

Letter from Lois – July 2019

Summer hats, wrist warmers and fingerless mitts time!

It's summer! Hot, humid, lemonade and iced tea time! But, for those going through infusions, sitting still and quiet sometimes for hours in air-conditioned rooms, the chill can sneak in quickly!

Nice, warm, "fashionable" head coverings are oh, so welcoming! And wrist warmers or fingerless mitts are also a huge hit with these patients. A little warmth around wrists, covering the pulse point, makes such a difference! The mitts offer a little more comfort. While keeping hands warm, they allow for freedom of finger movement making book page turning, kindle use and cell phone operation possible.

This time of year, our cotton blend and soft acrylic yarns are perfectly suited for stitching these special comfort items. I notice we have on hand at least two cubbies of that wonderfully appealing Caron Simply Soft, just waiting for stitchers to create something wonderful. We even have a nice supply of it in the darker variegated, perfectly suited for not only ladies and kids but men as well.

It's time to pick up those hooks and needles and, whether sitting in the sand, watching the waves roll in or in your favorite comfy chair enjoying your cooling AC, please consider making a hat or two...maybe tackle those wrist warmers or mitts! Someone out there is just waiting for your finished project to be offered in their dialysis or other infusion center.

Hope you are enjoying some summer, relaxing time. As for me, this weather is my favorite! Difficult to stay idle inside but when I finally come in at night, I'm more than ready for some good, quiet stitching time! Time to make something comforting for those less fortunate.

Good health and happiness to all of you!

Lois

loisfth@me.com
804-305-4971

Tip of the Month



Used Crystal Light containers make excellent storage containers for crochet hooks which are not currently in use. Wash the container well and put hooks in the clean, dry container. If you have several containers, consider labelling them with the size(s) of the hooks inside.

From the Heart 2019 Retreat – August 24, 2019

As usual, the tickets for the Retreat raffle will be \$1 each or 6 for \$5. We have had so many beautiful items donated for this event. Please plan to bring a few dollars with you, so you won't be left out of this part of the fun. We will also have our door prizes and Bingo prizes and, this year, a couple of extra surprises. ☺



We have 5 vendors and they are:

- ✚ Dances with Wool, which is a local yarn store. Debbie goes out of her way to make sure she has lots of yummy yarn at good prices for our Retreat.
- ✚ The Williamsburg Chocolatier will be coming with their delicious hand-made chocolates and candies.
- ✚ Sheila Weisensale's Creations. Sheila offers a variety of pressed flower designs she creates using plant material from her own garden. She also offers paper craft items including unique note cards, decorative sticky pads, and more surprises.
- ✚ Everlasting Glass. Cas recycles tea cups and saucers and all manner of other items into beautiful pieces to be used to beautify your yarn or bird garden.
- ✚ The Merry Soapmakers, Powhatan, will have lots of home-made soaps and lotions on hand for you to choose from.

Please note that, although some of the vendors can accept credit cards, not all can. Therefore, if you plan to browse their wares, please bring some cash or a check book with you. Each vendor provides us with a door prize so you will have the opportunity to win something even if you decide not to visit them during the Retreat.

As mentioned last month, our 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
- ✚ "Learn Portuguese Knitting" taught by Johnnie Wood.

As the classes are very popular, please let Tricia know if you would like to attend one and a seat will be reserved for you. If you don't let Tricia know, there is a very real chance a seat will not be available for you. You must be registered for the Retreat prior to signing up for a class. A registration form is at the end of the newsletter, before the pattern page.

triciaennis2014@gmail.com, or 804.683.9015.

Memory Care Update

When our Memory Care item team visited with the residents and staff at Ginter Hall South in March, some of the staff made suggestions for things their patients might like. One was “things to engage the men”, another was “things to encourage interaction between patients.” One staff member suggested a variation on the Sunshine bags, with the outside of the bag being a matching game board, with the matching pieces inside. We mulled over these ideas, researched (some really fun sessions on Pinterest and looking at books at A.C. Moore) and experimented.

This month, I brought some of the fruits of our experiments to show Katie and Julie, the Community Relations Director and Activities Director respectively. Katie was kind enough to share some photos of the items in use. They were so excited and pleased with the items we’d produced. I say “we” deliberately; even though the items I brought in that day were all personally assembled by me, every single item had elements from many of you.

Look closely at the photo of the woman in the gray sweatshirt. The squares that form the bag AND the squares she is matching to them were made by someone responding to my plea for shapes. In the photo of the person in the blue stripes, the trucks on the mat were bought by another member.



A table top game was constructed from 25 circles, stitched to a 36-inch square assembled by a member, with an oversized foam dice bought by another member.

Pocket twiddles were from an idea by Beth Williamson. You all had a hand in these projects.



