

## Continuing From the Heart's Soft Reopening



The workshop at 1114 Westbriar Drive in Henrico is now open for people to come in to sit and craft during regular hours which are 10am until 2pm on Tuesdays, Wednesdays, Thursdays, and Saturdays. A total of 7 people (5 crafters and 2 elves) will be allowed in the workshop at any given time, not to include people who come in for just a couple of minutes to get yarn for a future From the Heart project.

We will continue to require the use of masks while in the workshop and also request that people practice reasonable social distancing. Everybody will have to sign the register on the front desk in the hopefully unlikely event we need to engage in any form of contact tracing.

As always, we request that you do not come to the workshop if you are feeling unwell or running a temperature or if you have been in the company of someone who has been unwell.

Thank you all so much and I'm looking forward to seeing you at the workshop soon.



<http://www.fromtheheartstitchers.org>  
<https://www.facebook.com/FromtheHeartStitchers>  
Midlothian, VA 23114  
1425 Crawford Wood Place

*Grateful Thread – July 2022*

## Letter from Lois – July 2022

I've been spending time on my deck, watching the birds, enjoying the flowers in my backyard garden, mentally strolling the slate paths through the beds.



I've noticed the chipmunk family has returned for another year. In the past they would follow me around the yard just hoping there would be an 'accidental spill' of birdseeds for them to grab for

tucking into their storage bins. In fact, while enjoying breakfast on the deck recently two of those little fellas joined me. I think these two were Simon and Garfunkel. Alvin and Theodore are a little more frightened of coming too close, being much younger and unsure of their surrounds.

I sometimes see similarities between my chipmunk friends and some of my own habits! I see these little rodents filling their jaws to almost overflowing, bulging beyond belief at times, filled with birdseeds, grapes, and other little bits of fruit. Off they go, looking so off balance, to deposit their treasures in their hiding places only to come dashing back, greedily looking to grab even more.

Like the chipmunks and their supplies, I always have stitching projects close by, usually a small Ziplock bag with enough cotton and a hook for creating a little octopus and can be found in my van dash pocket. In the pouches on the back of seats quite often you'll see a work in progress...could be infant socks or knitted knockers to knit or infant burial cradle for crocheting.

If I'm driving I'll have a stitching project on the passenger seat for just in case. You just never know when you'll come upon road construction or other problems causing a wait in traffic. The perfect time to complete a row or two on a small, mindless item.

When faced with a road trip I always pack lots of yarn and supplies...more than necessary most times...wanting to be certain I have enough for a few projects, extra in case an unexpected inspiration strikes. I always pack the van with stitching supplies first. At the last minute I do try to remember to pack such things as clothing and other essentials. Forgotten personal items can easily be bought along the way...yarn stores aren't always so easily found.

I find it difficult to just sit, chat, read my kindle or even watch tv without a stitching project in my hands. I'm just lost without it! I really don't think I'm alone in this obsession. How about you? Do you share this trait with me? Hope I'm not completely alone :)

*Lois*

## Introducing Our Newest Board Member Johnnie Wood

I was honored and privileged to get to interview fellow member of FtH Johnnie Wood for this newsletter. Thanks for sharing your story with me Johnnie. Kathy Weaver

Johnnie Wood began crocheting in 2008 in the waiting room at Mary Washington Hospital. Observing a woman 'doing something with yarn and a hook thing' he asked if she had another one of those 'hooks things' and could show him how to do what she was doing. She graciously taught him to chain and single crochet. Johnnie made his first blankets using only the single crochet stitch! Now Johnnie never goes anywhere without a 'project bag.'



Johnnie quickly decided he needed to know more crochet stitches, so he turned to 'YouTube' and quickly began increasing his skill set.

Interested in furthering his stitching skills Johnnie then took knitting classes at the Yarn shop that used to be on Route 3 at the end of Gordon Road. Not surprisingly, Johnnie was the only man taking classes. Johnnie progressed from double point needles to circular needles and eventually even mastered loom knitting. And if that is not enough skills Johnnie also stitches quilts!

