

## IMPORTANT: New Workshop Guidelines



Masks are now optional for anyone entering the workshop. We will no longer ask visitors to record their name and phone number for contact tracing. Also, we will not limit capacity except for the restriction required by the Henrico Fire Department.

Please be sure to record your information legibly on the newly formatted “ins and out’s” form on the clipboard. We are transferring this data to a computer format and your help is needed to make our data entry easier. Thank you for your assistance with this project.



*Grateful Thread – June 2023*  
14006 Whispering Oaks Rd.  
Midlothian, VA 23112  
<https://www.facebook.com/FromtheHeartStitchers>  
<http://www.fromtheheartstitchers.org>

## Monthly Mentions



May was a busy and unusual month weather-wise. It “may” rain, it “may” be cold, it “may” be hot...we weren’t sure from day to day. It was always a daily surprise.

What also surprised us is the number of completed projects and distributed from all FtH groups for the month as of May 25th; **4,609!** Since the inventory totals must be calculated in advance of the preparation of this newsletter, this means that we will still have another 6 days before the end of the month. AMAZING!

Our Richmond distribution team does a fabulous job sorting, counting, and bagging locally. Don’t forget that we do have other groups that also distribute in their communities; the Fredericksburg FtH Group, the Dinwiddie FtH Group, the Hampton Roads FtH Group, and the Williamsburg FtH Group. All of our locations are growing and busy supporting the needs of others in their communities.

During the month we were able to re-connect with the Richmond VA Medical Center (formerly known as McGuire Hospital). During the COVID months, we were not able to provide contributions directly to them. We are pleased to be able to begin deliveries to these well-deserved recipients and even more excited to participate in the Veterans Baby Shower for 68 expecting female veterans!

We are happy to advise that FtH members are again visiting the Richmond workshop and gathering in our social area with friends. It’s so wonderful to see everyone again. Hope you can come by soon and enjoy the new furnishings and acquaint yourself with your friends.

Have a great June and thanks to everyone for keeping the mission of From the Heart a part of your purpose.

### Fredericksburg FtH Spring Gathering



The Fredericksburg From the Heart Spring Gathering of friends on Tuesday, May 30<sup>th</sup> at Chancellor’s Village was a really good time of

socializing and sharing as we met in a large group for the first time since the beginning of COVID.

A huge thank you to both the Chancellor’s Village and all of those who attended, including those who drove up from Richmond to join us for this special day. It was so lovely, and such fun, to acquaint ourselves with people we had not seen in such a long time and, also, to meet new friends who had joined From the Heart since the last time we had the opportunity to spend some time together as a group. Hopefully, with the pandemic now in the back window, we will be able to do more together as a group as we move forward.

### Fredericksburg Workshop

Our workshop is open 10 am-2 pm on the **second and fourth Tuesday** of each month, which in June are Tuesday 13<sup>th</sup> and Tuesday 27<sup>th</sup>. Please come by to pick up fabric and yarn and/or to drop off your completed projects. Feel free to spend as much time as you need to choose what you need for your next From the Heart project. New to the group? Please let the volunteers know if there is anything you specifically need, or if you have any questions.

[The address is 1320 Central Park Blvd., Suite 108 Fredericksburg 22401.](#) Click on the address for directions. Parking is behind the building. Entry to Suite 108 is from the rear parking lot through the glass double doors marked Electrical Room.

If you only want to drop off items and not enter the workshop, use the front door from the street side, however parking is very limited there.

We need elves who are willing to help for a 2-or-4-hour block. If you would like to learn more about volunteering, contact Jeanne Fraser, our Volunteer Elf Coordinator at [bluesisu@gmail.com](mailto:bluesisu@gmail.com).

### Retirement Celebration for Lois (and Russ) To Be Re-Scheduled

Sadly, the Retirement Celebration for Lois and Russ had to be postponed to May. We will be re-scheduling it to another date that will be well advertised. Look for information in an email or on Facebook with the opportunity to RSVP. Responding with your planned attendance will help us plan for the refreshments.