We on the Memory Care team are so very grateful for all of your suggestions and materials, for making bags, shapes, Twiddle mats, muffs and cuffs, blocks, and toys. We are the happiest elves in From the Heart’s workshop!

Current Needs (July 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)

Fredericksburg/King George has a need for:

- Baby items (blankets, hats, sweaters, etc.)
- Large Blankets
- Winter Hats in all sizes
- Cotton blend hats in all sizes
- Shirt Protectors

We give you our current needs because these are our most pressing items. Feel to work on whatever you enjoy. We can find an outlet for anything you donate.

Donation Inventory Numbers

Previous Total	
Mid 2002 – 2018	317,811
2019	
Jan - May	11,843
June	1,039
Year to Date Total	12,882
Grand Total	330,693

Did you Know?

Did you know that there are places at the workshop for both “Lost and Found” and “Will Call” items?

The Will Call is where you should leave anything intended for pick up by another member. It is located on the credenza to the right as you enter the workshop. All items intended to be picked up by another member can be left by the polka dotted teddy bear. If your item is too large for this space, please ask an Elf to put it in the closet. Please clearly indicate who the item is intended for. It is your responsibility to let the other member know that the item has been left for them.



The Lost and Found can be located on the right-hand side, lowest shelf, of the bookcase on the far side of the desk (near the wire rack). Anything found in the workshop and for which you can’t find an owner should be left in this plastic bin. If you

have lost something and think you might have left it at the workshop, this is where you should look.

All Elves Please Take Note of the Doors

On several occasions recently the doors to the workshop have been left unlocked. When you leave at 2pm, please be very careful to double-check both doors to make sure they are locked. Thanks so much.

Mystery Bags

We have 50 Mystery Bag Kits made up and ready to go – YAY – and they are on the wire rack on the back wall of the front room of the workshop. Each bag contains several balls of leftover yarn (approximately 25 oz total) and comes with a Dove tag and instructions as to what to do.

Grab a bag on your next visit to the workshop and, when you are ready to begin your blanket, give the bag a good shake, reach in without looking and take out a ball. Work, using this ball of yarn, until it is almost gone, then reach in and take out a second ball, again without looking. No need to weave in ends, unless you really want to do that. Keep going until you only have enough yarn left, in your last ball, to bind off your work. Attach the Dove tag, place the finished blanket in the bag along with the elastic bands you have accumulated along the way (all the balls of yarn are contained with elastic bands and we would really appreciate your returning these with your finished project) A beautiful lap blanket to be treasured by a person needing a little comfort. Lap-sized blankets need to be approximately 27" X 36" or thereabouts. If you feel that your blanket is coming out a little small, feel free to add whatever leftovers you have on hand.

The blankets can be knit or crochet and whatever pattern you care to use. This is a really fun project as you have no idea what kind of blanket you will have until you are finished... if you "stick to the script" that is – LOL

The "Big Reveal" of these blankets will take place during the Retreat on August 24th so please seal up the bag in which you return your blanket so it can be kept a "secret" until the Big Reveal.

"Carnival Lights and Timeless Delights" Fredericksburg Agricultural Fair

Fredericksburg Agricultural Fair "Sites, Sounds and Tastes of Summer" will be held July 26 – August 4. Founded in 1738, the Fredericksburg Agricultural Fair is the oldest fair in the United States. Join us in celebrating traditional fair events, contests, entertainment, food and fun for the whole family! Several of our members won

ribbons last year for the entries. The Board of the Fredericksburg Fair has invited us to take part in the upcoming fair. We will have a table in the Homemakers building.

We need volunteers to:

- Sit and stitch
- Tell people about who we are and what we do
- Provide them with information about the group
- Teach them to stitch (knit and/or crochet)

The fair is open 5pm – 10pm during the week, 10 am – 10 pm on Saturday and noon – 10 pm on Sunday. Ideally, we would ask volunteers to do a 2-hour time slot and we must have 2 volunteers present at all times. The Fair Board would love our presence as much as possible however if we can do at least 2 hours each day, it would be wonderful. If you are able to volunteer at the fair, please contact Pam at pegreswolde@comcast.net or (540) 661-7967.

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

The FtH Workshop is open from 10am until 2pm every Tues, Wed, Thurs, and Sat. The July scheduler, Tricia Ennis, can be reached at triciaennis2014@gmail.com or on (804)683-9015 if you would like to be a Workshop Elf in July. The winner of the Workshop Elf prize for June is Jane Arancibia. Pick up some nice yarn for your personal use next time you are at the Workshop, Jane.

Save the Date(s) for Fun and Fellowship

From the Heart has several events planned for this coming Fall. You might want to jot these dates on your calendar now to be certain you keep them free for FtH fun and fellowship ☺

- July 26th through August 4th: Fredericksburg Agricultural Fair
- Saturday October 19th: Richmond Area Fall Dollar Daze:
- Saturday October 26th: Fredericksburg Fall Waste Not Workshop
- Saturday, December 14th: Holiday Party and Secret Santa (home-made) Gift Exchange, at the workshop.