A chance meeting in 2014 between Johnnie Wood and Pam



Greswolde in a yarn aisle at JoAnne's began his tenure with From the Heart. Early on Johnnie did many of the deliveries until FtH grew to a point there had to be a team of members to sort and deliver. Johnnie stated that FtH and the membership has made a significant impact on his life and outlook on humanity providing healing and encouragement. And to show his

dedication to FtH Johnnie will be replacing Pam Greswolde on the board – big shoes to fill but Johnnie is up to the task.

Today Johnnie prefers knitting and although hats are his typical project of choice, he recently has begun a series of shawls. Spending two or more hours a day creating and perfecting his craft benefits so many. Although many stitchers shy away from working with wool, *good quality wool* is Johnnie's yarn of choice.



Sharing his skillset Johnnie has taught many classes; at a local

church, at the Ruritan and at the FtH Retreats since he joined FtH. While he typically teaches crocheting – both left and right-handed techniques, he has also taught Portuguese Knitting. One example of Johnnie being a ‘sensitive stitcher’ was when he shared with me that during one Dollar Days in Richmond a woman came up to Johnnie and stated “You are JOHNNIE – you taught me how to Portuguese knit – you changed my life! It is the only knitting I do now!” Johnnie beamed when he shared this story with me.

If you want to read a more about Johnnie he was also featured in the October 2018 issue of Front Porch Fredericksburg. Click on the link to access that article.

[https://issuu.com/frontporchfredericksburg/docs/fpfoct2018\\_online\\_edition/11](https://issuu.com/frontporchfredericksburg/docs/fpfoct2018_online_edition/11)

### **Volunteering Opportunities at From the Heart**

As COVID recedes and while the workshop has not yet returned to full capacity and strength, the Board has noticed that there are several things which seem to have fallen through the cracks since March of 2020. In order to bring everything back to an operating state which will be, hopefully, better than what it was before COVID, we are looking for a few good volunteers to assist with tackling the following tasks.

- Learn the sorting routine for donations by working with the Monday morning Sorting and Distribution Team for a period of time
- Help with yarn, needle, and other craft donations, to include organizing the shelves in the yarn hall and learning which donations From the Heart should keep and which can be passed on to other organizations. This would require working with Betsy Vest (yarn), Beth Watkins (other donations), and/or Mimi de Percin (what gets distributed and delivered to non FtH groups)
- Organizing needles, books, patterns, magazines, etc. Either alone or alongside Beth Watkins
- Volunteer to deliver bagged items. This would be coordinated with Lois Moore who leads up the Distribution Team.
- Volunteer to be a Workshop Elf. You would be required to work a two-hour shift at the workshop alongside 2 experienced Elves for training until you have sufficient experience to work with just 1 other Elf.
- Become a Workshop Scheduler. Working one month at a time, schedule Elves for the workshop. Training would be provided by one of the 5 current schedulers.
- Submit suggestions for the monthly tips for the newsletter. Anybody can do this by emailing or phoning either Kulla or Tricia at any time. (See contact information below.)

- Volunteer(s) for cleaning (vacuuming, dusting, window cleaning, bathroom cleaning, etc.). You do not need to be an Elf to do this. You just need to know how to vacuum, dust, clean windows, bathrooms, etc.
- Volunteers for set-up/take down of Retreat (does not entitle one to a free ticket to the Retreat)
- Volunteers to donate raffle and door prize items at the Retreat
- Volunteer(s) to maintain the pattern/project display board, update it on a regular basis (additional samples and patterns are in the file cabinet beside the pegboard), and make sure patterns have copies available
- Volunteer to write thank you cards/notes to those who donate to From the Heart (cards and stamps are provided)
- Volunteer(s) to take either the trash or the recycling to your home to add to your trash or recycling. We do not have service at the workshop so need at least one person willing to check on the trash and recycling bins at the workshop and take them home to be added to their own bins as needed. No training needed.

