take a tour of the Workshop, followed by a knitting lesson. We only have 8 volunteer teachers for this session. Teachers would need to be at the workshop from about 10:15am until about 12:30pm.

As you can see from the numbers above, we could use several more teachers for each session. Please consider volunteering if you possibly can. Thank you.

Contact Lois Moore if you can help with either of these classes, or for more information. She can be reached at loisfth@me.com or by phone at (804) 305-4971.

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

The FtH Workshop is open from 10am until 2pm every Tues, Wed, Thurs, and Sat. Kulla Ficare is the June scheduler. Kulla can be reached at (804)263-5480 or at Kulla.ficare@verizon.net. Let Kulla know if you would like to be a Workshop Elf in June. The winner of the Workshop Elf prize for May is Pam Bryson. Pick up some nice yarn for your personal use next time you are at the Workshop, Pam.

Fredericksburg Spring Waste Not Workshop



What an awesome workshop on Saturday May 18th! Our typical large gathering with a few new people, some Richmond folks and lots of our regular members.

There was lots of chatter, laughter, great food, a yarn swap, loads of leftover yarn (everyone got a bag to take some), Dollar Daze and newest addition – a raffle!

The necklace class which Kulla Ficare (one of our Richmond folks) did multiple times was a big hit as you can see by the photo.



The Raffle brought in \$230 and Dollar Daze yielded \$351 for us to replenish our yarn supply.

Thank you to everyone who helped to pull this day together and all of those who attended. Mark the date on your calendar now for our next one, Saturday Oct 26th.

A few Methods for Joining Squares (and other items) Lemonade and Squares Workshop Saturday, June 22 at the Workshop on Westbriar Drive

Slip Stitch Join

Hold the two pieces together, right sides facing each other. Catch a loop from each piece with a suitably sized crochet hook, draw a loop of “joining” yarn through and slip stitch.

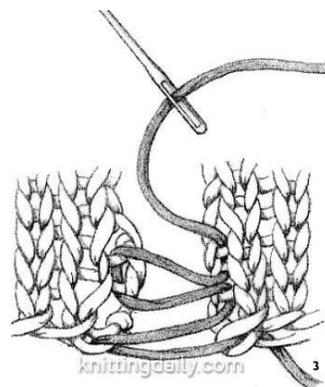


Single Crochet Join

Hold the two pieces together, right sides facing each other. Catch a loop from each piece with a suitably sized crochet hook, draw a loop of “joining” yarn through and do a single crochet (see photos to the left, front and back of SC join).

Mattress Stitch Join

Have the two pieces you are about to join facing you, face up. Insert the needle into the lowest corner stitch from back to front. It does not matter which piece of work has the tail - just be sure they are both facing you and insert the needle from back to front on the other piece. Then insert the needle from back to front in the lowest corner stitch of the piece which has the tail. Pull to close the gap between the two pieces. Now, going back to the piece which does not have the tail, insert your needle at exactly the point where it had come up last time going from front to back. Pulling the edge stitch, you will see a horizontal bar right above where your needle went in. Taking your needle under that bar, come up again from back to front above it. Do not pull the two pieces of work together yet. Work back and forth repeating this procedure on each side for a couple of inches and then gently pull the sewing yarn in the direction of the seam (not towards you) until the two pieces come together nicely. Do not overtighten the seam. You will notice that the join is invisible from the right side. Continue until your seam is completed. Finish by joining the two top corners in the same way as you initially joined the bottom two and weave in the remaining tail on the wrong side of the work.



Chain St. Zigzag Join



Work a single crochet in the corner of one of the pieces to join. Chain 3, single crochet 2 stitches (or knit rows) from the edge of the second piece, chain 3, single crochet 2 stitches from the sc on the first piece. Repeat, zigzagging between the two pieces.

Granny Stitch Join

Line up the two squares to be joined and pick up the corner stitch on one of them, right side up. Chain 3 and then make 3 DC in the corner stitch of the other square. Chain 1 and go back to the first square by making a #DC in the first space of this square. Going back and forth, crochet set of 3c and a chain to the left and right squares to join.



Note: The use of these methods is not limited to squares.

From the Heart Local Group Times

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <ul style="list-style-type: none"> Atlee Angels, Legacy Park, 1-3pm
2	3 <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 	4 <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 	5 <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 	6 <ul style="list-style-type: none"> Hopewell Library 10am – noon Panera Bread Midlothian: 6:00pm- 8:00pm Mall Group Chesterfield Towne Center (food court) 9:00am-noon 	7 <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 	8 <ul style="list-style-type: none"> Louisa Hardee's 10:00am - noon
9	10 <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 	11 <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 	12 <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 	13 <ul style="list-style-type: none"> Hopewell Library – 6pm – 8pm Chamberlayne Heights United Meth Church 1:30 – 3:00 pm 	14 <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 	15 <ul style="list-style-type: none"> Atlee Angels, Legacy Park, 10am - noon
16	17 <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 	18 <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 	19 <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 	20 <ul style="list-style-type: none"> Hopewell Library 10am - noon Panera Bread Midlothian: 6:00pm- 8:00pm Mall Group Chesterfield Towne Center (food court) 9:00am-noon 	21 <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 	22 <ul style="list-style-type: none"> Redeemer Lutheran, Redbridge Rd (Conf. room) 9am-11am
23	24 <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 	25 <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 Miskimon home, 5-6:30pm 	26 <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 	27 <ul style="list-style-type: none"> Hopewell Library 6pm – 8pm Summerhill Retirement Ctr. 1:30 – 3:30pm 	28 <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 	29 <ul style="list-style-type: none"> Violet Bank Stitchers 1 – 3pm
30						

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	
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	1:00–3:00pm	
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 (at library) Tues 4 th at Miskimon's	5:00-6:30pm	Tonia Neiter, 804-938-0468 Miskimon home, 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, 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 1 st , 3 rd , 5 th	10am-noon	
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 2 nd , 4 th	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	