More information will follow about these events as the dates draw closer. Also, don't forget our Annual Retreat on Saturday, August 24th at the Place at Innsbrook and register today if you have not already done so. A Registration Form is below.

From the Heart
14th Annual Retreat Registration Form

“Make New Friends but Keep the Old; Some are Silver, Some are Gold”

August 24, 2019

10:00 am to 3:30 pm

The Place at Innsbrook, 4036 Cox Rd., Glen Allen, VA 23060

Your Name: _____

Address: _____

Phone: (h) _____ (c) _____

Email: _____

Which do you do? Knit: _____ Crochet: _____ Both: _____

Please complete the above as you will be contacted to verify that you have been registered.

ONLY FORMS MAILED TO ADDRESS BELOW WILL BE ACCEPTED:

Beth Williamson
3014 Westgate Drive
Richmond, VA 23235

804-233-4046 (h), 804-920-1542 (c)
elizabethwilliamson3300@comcast.net

Registration Fee \$40.00 per person (used to assist and defray the cost of running the Retreat.) ****Make Check Payable to From the Heart****

Your check #: _____ Amount: _____

For planning purposes, registration must be *received* on or before July 31, 2019.

Share the fun, bring a friend! Feel free to use one form for several attendees. Given the large number of people attending the Retreat and the difficulties posed by large numbers of walk-ins on the day of the Retreat, **there will be no walk-ins** allowed so be sure to register both yourself and any friends in time for Beth to have your form(s) in hand on or before July 31

There will be no walk-ins allowed and form must be mailed
(not dropped in box at the workshop)

Blanket Patterns for Potential Use with Yarn in Mystery Bags
Blankets need to be approximately 27" X 36" when complete
Please return completed blankets to the workshop in the bag you received the yarn in. Please seal the bag as we plan a "Big Reveal" during the Retreat.



Crocheted Leftovers Blanket

This Pattern

Uses an N hook and Bulky yarn

OR



2 strands of any medium weight yarn held together as you crochet and an N hook

Pattern:

Make a chain the same length as the blanket you wish to make and add 2 additional chains

Row 1:

Half-double crochet (hdc) in the 3rd chain from hook, and in each across, chain 2 and turn.

Row 2:

Half-double crochet (hdc) in the first hdc and in each hdc across, chain 2 and turn.

Repeat row 2 until blanket is the appropriate size for the blanket you want.

If desired, complete a sc around the entire edge of the blanket with 3 sc in all corners. Fasten off and weave in ends.

Knit Basketweave Blanket Square



(Make many squares with various balls of yarn in Mystery Bag)

With needle size 7, 8, 9 or 10, cast on 30 stitches.

Rows 1, 2, 3: Knit all stitches.

Pattern rows 4 – 8: Knit 10, Purl 5, Knit 5, Purl 5, Knit 5.

Pattern rows 9 – 13: Knit 5, Purl 5, Knit 5, Purl 5, Knit 10.

Work these 10 pattern rows 2 more times, then work rows 4 thru 8 once more.

Knit 3 rows.

Cast off, leaving a tail long enough to join this square to another.

Sew squares together to create a blanket

From the Heart Local Group Times

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 <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 	2 <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 	3 <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 	4 <p style="text-align: center;">Independence Day</p>	5 <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 	6 <ul style="list-style-type: none"> • Atlee Angels, Legacy Park, 1-3pm 	
7	8 <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 	9 <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 	10 <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 	11 <ul style="list-style-type: none"> • Hopewell Library – 6pm – 8pm • Chamberlayne Heights United Meth Church 1:30 – 3:00 pm 	12 <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 	13 <ul style="list-style-type: none"> • Louisa Hardee's 10:00am – noon 	
14	15 <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 	16 <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 	17 <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 	18 <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 	19 <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 	20 <ul style="list-style-type: none"> • Atlee Angels, Legacy Park, 1-3pm 	
21	22 <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 	23 <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 	24 <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 	25 <ul style="list-style-type: none"> • Hopewell Library 6pm – 8pm • Summerhill Retirement Ctr. 1:30 – 3:30pm 	26 <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 	27 <ul style="list-style-type: none"> • Violet Bank Stitchers 1 – 3pm • Redeemer Lutheran, Redbridge Rd (Conf. room) 9am-11am 	
28	29 <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 	30 <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 • Prince George Library, 2:00 – 4:00pm 	3 <ul style="list-style-type: none"> • Farmville Baptist Church, 132 N Main St, Farmville, 5:00pm • Colonial Heights Senior Ctr 10-noon 				

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 ,	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	