

Letter from Lois – May 2020

We are still here. We are still “staying put” for the next few weeks...but, we have come this far so we can surely endure to the end!

We are staying busy, keeping up with our knitting, crocheting and sewing all for those in need. We are showing our love and caring hearts through our stitches. Some of our projects, such as masks, surgical hats, etc. are being used immediately. Our blankets, shawls, scarves and chemo hats as well as those items for children and the very tiniest patients will be in such demand once this pandemic is behind us. We will need every single item you have and are continuing to make when the recipient's doors are open to us once more!

The comfort we are creating at this moment, for those who have been working for the good of others through these last weeks, as well as that we have waiting in the wings are so precious to those to whom we donate.

Your efforts are so necessary, your love so dear to those in need, and your importance to From the Heart is beyond belief! Continue to be safe, do your best to stay active and above all, please come see us at the workshop when this is all behind us! We love you all and are so, so anxious to see you as soon as possible!

Lois

From the Heart 2020 Retreat Theme: Woodlands

Registration for our annual Retreat on **Saturday, August 22, 2020**, is now open. Although we are proceeding under the assumption and hope that life will have returned to some form of normalcy by Retreat time, it would be remiss to not address the ongoing COVID-19 pandemic. We have been in contact with The Place at Innsbrook and our agreement with them is that if, for some reason outside of our control, we cannot hold the Retreat on the planned date, The Place will allow us to reschedule a day at any time within a full year after August 22nd and apply our deposit to that date. Therefore, I encourage you to register and join in the excitement at the idea of being able to come together for what is always a great day.

Our cancellation policy has been amended to include the following. If it becomes clear that we will not be able to hold our Retreat, anybody who has registered will be

given the opportunity to have their registration fee applied to the new date. Should the new date not be suitable, for any reason, to any of our registrants, their registration fee will be refunded to them. Other than this eventuality, please note if you register to attend and need to cancel for any reason, we will be unable to offer refunds once registration has closed on July 31. Substitutions, however, will be allowed until 3 days before the Retreat, (Wednesday, August 19), to allow sufficient time for Beth to have accurate information at sign-in on the 22nd.

Our morning class will be “How to Create a Crocheted Snowflake” and supplies will be provided. The instructor will be Lois Little. Lizard Harper will teach a knitting class on “Mitered Squares” in the afternoon. Again, all supplies will be provided.

You must register in advance to attend a class and you must have already registered for the Retreat. At this point, we are hopeful that we can have 30 attend each class but we are cognizant of the fact that the number may need to be adjusted downwards, depending on potential social distancing practices at that time. People will be registered for classes on a first come, first served basis so register early if you want to take a class.

Our Vendors:

- Cas Schirra, Everlasting Glass (handmade glass items for your garden)
- Dances with Wool (local yarn store)
- Sheila Weisensale's Creation (paper creations and framed beauties)
- The Merry Soapmakers (handmade soaps and lotions)
- Key Clayworks (functional and decorative pottery which is handmade)

Our Speakers:

- Judy Jamison, MCV/VCU
- Makita Byrd, YWCA Richmond. Makita is the From the Heart liaison between the YWCA and the domestic abuse shelter.
- In addition, one of the Board members will bring everyone up to date on what From the Heart has achieved in the past year

Don't forget we will also have our sit-down luncheon, our raffles, our Bingo games and our opportunity for spending time with friends.

Contact info:

Kulla: Kulla.ficare@verizon.net, (804)263-5480

Tricia: triciaennis2014@gmail.com, (804)683-9015

For Your Browsing Pleasure

“With time on our hands it is time to make some fun things and get ready for the holidays. [The Crafter Life](#) is a fun filled crochet site with some cute ideas for the holidays including some unusual small gifts to give such as hats and snowflakes.

Knitters will appreciate the [Drops Design](#) site which says it has over 1,200 free patterns and includes crochet designs. Click on free patterns or the tutorial videos or the greatest craft dictionary ever.

Don't email me if you spend several hours looking at patterns and tutorials – LOL.”