## 2023 From The Heart Retreat

We hope you have already reserved Saturday, October 7, 2023, on your calendar for our Retreat, "We Walk Better Together". Registration will open on July 1<sup>st</sup> and close on September 15<sup>th</sup>. The form will be in July's newsletter. The location of this exciting and fun filled day is [The Place at Innsbrook](#). Doors open at 9:30 am and the program will begin at 10:00 am. Classes and live demonstrations are being planned and more information will be forthcoming soon.

### Current Needs – June 2023

Below are our current, most pressing needs but, as always, feel free to make whatever you like as we can certainly use it. If you create an item with a specific recipient group in mind, please clearly write that on the back of the tag and feel free to add a personal note of encouragement or simply a "made by" if you want to do so.

Lots of patterns are available on our website at: <https://fromtheheartstitchers.org/patterns/>. If you deliver any items personally (not via our workshops) in the Richmond area, please let Deb Abresch know at 804.512.3162 or by email at [debabresch@verizon.net](mailto:debabresch@verizon.net). In the Fredericksburg area, please advise Sally Moore at [smoorefth@gmail.com](mailto:smoorefth@gmail.com) or 540-295-6224.

#### Fredericksburg (\* see note in next column)

- Shirt protectors
- Neck pillows
- Dialysis mitts
- Shawls
- Large blankets\*

#### Richmond (\* see note in next column)

- Baby hats, blankets for female veterans (due by **June 10th**)\*
- Surgical hats
- Infant fleece blankets, 30" x 30" to 40" x 60"
- Market bags
- Large blankets\*
- Lapghans (wheelchair/lap blankets)\*
- Washcloths
- Baby hats and baby blankets 28" x 28" and up\*
- Fidget items
- Red, White and Blue Wheelchair

blankets/Lapghans\*

- Toys/Dressed bears

\* See above for lots of blankets and lapghans needed at this time so please see the "adjustable size" blanket patterns at the end of this newsletter. Check out the From the Heart website under the "Patterns" tab, or click [HERE](#) for our most used project sizes.

### A Baby Shower For 68 Female Veterans!

Oh, Baby.....we have 68 local female veterans who are expecting little ones this summer. The Richmond VA Medical Center (formerly known as Hunter Holmes McGuire Medical Center) informed us that a baby shower is planned in June.



They need lots of neutral gender colors for newborn hats, blankets, toys, layettes and yes, even **red, white, and blue items are welcomed** as well for the sweet little ones. The deadline for these items has now changed to **Saturday, June 10th**. Please write "**Veteran Baby Shower**" on the back of the FtH tag to make sure your item(s) are placed in the correct bin at the workshop.

### Workshop Volunteers (Elves)

First, many thanks to those who volunteer to help staff the workshop. Being a shopkeeping Elf is fun and easy and, the first couple of times you volunteer, you will be scheduled with two other experienced volunteers to ensure you receive adequate training.

To volunteer for a shift at the workshop during the month of June 2023 in **Richmond**, please contact Jacqueline Muoio, [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com), 804-802-2304. **In Fredericksburg**, your contact is Jeanne Fraser, [bluesisu@gmail.com](mailto:bluesisu@gmail.com).

To find out more about what is involved in becoming an elf or, if you would like to volunteer to be a scheduler, contact any one of the schedulers listed on the next page.

#### In Richmond, contact:

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, [keysersglancy@gmail.com](mailto:keysersglancy@gmail.com), 804-402-0985

**In Fredericksburg, contact:**

Jeanne Fraser at [bluesisu@gmail.com](mailto:bluesisu@gmail.com)

## Elves of the Month – May 2023

We have a tie for Elf of the Month. Jane Ward and Chris Rose are both deserving of the award. These ladies are an excellent team. They typically volunteer together on Tuesday. (If you need a giggle and your calendar is open, visit the workshop on Tuesday morning.) Not only are they entertaining but they have never met a stranger. They are so welcoming to everyone entering the workshop. Jane is always full of creative suggestions and Chris inspects donated yarn for any unwanted pet hair, bugs, or odors. They go the extra mile by dusting, vacuuming, scrubbing fixtures and Jane even cleaned the carpets in the back of the workshop this month.