If you can help with any of these areas, please contact Tricia (804-683-9015, [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com)) or Kulla (804-263-5480, [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net)) and they will make sure your interest is passed on to the relevant person. Thank you so much.

### **Toiletry Bag Project and THANK YOU’S!**

From the Heart would like to acknowledge the General Managers of Holiday Inn Express on Midlothian Turnpike, Stacey Wilson, and Four Points by Sheraton on Midlothian Turnpike, Vincent Ridley. These local motels generously donated items for toiletry bags that were distributed in June. Stacey and Vincent were able to provide these much-needed items from inventory that were being discontinued and also as a community service on behalf of their corporations. Additionally, we would like to acknowledge and thank Jay Abed of CarMax for arranging for CarMax employees to come to the workshop and spend two hours of their time putting toiletry bags together. Thanks to FtH member, Debbie Melanson, for introducing From the Heart to CarMax through her husband, Tom, who works at CarMax.

Due to the increased cost of providing these toiletries and the fact that our supplies are being depleted, the time is coming when FtH will no longer be able to prepare these kits for distribution. If you are aware of a civic organization or a corporate sponsor that is willing to underwrite the cost of the items for this project (approximately \$2.00 per bag) please contact Tricia Ennis or Kulla Ficare. Items typically included are shampoo, combs, washcloths, conditioner, soap, deodorant, toothpaste, toothbrush, and lotion.

## From the Heart 2022 Retreat – Shining Our Light



The registration form for the Retreat on October 1<sup>st</sup> is in this newsletter. The maximum number of attendees is 125, so be sure to get your form in early. The suggested donation is

\$40, and you should circle the lunch you would like to receive on the form itself.

Our speakers for the event will be:

- Judy Knauf, “doctor” at the Doll Hospital Annex, and From the Heart liaison with several recipient groups
- Liz Dukette, founder and CEO of World U.P., a humanitarian organization which improves access to resources for people in need.
- Potentially, we will also have Bev Gibson from Vessels of Mercy. Bev’s commitment is obviously dependent on the state of affairs worldwide at the time.

You can register for classes by contacting Kulla ([kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net), 804-263-5480) or Tricia ([triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), 804-683-9015). Classes are;

- Johnnie Wood “An Introduction to the Knitted Tubular Bind Off” in the morning. This bind off method is very lovely and gives a nice stretch to your work. Please bring a small swatch of 10 stitches by 10 rows still on your needle. Stockinette (K one row, P one row) or garter (K all rows) are best.
- In the afternoon, Francine Nelson and Joyce Puller will teach the crocheted Waffle Stitch while exploring technological enhances through the use of Tic-Toc and other methods.

### For Your Browsing Pleasure

Let's start this hot summer month of July with a website to make lightweight breezy items to keep your lap cool and make the projects easy for vacation travel. Simple transportable crochet projects such as phone cases, bags, shawls, scarves, and baby items are available at [thelazyhobbyhopper.blogspot.com](http://thelazyhobbyhopper.blogspot.com). Fun knitted hats, including the baby bear and baby bunny hat, can be found at [fiberfluxblog.com](http://fiberfluxblog.com). Every crocheter is looking for 20 Amazing Last Minute Crochet gifts and they can be found at [bluestarcrochet.com](http://bluestarcrochet.com). A massive keep you looking website is <http://www.crochetpatterns.in/> which is chock full of free crochet patterns for glass cases, earrings, flowers, pillows, cows, letters, collars, butterflies, and much more. Keep hydrated. Happy Fourth of July Independence Day!!