Janet Sparzak

Donation Inventory Numbers

Previous Total	
Mid 2002 – 2020.....	365,404
2020	
Jan -March	8,621
April.....	8,296
Year to Date Total	16,917
Grand Total	382,321

Richmond Area Yarn Swap, Leftovers Workshop, and Potluck Luncheon Postponed

Our Richmond Area Yarn Swap, Leftovers Workshop and Potluck Luncheon scheduled for Saturday, May 23, has been postponed.

Fran Topper is our point of contact with the Brandermill Church. The Church is closed for the foreseeable future, but Fran will let us know when we are able to reschedule a new date for this event. Further details will be given at that time.

Current Needs – May 2020

We are asking that you store any items you make, in your own home, until all the chaos around COVID-19 has settled down. Once From the Heart is back to normal operating procedures, you may bring anything you have collected to your normal FtH distribution point. Once all is normal again, there will be a much larger than normal need for items among our clients. Therefore, although we are listing those items we recognize as current needs, anything and everything you create during this time will find a good home at a later point. To print tags (tags should be printed on white card stock), please click [HERE](#).

Richmond and Surrounding areas: Note that we are arranging drop offs of these items at the Workshop so please keep your eyes open for those dates and times. If you know of a need and can deliver any items yourself, please let Lois (804)315-4971 know how many you have delivered.

- Fabric Masks
- Ear Savers/Protectors
- Paired knit or crocheted mini-hearts, preferably pink or red but any color will work

Fredericksburg/King George has a need for:

- All and anything you enjoy making
- If you are making surgical caps, masks, or anything else for the pandemic, please contact Pam (540)661-7967

This month, the focus of our patterns is on needs for this strange time. Please see below for information on, and patterns for, masks, ear protectors, hearts, etc.

In addition, here are a few links to online resources.

Click [HERE](#) for a knitted heart pattern.

Click [HERE](#) for a crocheted heart pattern.

Click [HERE](#) for a knitted ear saver/easer pattern.

Click [HERE](#) for a crocheted ear saver/easer pattern.

Click [HERE](#) for a fabric surgical cap.

Click [HERE](#) for another fabric surgical cap.

[Ravelry.com](#) probably has additional patterns. Be sure to click on the “free” button on the left menu.

From the Heart, Fredericksburg “Waste Not” Workshop, Yarn Swap and Fredericksburg Donation Daze is Rescheduled

Please note that the event planned for March 28th has been re-scheduled for August 1. The current plan is:

Date/Time: Saturday August 1: 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.)

While the event will remain basically the same, we are uncertain at the time whether a class will be offered and, if so, what it will be. You will hear more from us about this rescheduled event as it gets closer to the new date.

The Fredericksburg Fall Workshop is still scheduled to be held on Saturday, October 24th and you will hear more about that, too, as the date draws closer.

Tip of the Month

I can't find elastic for masks. What can I do?

Elastic is ridiculously hard to find, even at Joann's, as everyone is shopping for mask supplies. Here are a few hacks to use in a pinch:

1. Use elastic found in old clothing like half-slips or other lingerie articles
2. Have old fitted bed sheets? You can remove the elastic from the bottom
3. Only have wide elastic. Cut it into several smaller strips
4. Use fleece scraps to make sturdy ties
5. Use any cotton material cut (even t-shirts) into strips, folded and sewn for ties
6. Make 4 16" ties from self-fabric, seam or hem tape, or bias binding
7. Crafting cording
8. Ponytail holders
9. Grosgrain ribbon - - not satin ribbon as it will easily come untied
10. Some gift bags have cording handles that would be suitable for ties or ear loops
11. Elastic bands from eye masks
12. 45" shoelaces; each cut to 15". Use a lighter to singe the cut ends
13. Cut one end of a bungee cord to find several pieces of elastic
14. Yarn

Calendar Updates for May 2020

Please note that the calendar, this month, is not accurate. I have left it as it "should" be but be aware that libraries are closed and that those restaurants which are open are practicing social distancing and this will affect our meetings. It is a possibility that some of our groups, in certain locations, may be continuing as usual but most are probably not.

Therefore, before you head to ANY meeting, please check that the group is actually meeting. The workshop on Westbriar Drive is closed through the end of May *at the earliest*. We will reassess at that time.