Ladies, thank you for going the extra mile for From the Heart! Please enjoy some of our nicer yarns that are set aside especially for our monthly winner(s).

## Evening Workshop Hours

We did not have any interest from our membership in the May evening workshop hours. We may try again in a few months.

Several years ago, we held “Sunday Fundays” occasionally. We would love your feedback if you like the idea of having a social knitting/ crochet/sewing event on a Sunday afternoon for a few hours. Please email us at [fromtheheartstitchers@gmail.com](mailto:fromtheheartstitchers@gmail.com).

## More Workshop Improvements Workshop Closed on Saturday, June 24th



Please note that the Richmond workshop will be closed on Saturday, June 24<sup>th</sup>. We are painting our social seating area! Since furniture and other items will be moved to the center of the room, we will not be able to accept items or have members come to sit and stitch with us on this day. The workshop will re-

open on Tuesday, June 27<sup>th</sup>, 10:00 am until 2:00 pm.

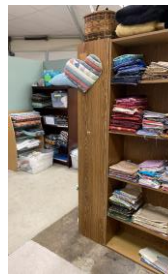
## It Was Such a Stitch!

The participants in the quilting demo appreciated the time that Shedly Reese prepared for the informative and fun quilting demo in May. Everyone had the opportunity to make their own square from pre-cut fabrics and learn several time- saving tips from our expert. The newly-minted enthusiasts were highly motivated to continue learning more about quilting as a new hobby. They will complete 12 squares at home and meet again in June to complete their charity quilt. Thank you, Shedly for introducing this beautiful art of quilting to our FtH members.



Just a reminder, our Quilting Team meets at Quilter’s Corner in Sycamore Square in Midlothian on the first and third Monday from 10:00 am to 12:30 pm.

## New Piece Goods Area



Members who wander to the rear of our space will find a neatly organized space for our fabrics. Betsy Vest and Matilde Woolcott have been busy carving a little niche for storing and displaying cotton, fleece, flannel, and fat quarters. These are the types of fabrics that our members use for sewing comfort items. A display wall has sample sewn items for inspiration as well as patterns from our website to share. There is even a sewing machine available for on-site sewing or you may want to bring your own and sew with a friend. Like everything at FTH the sewing center is possible thanks to the generosity of our members. If you have fabric you would like to donate, please know that preferred fabrics for our projects are cotton, fleece, and flannel that are fat quarters or 1 yard plus in size. Velcro is also always needed for making wheelchair totes, dignity bibs, port pillows etc.



For additional questions about our quilting and fabric needs, please feel free to email From the Heart at [fromtheheartstitchers@gmail.com](mailto:fromtheheartstitchers@gmail.com).



## For Your Browsing Pleasure

Are you in the market for a good beach bag whose size can be determined by you? Type in [Yarninspirations.com](http://Yarninspirations.com) and chose to knit and crochet patterns for dozens and dozens of bags.

Is knitting something you have wanted to learn or teach? Go to [knitting.com](http://knitting.com) and learn step by step how to knit. If you are a little rusty this is a perfect site to perfect your stitches and techniques.

[Crochetforyoublog.com](http://Crochetforyoublog.com) has some really unique crochet stitches and how to use them in projects. Another site for crochet is [Cosyrosieuk.com.uk](http://Cosyrosieuk.com.uk) with clothes as well decor patterns to crochet. Crochet Week was held in Atlanta in February. Patterns are shown under this heading and while not free they can inspire your personal creativity. More unusual clothing patterns can be found on [knitcroaddict.com](http://knitcroaddict.com) both in knitting and crochet.