## Tip of the Month: Keeping Your Shawl On

Several years ago (at least 5 or 6) I made a wheelchair shawl for me. Where I sit in the family room I get a draft across the back of my shoulders and sweaters piled and impeded my arm movements when knitting or crocheting. The circular shawl was the answer but as I moved or got up it slid down my arms. I made a chain out of double strands of the yarn the shawl was made out of and wove it through the top row. I tied a bow so I could remove the shawl easily. The chain extended several inches beyond the length of the beginning row to be decorative. I usually add this to the shawls I crochet. I think they solve a problem and many times I use 3 or 4 strands of yarn for the chain, so it is soft on the neck area. If the shawl is very plain and I have some multicolored yarn I will use this for the chain and I think it adds. Just an idea trying to help those who are disabled, and an idea I enjoyed using. I have also made 2 chains and tied them on either side of the front of the shawl so it can be tied easily in a bow. Shawls are great but they do sometime slide off quite easily. As always, Janet Spartzak

### Fredericksburg Ruritan Pickup/Drop Off

We have scheduled our next drop off / pickup at the Ruritan for Wednesday 07/13/22 from 10-12. **Masks are required** to enter the building. The Ruritan generously allows us to use the building at no charge although it is typically \$100 to rent the facility. If anyone would like to donate to the Ruritan, we will have a donation box available to help offset their expenses for our use of the building (electricity, etc.).

The current needs are as follows: however, make what you enjoy making.

- Cotton washcloths – **Please DO NOT tag (tags are in the bags with the toiletries)**
- Hats of all sizes except preemies
- Toys

While these two are our biggest need, we could also use:

- Blankets – no smaller than 32”x32” and as large as twin bed size (baby, kids, men & women)
- Totes – walker and wheelchair

If you want to pick up supplies, I will need the following information from you by Thursday 07/07 by 5:00 PM. After that we will be bagging the supplies and will do our best to provide what you are asking for.

- Your name
- What you would like to drop off
- What supplies do you need?
- Any information you might think pertinent

We will be open for receiving finished items and picking up supplies only – from 10:00am – noon. Since the weather is nice, feel free to bring a lawn chair, sit in the shade and



visit. Thank you so much for all you do for From the Heart. Please do all you can to keep yourself and those around you safe, and again, thank you for all you do to help us continue to deliver items during these challenging times. Our drop off next month will be Wednesday, August 10<sup>th</sup>!

Pam Greswolde, 540-661-7967,  
[pegreswolde@comcast.net](mailto:pegreswolde@comcast.net)

### Meet a new From the Heart volunteer!



This sweet young lady, Shelby, visits the workshop with her grandmother, Sally, occasionally. Shelby loves to draw and her notebook (seen clutched in her hand) is full of beautiful designs. She also is

learning to crochet and sew. She recently told Sally that she can't wait to make something to donate to FtH. Welcome, Shelby! We are looking forward to seeing your new creations soon!

### Current Needs – July 2022

Below are our current, most pressing needs but, as we always say, make what you enjoy making and we will find a home for it. Lots of patterns are available on our website at: <https://fromtheheartstitchers.org/patterns/>.

If you deliver any items yourself in the Richmond area, please let Lois Moore know at [loisfth@me.com](mailto:loisfth@me.com) or (804)305-4971. Fredericksburg/King George area please contact Pam (540) 661-7967, [pegreswolde@comcast.net](mailto:pegreswolde@comcast.net).

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

- Twin Size (40 X 72") Red, White, and Blue Blankets
- Shawls
- Memory Care Items
- Walker Totes
- Dignity Bibs

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

- Cotton washcloths – **Please DO NOT tag (tags are in the bags with the toiletries)**
- Hats of all sizes except preemies
- Toys
- Blankets – no smaller than 32"x32" and as large as twin bed size (baby, kids, men & women))
- Totes – walker and wheelchair

### Workshop Volunteering and Scheduling - July

To volunteer for a two-hour shift at the workshop during the month of July 2022, please contact the scheduler for July, Jacqueline Muoio, [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com), 804-802-2304

To find out what is involved in being an Elf (workshop volunteer), contact any one of the schedulers listed below.