In the meantime, please let me know if you lead a group and would like to be added as the leader on calendars in the future. Also, please practice social distancing, wash your hands often and do all you can to stay safe and healthy.

Tricia

(804)683-9015

Triciaennis2014@gmail.com

COVID- 19 Comfort Heart Pattern Knit in the round

SOFT yarn – Red or pink if possible. Sport (#3) or worsted (#4) weight yarn

Size #6 (for sport) or #7 circular knitting needle or set of double points

Cast on 4 stitches using figure of 8 cast on. Knit 1 round

Knit into the front and back of every stitch - total 8 stitches - 4 front half, 4 back half of pillow

* Knit one round

K1, M1, Knit to last stitch, M1, K1.

Repeat from * until there are 18 stitches for each side of the heart (36 st total). K 3 rounds with no increases.

K 9, place next 18 on stitch 2 holders (9 per holder)
K remaining 9 sts.

**SSK, KS, K2tog. first 9 sts. Repeat for next 9 sts. (total 7 sts for front, 7 sts for back.) SSK, k3, k2tog for both front and back (total 5 sts for front, 5 sets for back.)

SSK, k1, k2tog for both front and back (3 st for front, 3 st for back) Kitchener these 3 st together

Pick up the other set of 18 stitches for the 2nd curve and repeat from ** There is a little hole in the center which can be used to stuff the heart. Once stuffed, join.

These comfort hearts must be completed in pairs as one heart is given to a patient with COVID-19 and the other to a family member. This allows the patient and the family to have at least some form of connection even if they cannot see each other. I see them almost as identical worry stones. Our hope is that they will ease the pain of the aloneness.



Unstuffed Hearts

Sewn Ear Easer Pattern

Materials

Fabric version

fabric scraps, at least 10 inches long, 2 or 3 inches wide
Buttons, $\frac{3}{4}$ or 1 inch for a flat button, at least $\frac{1}{2}$ inch for a shank button
thread, sewing machine, hand needle

Ribbon version

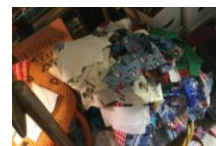
1 to 1 $\frac{1}{2}$ inch wide grosgrain ribbon
Buttons, $\frac{3}{4}$ or 1 inch for a flat button, at least $\frac{1}{2}$ inch for a shank button
thread, sewing machine, hand needle



Fabric Version

I make them in a couple of different sizes, since folks have different size heads. I do them at 4-inch, 6 inch and 8 inch, though 6 seems the most popular length.

If you have been sewing masks, you may very well have a pile of leftover strips the right size to become ear easers.



Trim your scrap to about an inch longer than desired. - 5, 7, or 9, and about 2 inches wide, fold $\frac{1}{2}$ inch at each end OR just fold the scrap ends in to the desired length



Fold in half the long way, open folded edges, fold edges in to middle, fold to enclose all raw edges.

Sew close to edges. Sew one button to each end, very securely. Knot ends.



Ribbon version

Cut ribbon twice desired length, plus an inch.
Fold in half, sew short ends together, about a 1" seam allowance.
Turn seam to inside center back.
Sew buttons to each end, as in fabric version.



Nancy Wright, adapted from photos on Facebook from various places

From the Heart Local Group Times (SUBJECT TO HUGE CHANGE)