Janet Sparzak

## Donation Inventory Numbers

### Previous Total

Mid 2002 – 2022 ..... 512,248

### 2023

January - April ..... 13,070

May (as of 26<sup>th</sup>)..... 4,609

Year to Date Total..... 17,422

**Grand Total ..... 529,927**

### Covid Items Donated

Face masks ..... 42,312

Ear Saver ..... 6,167

Surgical Hats ..... 2,755

Comfort Hearts..... 1,620

**Total Covid ..... 52,854**

## Tip of the Month

### How to Clean Your Needles and Crochet Hooks

For steel, aluminum, and plastic needles and hooks, dip them in a gentle soap solution, give them a quick rub with a clean sponge, rinse in clean water, and dry with a soft cloth.

For wood and bamboo needles and crochet hooks, do not dip them in water. Just wipe them off with a damp

cloth and dry them off with a clean dry cloth.

Doing this periodically will keep your crafting implements as good as new. For a visual, click [HERE](#)

## What Would YOU Like to See in the Newsletter?

Please send your ideas, tip, article, photos of your local group, etc. to Tricia ([triciaennis2014@gmail.com](mailto:triciaennis2014@gmail.com)) or Kulla ([kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net)) to be considered for inclusion in the Grateful Thread.



## Questions About Anything Related to From the Heart?

Feel free to contact any of our currently active (2023) Board Member with any questions you might have regarding this newsletter or any other From the Heart related issue. If the person you contact is unable to answer your question, they will be able to refer you to the Board Member who can. Click [HERE](#) and then scroll down to determine the best person to answer your question. Currently active Board Members are:

Deb Abresch, 804.512.3162,

[debabresch@verizon.net](mailto:debabresch@verizon.net)

Mimi de Percin, 804.514.7814,

[mpsc4a@hotmail.com](mailto:mpsc4a@hotmail.com)

Kulla Ficare (President), 804.263.5480,

[Kulla.ficare@verizon.net](mailto:Kulla.ficare@verizon.net)

Marti Manson, 804.731.6189,

[martimanson@comcast.net](mailto:martimanson@comcast.net)

Debbie Melanson, 804.512.7749,

[Debbie2835@gmail.com](mailto:Debbie2835@gmail.com)

Joyce Puller, 804.350.2921,

[pullerjb@gmail.com](mailto:pullerjb@gmail.com)

Capsen Stephens (Treasurer), 804.201.6136,

[tccstephens@verizon.net](mailto:tccstephens@verizon.net)

Betsy Vest, 804-747-0297,

[epvest3@gmail.com](mailto:epvest3@gmail.com)

Beth Williamson (Workshop Manager), 804-920-

1542, [elizabethwilliamson3300@comcast.net](mailto:elizabethwilliamson3300@comcast.net)

Nancy Wright,

804.359.1164,

[cornishogre@mac.com](mailto:cornishogre@mac.com)

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*Sent with love...*



From the Heart



[www.fromtheheartstitchers.org](http://www.fromtheheartstitchers.org)

Not for Sale

Both of these blankets were also in the November 2022 Grateful Thread. They are being copied here as we have a need, at the moment, for blankets of all sizes and both these patterns are easily adjustable to be made in many different sizes.

### Crocheted, Simple, Easy Blanket

**Size:** Pattern as written = 28 inches square but the size will vary depending on yarn and hook used.

**For larger sizes:** chain an even number of stitches to measure the desired square, then one more chain.

Example: For a 40-inch square, chain enough stitches (even number) to create 40 inches plus one more chain.

Next follow the directions as shown above for rows 1 and 2.

#### Materials

Approx. 8 oz. baby yarn or light worsted

Size I (for baby) or K (for worsted)

#### Abbreviations

ch(s) = chain(s)

dc = double crochet sc = single crochet

**For a 28" square:** chain 101.

Row 1:

Sc and dc in 2nd ch from hook, \*skip 1 ch, sc and dc in next ch; rep from \* across. Ch 1, turn.