Ann Robbins, [aerobbins@live.com](mailto:aerobbins@live.com), 804-270-6247 or 804-921-1174 (c)

Kulla Ficare, [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net), 804-263-5480

Jacqueline Muoio, [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com), 804-802-2304

Tricia Ennis, [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com), 804-683-9015

Keyser Glancy, [keyserglancy@gmail.com](mailto:keyserglancy@gmail.com), 804-402-0985

### Elf of the Month – June 2022

Each month, the names of the Elves who have volunteered are entered into a random drawing and one name is pulled to be Elf of the Month. Congratulations to **Nancy Wright**, Elf of the Month for June 2022. Next time you are at the workshop, Nancy, please select some of the nicer yarn for personal use in a non-FtH project.

### Donation Inventory Numbers: June 26, 2022

Previous Total	
Mid 2002 – 2021 .....	470,447
<b>2022</b>	
January – May .....	18,458
June (to the 26 <sup>th</sup> ) .....	2,338
Year to Date Total .....	20,796
<b>Grand Total .....</b>	<b>491,243</b>

8,757 items to go until we reach that MAGIC NUMBER of **HALF A MILLION** items. Way to go FtH members !

### Covid Items Donated as of May 22, 2022

Face masks .....	42,275
Ear Saver .....	6,167
Surgical Hats .....	2,745
Comfort Hearts .....	1,620
<b>Total .....</b>	<b>52,807</b>

### New From the Heart Local Group in Ashland

We are pleased to announce that a new From the Heart local group has started to meet at the library in Ashland. This group will meet on the 4<sup>th</sup> Thursday of the month from noon until 4:00pm. For additional information, please contact Vicki Welsh at [vickiwelsh@protonmail.com](mailto:vickiwelsh@protonmail.com).

### Is There Something You'd Like to See in the Grateful Thread?

If so, don't hesitate to send your thoughts, tips, suggestions, ideas, short articles about the group(s) you attend, a pattern you have written..., to [triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com) for consideration for inclusion in an upcoming newsletter.

## KNIT WHEELCHAIR SHAWL #2 WITH EYELET ROW and I-CORD BIND OFF

Larissa Karp



### NOTES:

1. Pattern is made using garter stitch.
2. Increases are made on the front/right side only.
3. An I-cord edge is worked as you knit this pattern at the **end** of each row for a finished edge **and** as a bind off method.
4. Use scrap yarn to mark the front/right side of the shawl (pins will slip through your work and you will not be able to determine the front side easily).
5. Markers are used as reminders. Use at the I-cord edging and before and around the K1 between the YO's.
6. Slip all stitches as if to purl.

### Materials:

Size 13 circular needle; 34" long

2 markers

#4 yarn - Approx. 8.1 oz. or 228 grams (for sample photo)

Scrap yarn

### Abbreviations:

K – Knit

YF – Yarn Forward

R—Right needle

ST – Stitch

SL – Slip

TBL—through the back loop

STS – Stitches

SM – Slip Maker

K2tog – Knit 2 stitches together

PM – Place marker

YO – Yarn over

Cast on 66 stitches (STS) using any method.

Row 1: K3, PM. K to last 3 STS, PM, YF, SL 3 STS to R needle, turn work.

**Slip all markers as you proceed.**

Row 2 – 5: K3, SM, K to last 3 STS, SM, YF, SL 3 STS to R needle, turn work. (66)

RS - Row 6: K3, [(K15, YO) 3 times], K15, YF SL 3 STS to R needle, turn work. (69) (**NOTE:** Only 3 YO eyelets on this row. All other RS rows will have 6 eyelets.)

WS - Row 7: K across to last 3 STS, SM, YF, SL 3 STS to R needle, turn work.