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <ul style="list-style-type: none"> Starbucks, Huguenot Rd, 9:30am – noon Five Rivers Fiber Guild Heathsville. 10am – noon 	<p>2</p> <ul style="list-style-type: none"> Atlee Angels, Legacy Park, 1-3pm
<p>3</p>	<p>4</p> <ul style="list-style-type: none"> The Crossings at Bon Air 2pm Gayton Kirk K/C, Gayton Kirk Church 7pm Stonebridge Rec.Ctr. 10a–1p From the Heart Quilters Quilter's Corner 10am-1pm Midlothian Women's Group Starbucks, Ivy Mount Shopping Center, 10:00am 	<p>5</p> <ul style="list-style-type: none"> Chesterfield Heights Comm. Ctr 2:00- 3:30pm Panera, Midlo & Chippenham 5:30–7:30pm North Courthouse Rd. Library 11am – 1pm Violet Bank Stitchers, 10am – noon Southside Stitchers (Richmond), Publix café on Forest Hill Ave. 7:00-9:00pm Prince George Library 2:00 – 4:00pm Glen Allen Library Group, noon – 2pm Heritage Public Library, New Kent, 1:00pm 	<p>6</p> <ul style="list-style-type: none"> Colonial Heights Senior Ctr 10-noon Farmville Baptist Church, 5:00pm McKenney Library 3:00 – 5:00pm Michael's, Midlothian Tnpg. & Courthouse Rd. noon-3:00pm Mathews Group, Church of Francis De Sales, Mathews, 10:30a –2:00p Colony Critters, Patriot's Colony, Williamsburg. 1:30pm 	<p>7</p> <ul style="list-style-type: none"> Hopewell Library 10am – noon Firehouse Subs Midlothian: 4:30pm- 6:30pm Mall Group Chesterfield Towne Center (food court) 9:00am-noon Hanover Fiber Arts, Panera, Mechanicsville 2:30-5pm 	<p>8</p> <ul style="list-style-type: none"> Starbucks, Huguenot Rd, 9:30am – noon Kay's Krafters 1-5pm Five Rivers Fiber Guild Heathsville. 10am – noon King George - Peace Lutheran Church 10 am – noon Twin Hickory Clubhouse Group 10:30am – 12:30pm 	<p>9</p> <p>Louisa Hardees 10am - noon</p>
<p>10</p>	<p>11</p> <ul style="list-style-type: none"> The Crossings at Bon Air 2pm Gayton Kirk K/C, Gayton Kirk Church 7pm Stonebridge Rec.Ctr. 10:00am – 1:00pm 	<p>12</p> <ul style="list-style-type: none"> Chesterfield Heights Comm. Ctr 2:00- 3:30pm Panera, Midlo & Chippenham 5:30–7:30pm North Courthouse Rd Library, 11am – 1pm Violet Bank Stitchers, 10am – noon Southside Stitchers (Richmond), Publix café on Forest Hill Ave. 7:00-9:00pm Fredericksburg : Redeemer Lutheran Church, 5120 Harrison Rd. 10:00am – 12:30pm Glen Allen Library Group, noon – 2pm Montpelier Crafters 1 – 3pm 	<p>13</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 Dinwiddie Library 1:00-3:00pm Brandermill/Woodlake Group Panera, Brad McNeer Pky 6:30-8pm Chesterfield Needlework Friends Central Library 1pm – 2:30pm 	<p>14</p> <ul style="list-style-type: none"> Hopewell Library 5:30pm 7:30pm Hanover Fiber Arts, Panera Bread, 7225 Bell Creek Rd, Mechanicsville 2:30-5pm 	<p>15</p> <ul style="list-style-type: none"> Starbucks, Huguenot Rd. 9:30am - noon Five Rivers Fiber Guild Heathsville. 10am – noon Midlothian Women's Group Starbucks, Ivy Mount Shopping Center. 2:00 – 4:00pm 	<p>16</p> <ul style="list-style-type: none"> Atlee Angels, Legacy Park, 10am – noon
<p>17</p>	<p>18</p> <ul style="list-style-type: none"> The Crossings at Bon Air 2pm Gayton Kirk K/C, Gayton Kirk Church 7pm Stonebridge Rec.Ctr. 10:00am – 1:00pm From the Heart Quilters Quilter's Corner 10am-1pm Charles City County Library 1:00pm 	<p>19</p> <ul style="list-style-type: none"> Chesterfield Heights Comm. Ctr 2:00- 3:30pm Fredericksburg Wegman's 2nd Fl Food Court - 5:30-7:30pm Glen Allen Library Group, noon – 2pm North Courthouse Rd Library, 11am – 1pm Panera, Midlo & Chippenham 5:30–7:30pm Prince George Library 2:00 – 4:00pm Southside Stitchers (Richmond), Publix café on Forest Hill Ave. 7:00-9:00pm Violet Bank Stitchers, 10am – noon 	<p>20</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 Tnpg. & Courthouse Rd. noon-3:00pm 	<p>21</p> <ul style="list-style-type: none"> Hopewell Library 10am – noon Firehouse Subs Midlothian: 4:30pm- 6:30pm Mall Group Chesterfield Towne Center (food court) 9:00am-noon Hanover Fiber Arts, Panera, Mechanicsville 2:30-5pm 	<p>22</p> <ul style="list-style-type: none"> Starbucks Huguenot Rd 9:30am – noon Kay's Krafters 1-5pm Five Rivers Fiber Guild Heathsville. 10am – noon King George - Peace Lutheran Church 10 am – noon Twin Hickory Clubhouse Group 10:30am – 12:30pm 	<p>23</p> <ul style="list-style-type: none"> Redeemer Lutheran Redbridge Rd (Conf. room) 9-11am
<p>24</p>	<p>25</p> <ul style="list-style-type: none"> The Crossings at Bon Air 2pm Gayton Kirk K/C, Gayton Kirk Church 7pm Stonebridge Rec.Ctr. 10:00am – 1:00pm 	<p>26</p> <ul style="list-style-type: none"> Chesterfield Heights Comm. Ctr 2:00- 3:30pm Montpelier Crafters 1 – 3pm Fredericksburg : Redeemer Lutheran Church, 5120 Harrison Rd. 10:00am – 12:30pm Glen Allen Library Group, noon – 2pm North Courthouse Rd Library, 11am – 1pm Panera, Midlo & Chippenham 5:30–7:30pm Southside Stitchers (Richmond), Publix café on Forest Hill Ave. 7:00-9:00pm Violet Bank Stitchers, 10am – noon 	<p>27</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, Brad McNeer Pky 6:30-8pm Colonial Heights Senior Ctr 10-noon Farmville Baptist Church, 5:00pm 	<p>28</p> <ul style="list-style-type: none"> Hopewell Library 5:30–7:30pm Summerhill Retirement Ctr. 1:30-3:30pm Hanover Fiber Arts, Panera Bread, 7225 Bell Creek Rd. Mechanicsville 2:30-5pm 	<p>28</p> <ul style="list-style-type: none"> Starbucks Huguenot Rd 9:30am – noon Five Rivers Fiber Guild Heathsville. 10am – noon 	<p>30</p>