Row 2:

Sc and dc in first dc, \*skip next sc, sc and dc in next dc; rep from \* across, skip last sc, chain 1 and turn. Repeat row 2 for pattern, Continue until the blanket measures 10 inches long, fasten off.

Follow pattern completing Row 1 and 2. Repeat row 2 until the blanket measures the desired length.



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### Knit Simple Diagonal Blanket Square

This pattern starts at one corner, grows out to two corners and decreases to the fourth corner, made all in one piece.

**Size:** Adjustable. With needle size 7, 8, 9, 10 or 10 ½ use single strand, worsted weight yarn, With needle size 11, 13, or 15 use double strand worsted weight yarn.

Cast on 4 stitches.

Row 1: Knit 2 stitches. Yarn Over (YO) the needle, knit to end, Turn

Row 2: Knit 2, YO, Knit to end, turn.

Row 3: K2, YO, Knit to end of row, turn.

Row 4: K2, YO, Knit to end of row, turn.

Subsequent rows: Continue as above, always knitting the first 2 stitches and wrapping yarn over needle then continuing to knit remainder of row.

When the one side edge of the piece measures the width you want the blanket to be (this will be half the square), begin your decrease.

To decrease: K1, K2 together, YO, K2 together, continue to knit to end of row. Continue above with each row until you are down to 5 stitches.

Bind off (cast off) these 5 stitches.



# From the Heart Local Group Times

**Subject to Change: Check Before Heading Out**

**June 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Hopewell Happy Caps, 10am- noon</li> <li>• Glen Allen Library Group, 1 – 3:00pm</li> <li>• Verena at the Glen - 3:00pm</li> </ul>	<p><b>2</b></p> <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>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Atlee Angels Legacy Park 1-3pm</li> </ul>
<p><b>4</b></p>	<p><b>5</b></p> <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 Quilter's Corner in Sycamore Sq. 10:00am -12:30pm</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>• Violet Bank Stitchers, 10am – noon</li> <li>• Heritage Public Library, New Kent, 2:00pm On site, in person meeting</li> <li>• Southside RVA Stitchers 6:30-8:00pm</li> <li>• Prince George Library, 2:00-4:00pm</li> <li>• Hanover Fiber Arts, Atlee Library, 1:00– 4:00pm</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30am-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>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Hopewell Happy Hearts, 5:30pm – 7:30pm</li> <li>• Verena at the Glen – 3:00pm</li> <li>• Glen Allen Library Group, 1 – 3:00pm</li> </ul>	<p><b>9</b></p> <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>• Knitwickers, Newfound Church of Christ, Glen Allen p 10am - noon</li> <li>• Twin Hickory Clubhouse Group 10:30am – 12:00pm</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Louisa Hardees 10am - noon</li> </ul>
<p><b>11</b></p>	<p><b>12</b></p> <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)</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>• Violet Bank Stitchers, 10am – noon</li> <li>• Southside RVA Stitchers 6:30-8:00pm</li> <li>• Fredericksburg Open -10:00am – 2:00pm</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30am-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>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Verena at the Glen – 3:00pm</li> <li>• Hopewell Happy Caps, 10am- noon</li> <li>• Glen Allen Library Group, 1 – 3:00pm</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10am – noon</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Atlee Angels, Legacy Park, 10am – noon</li> </ul>
<p><b>18</b></p>	<p><b>19</b></p> <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>• From the Heart Quilters Quilter's Corner in Sycamore Sq. 10:00am -12:30pm.</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>• Violet Bank Stitchers, 10am – noon</li> <li>• Southside RVA Stitchers 6:30-8:00pm</li> <li>• Prince George Library, 2:00-4:00pm</li> <li>• Hanover Fiber Arts, Atlee Library, 1:00 – 4:00pm</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30am-noon</li> <li>• Spring Arbor Sr. Living 1:30pm</li> <li>• McKenney Library (Ragsdale Room) 3:00 – 5:00pm</li> <li>• Heritage Library, Charles City Branch – 2:00pm. On site, in person meeting</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Hopewell Happy Hearts, 5:30pm – 7:30pm</li> <li>• Glen Allen Library Group, 1 – 3:00pm</li> <li>• Summerhill Retirement Ctr 1:30 – 3:30pm</li> <li>• Ashland Library Noon – 4pm</li> <li>• Verena at the Glen - 3:00pm</li> </ul>	<p><b>23</b></p> <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</li> </ul>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <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>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights Comm. Ctr 2:00- 3:30pm</li> <li>• Violet Bank Stitchers, 10am – noon</li> <li>• Southside RVA Stitchers 6:30-8:00pm</li> <li>• Fredericksburg Workshop Open -10:00am – 2:00pm</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30am-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>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Verena at the Glen – 3:00pm</li> <li>• Hopewell Happy Caps, 10am- noon</li> <li>• Glen Allen Library Group, 1 – 3:00pm</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10am – noon</li> </ul>	