Row 8: K3, [(K15, YO, PM, K1, PM, YO) 3 times], K across to last 3 STS, SM, YF, SL 3 STS to R needle, turn work. (75)

**Row 9: and all odd number rows (WS):** K across to last 3 STS, SM, YF, SL 3 STS to R needle, turn work.

Row 10: K3, Kfb, K15 YO, SM, K1, SM, YO, [(K 17, YO, SM, K1, SM, YO) 2 times], K across to last 4 STS, Kfb, SM, YF, SL 3 STS to R needle, turn work. (83)

Row 12: K3, Kfb, K17 YO, SM, K1, SM, YO, [(K 19, YO, SM, K1, SM, YO) 2 times], K across to last 4 STS, Kfb, SM, YF, SL 3 STS to R needle, turn work. (91)

Row 14: K3, Kfb, K19 YO, SM, K1, SM, YO, [(K 21, YO, SM, K1, SM YO) 2 times], K across to last 4 STS, Kfb, SM, YF, SL 3 STS to R needle, turn work. (99)

Continue working pattern increasing 8 STS each RS row until you have completed WS row 57 (267 STS). **For**

**the “Optional Eyelet Row,” work as follows:**

Row 58: “Eyelet Pattern Row”: K3, K1, YO, [\*K2tog, YO\* 31 times], [K1, YO, K1, YO, K1], [\*YO, K2tog\* 32 times], [YO, K1, YO, K1, YO], [\*K2tog, YO\* 32 times], [K1, YO, K1, YO, K1], [\*YO, K2tog\* 31 times], YO, K1, YF, SL 3 STS to R needle, turn work. (275)