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 nd , 4 th	DST 6:30-8:00pm	
Charles City County Library	10790 Courthouse Rd	Charles City	Monday, 3 rd	1:00pm	Charles City County Library (804) 652-2450
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 Hgts	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	Kathleen, 804-327-1990
Fairfield Lib Conf Rm (Paddington Group)	14001 N. Laburnum Rd.	Henrico	Varies : Contact Tonia	12:30-2:00pm	Tonia Neiter, 804-938-0468
Farmville	Farmville Baptist Ch, 132 N Main St	Farmville	Wednesday, every	5:00pm	
Firehouse Subs	Busy Street	Midlothian	Thursday, 1 st , 3 rd	4:30 – 6:30pm	Beth Williamson, 804-920-1542
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–12:30p	
Fredericksburg Group	Wegman's Food Court, Central Pk	Fredericksburg	Tuesday 3 rd	5:30–7:30pm	
From the Heart Quilters	Quilters Corner, 1245 Sycamore Sq	Midlothian	Monday 1 st , 3 rd	10am – 1pm	Tiffany Sherman 804-794-1990
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm	
Glen Allen Library Knitting Group	10501 Staples Mill Rd	Glen Allen	Tuesday, every	Noon-2pm	Barbara Robinson 804-310-3790
Hanover Fiber Arts	Panera Bread, 7225 Bell Creek Road	Mechanicsville	Thursday, every	2:30pm-5pm	Evie Knoeller, 292-5753, hanoverfiberarts@gmail.com
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	804-458-6329
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 2 nd , 4 th	5:30-7:30pm	
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	540-775-9131
Louisa Hardees	881 Jeff Davis Hwy	Louisa	Saturday, 2 nd	10am-noon	Pat Gibson 540-872-5524
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	804-458-6329
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	Beth Williamson, 804-920-1542
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	
Southside Stitchers, Richmond	Publix café, 7045 Forest Hill Ave.	Richmond	Tuesday every	7-9pm	Patricia Selinger 804-467-5699
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	10a-noon	804-520-9395