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> <a href="https://ashlandheart.blogspot.com/">https://ashlandheart.blogspot.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	Laurie Fuller, 804-467-9109, fullerlc@comcast.net
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	8:30am-noon	Laura Logen 804-526-4202
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 <sup>st</sup>	1.30pm	Betsy Ziomek, <a href="mailto:betsyziomek@gmail.com">betsyziomek@gmail.com</a> 804-221-2217
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
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 Workshop	1320 Central Park Blvd., #108	Fredericksburg	Tuesday, 2 <sup>nd</sup> , 4 <sup>th</sup>	10:00am- 2:00pm	Sally Moore 540.295-6224
From the Heart Quilters	Quilter's Corner, Sycamore Square	Midlothian	Monday 1 <sup>st</sup> , 3 <sup>rd</sup>	10:00am -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 – 3:0pm	Barbara Robinson 804-310-3790
Hampton Roads FtJ		Hampton			Michelle Sartelle <a href="mailto:Michellesartelle@gmail.com">Michellesartelle@gmail.com</a>
Hanover Fiber Arts	Atlee Library, 9212 Rutlandshire Dr	Mechanicsville	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	1 – 4:00pm	Phaedra Knoller 804-837-7018 Beth Watkins 804-347-9286
Heritage Public Library, Charles City	10790 Courthouse Rd	Charles City	Wednesday, 3 <sup>rd</sup>	2:00pm	Charles City County Library (804) 652-2450 In Person
Heritage Public Library, New Kent Branch	7791 Invicta Lane	New Kent	Tuesday 1 <sup>st</sup>	2:00pm	Heritage Public Library, 804-966-2480 In Person Mtg.
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	Deborah Corbett 804-794-1251 <a href="mailto:corbett0@gmail.com">corbett0@gmail.com</a>
King George, Peace Lutheran Ch	5590 Kings Highway	King George	Friday 2 <sup>nd</sup> , 4 <sup>th</sup>	10am-noon	540-775-9131
Knitwickers, Newfound Church of Christ	14166 Gordon Lane	Glen Allen	Friday, 2 <sup>nd</sup>	10am-noon	Linda Simon, 804-320-0133
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
Midlothian Women's Group	Kroger Starbucks, Ivy Mount Sh. Ctr.	Midlothian	Friday 1st	2:00- 4:00pm	
Prince George Yarnspinners	Prince George Lib, 6605 Courts Dr	Prince George	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	2-4pm	
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> ,	10:30am-12:30pm	Ginger Todaro <a href="mailto:gbtodaro@gmail.com">gbtodaro@gmail.com</a>
Verena at the Glen	10285 Brook Road	Glen Allen	Thursday, every	3pm Tracy Lonski	Tracy Lonski. 804-261-1100, ext./ 207
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday every	10a-noon	Wendy Alvis - 804-520-9395