Continue working pattern for 6 more rows ending with 299 STS

**I-Cord Bind Off:** \*K2, K2tog TBL, slip 3 STS back to L needle\*; continue until all STS are bound off.

Many more patterns (both knit and crochet) are available online at

<https://fromtheheartstitchers.org/patterns/>

**From the Heart Local Group Times**  
**Subject to Change Check Before Heading Out**

**July 2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> <ul style="list-style-type: none"> <li>Five Rivers Fiber Guild Heathsville. 10am – noon</li> <li>Midlothian Women's Group Kroger Starbucks, Ivy Mount Shopping Center. 2:00 – 4:00pm</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Atlee Angels, Legacy Park, 1-3pm</li> </ul>
<b>3</b>	<b>4</b> <ul style="list-style-type: none"> <li>Stonebridge Rec.Ctr. 10a-1p (must call to confirm first)</li> <li>Gayton Kirk K/C, Gayton Kirk Church 7pm</li> <li>From the Heart Quilters West Chester Joann's 9:30am - 12:30pm. Mask required if not vaccinated or for comfort.</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>North Courthouse Rd. Library, 11am – 1pm</li> <li>Violet Bank Stitchers, 10am – noon</li> <li>Heritage Public Library, New Kent, 2:00pm (Hybrid meeting – on site and Zoom)</li> <li>Southside RVA Stitchers 6:30-8:00pm</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Colonial Heights Senior Ctr 10-noon</li> <li>Colony Critters, Patriot's Colony, Williamsburg 1:30pm</li> <li>McKenney Library 3:00 – 5:00pm</li> <li>Spring Arbor Sr. Living 1:30pm</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Hopewell Happy Caps, 10am- noon</li> <li>Glen Allen Library Group, 1 – 2:30pm</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Five Rivers Fiber Guild Heathsville. 10am – noon</li> <li>King George - Peace Lutheran Church 10 am – noon</li> <li>Kay's Krafters 1-5pm</li> <li>Twin Hickory Clubhouse Group 10:30am – 12:30pm – Zoom only</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Louisa Hardees 10am – noon</li> </ul>
<b>10</b>	<b>11</b> <ul style="list-style-type: none"> <li>Gayton Kirk K/C, Gayton Kirk Church 7pm</li> <li>Stonebridge Rec.Ctr. 10:00am – 1:00pm (must call to confirm first)</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>North Courthouse Rd Library, 11am – 1pm</li> <li>Violet Bank Stitchers, 10am – noon</li> <li>Southside RVA Stitcers 6:30-8:00pm</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Colonial Heights Senior Ctr 10-noon</li> <li>Elmcroft Retirement 1:30pm</li> <li>Dinwiddie Library 1:00-3:00pm</li> <li>Spring Arbor Sr. Living 1:30pm</li> <li>Chesterfield Needlework Friends Central Library 1pm – 2:30pm</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Hopewell Happy Hearts, 5:30pm – 7:30pm</li> <li>Glen Allen Library Group, 1 – 2:30pm</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Five Rivers Fiber Guild Heathsville. 10am – noon</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Atlee Angels, Legacy Park, 10am – noon</li> </ul>
<b>17</b>	<b>18</b> <ul style="list-style-type: none"> <li>Gayton Kirk K/C, Gayton Kirk Church 7pm</li> <li>Stonebridge Rec.Ctr. 10:00am – 1:00pm (must call to confirm first)</li> <li>Charles City County Library 1:00pm (Hybrid meeting – on site and Zoom))</li> <li>From the Heart Quilters West Chester Joann's 9:30am - 12:30pm. Mask required if not vaccinated or for comfort.</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>North Courthouse Rd Library, 11am – 1pm</li> <li>Violet Bank Stitchers, 10am – noon</li> <li>Southside RVA Stitchers 6:30-8:00pm</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Colonial Heights Senior Ctr 10-noon</li> <li>Spring Arbor Sr. Living 1:30pm</li> <li>McKenney Library (Ragsdale Room) 3:00 – 5:00pm</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Hopewell Happy Caps, 10am- noon</li> <li>Glen Allen Library Group, 1 – 2:30pm</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>King George - Peace Lutheran Church 10 am – noon</li> <li>Five Rivers Fiber Guild Heathsville. 10am – noon</li> <li>Twin Hickory Clubhouse Group 10:30am – 12:30pm – Zoom only</li> </ul>	<b>23</b>
<b>24</b>	<b>25</b> <ul style="list-style-type: none"> <li>Gayton Kirk K/C, Gayton Kirk Church 7pm</li> <li>Stonebridge Rec.Ctr. 10:00am – 1:00pm (must call to confirm first)</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>North Courthouse Rd Library, 11am – 1pm</li> <li>Violet Bank Stitchers, 10am – noon</li> <li>Southside RVA Stitchers 6:30-8:00pm</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Colonial Heights Senior Ctr 10-noon</li> <li>Elmcroft Retirement 1:30pm</li> <li>Spring Arbor Sr. Living 1:30pm</li> <li>Dinwiddie Library 1:00-3:00pm</li> <li>Chesterfield Needlework Friends Central Library 1pm – 2:30pm</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>Hopewell Happy Hearts, 5:30pm – 7:30pm</li> <li>Glen Allen Library Group, 1 – 2:30pm</li> <li>Summerhill Retirement Ctr 1:30 – 3:30pm</li> <li>Ashland Library Group Noon – 4:00pm</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Five Rivers Fiber Guild Heathsville. 10am – noon</li> </ul>	<b>30</b>

Name	Address	City	Day of Month	Time of Day	Contact
Ashland Library Group	201 S. Railroad Ave	Ashland	Thursday, 4 <sup>th</sup>	Noon – 4:00pm	Vicki Welsh, <a href="mailto:vickiwelsh@protonmail.com">vickiwelsh@protonmail.com</a>
Atlee Angels	Legacy Park Social Ctr Midday Ln	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm/10-noon	
Brandermill/Woodlake Group	Panera Bread, Brad McNeer Parkway	Midlothian	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	DST 6:30-8:00pm	Not Currently Meeting
Charles City County Library	10790 Courthouse Rd	Charles City	Monday, 3 <sup>rd</sup> Hybrid Mtg	1:00pm	Charles City County Library (804) 652-2450 Hybrid
Chesterfield Heights Comm Ctr	901 Madrona Street	Midlothian	Tuesday, every	2–3:30pm	
Chesterfield Needlework Friends	Central Library, 7051 Lucy Corr Blvd.	Chesterfield	Wednesday, 2 <sup>nd</sup> , 4 <sup>th</sup>	1-2:30pm	
Colonial Heights Sr Ctr	Roanoke Avenue	Colonial Hgts	Wednesday, every	10am-noon	
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 <sup>st</sup>	1.30pm	
Crossings at Bon Air	Bon Air Crossing Drive	Richmond	Monday, every	2:00pm	Not Currently Meeting
Dinwiddie Designers	Library, 14103 Boydton Plank Rd	Dinwiddie	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:00–3:00pm	
Elmcroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	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	Not Currently Meeting
Five Rivers Fiber Guild	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am-noon	Judy Mooers, 804-366-1133, <a href="mailto:jkmooers@aol.com">jkmooers@aol.com</a>
Fredericksburg Group	Redeemer Luth, 5120 Harrison Rd	Fredericksburg	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	10:00am–12:30p	Not Currently Meeting
Fredericksburg Group	Wegman's Food Court, Central Pk	Fredericksburg	Tuesday 3 <sup>rd</sup>	5:30–7:30pm	Not Currently Meeting
From the Heart Quilters	Joann's, West Chester Shopping Ctr. Mask required if not vaccinated or for comfort	Midlothian	Monday 1 <sup>st</sup> , 3 <sup>rd</sup>	9:30am -12:30pm.	Betsy Vest. 804-747-0297 <a href="mailto:epvest3@gmail.com">epvest3@gmail.com</a>
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm	
Glen Allen Library Knitting Group	10501 Staples Mill Rd	Glen Allen	Thursday, every	1 – 2:30pm	Barbara Robinson 804-310-3790
Heritage Public Library	7791 Invicta Lane	New Kent	Tuesday 1 <sup>st</sup> Hybrid Mtg.	2pm	Heritage Public Library, 804-966-2480 Hybrid
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup> ,	10am-noon	804-458-6329
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 2 <sup>nd</sup> , 4 <sup>th</sup>	5:30-7:30pm	804-458-6329
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 <sup>nd</sup>	1-5pm	
King George, Peace Lutheran Ch	5590 Kings Highway	King George	Friday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am-noon	540-775-9131
Louisa Hardees	881 Jeff Davis Hwy	Louisa	Saturday, 2 <sup>nd</sup>	10am-noon	Pat Gibson 540-872-5524
Mathews Group, A Common Thread	Ch of Francis De Sales, 176 Lovers	Mathews	Wednesday, 1 <sup>st</sup>	10:30am–2:00pm	Not Currently Meeting
McKenney Library Group	Ragsdale Room, McKenney Library	McKenney	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	3:00–5:00pm	804-458-6329
Michael's, (craft room)	Midlothian TnPk. & Courthouse Rd	Midlothian	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	Noon–3pm	Not Currently Meeting
Midlothian Women's Group	Kroger Starbucks, Ivy Mount Sh. Ctr.	Midlothian	Friday 1st	2:00- 4:00pm	
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 Not Currently Meeting
Prince George Yarnspinners	Prince George Lib, 6605 Courts Dr	Prince George	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	2-4pm	Not Currently Meeting
Southside RVA Stitchers	Publix upstairs café, 7045 Forest Hill Ave.	Richmond	Tuesday every	6:30-8pm	Patricia Selinger 804-467-5699
Spring Arbor Senior Living	9991Ridgefield Parkway	Richmond	Wednesday, every	1:30pm	(804) 754-8700
Stonebridge Recreation Ctr	230 Karl Linn Drive	N. Chesterfield	Monday every	10:00am–1:00pm	Must call Stonebridge Rec. Ctr. To confirm first
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Thursday 4 <sup>th</sup>	1:30-3:30pm	
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 <sup>nd</sup> , 4 <sup>th</sup> (Zoom)	10:30am-12:30pm	Mickey Price, 804-364-1257 <a href="mailto:mickeyprice@comcast.net">mickeyprice@comcast.net</a>
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday every	10a-noon	804-520-9395