

Grateful Thread –October 2023

14006 Whispering Oaks Rd.


Midlothian, VA 23112

<https://www.facebook.com/FromtheHeartStitchers>

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Sent with love...



From the Heart 

www.fromtheheartstitchers.org

Not for Sale

Our mission is to serve our community by preserving and promoting fiber arts, creating a spirit of fellowship and love among our volunteers and board members, and producing handmade items which bring comfort, love, and solace to others.

Monthly Mentions

The Richmond FtH workshop has been busy with incoming donations of finished projects to lovely yarn donations for your use. We are so grateful to everyone for supporting our mission.

Recently, a member came in to donate her lovely items and noticed several other members sitting in our social area enjoying conversation and stitching. She remarked that she did not know that she could come in to sit and stitch. Of course, we advised that she could indeed come in and enjoy time with other members. When was the last time you joined us for quality time with your WIP? Invite a friend and plan to visit soon.

The Scrappy Yarn Contest has resulted in 58 completed projects ranging from shawls and blankets to toys and fiddle items. We will announce the winners in the crochet and knit categories at the Retreat. It was so rewarding to see all of the creative items made from scrap yarn. Check out our [Facebook](#) page for photos of the various entries and get inspired with scrap yarn, too!

October will bring cooler temps which means it is time for warmer hats, scarves, blankets, and socks. We also need to remember to make wool hats and scarves for the homeless communities that we serve. You can find wool to the left of the baby yarn at the end of the “yarn hall”. Remember to tie a red piece of yarn on all items made from wool.

Just FYI...we currently have an abundance of full-term baby hats, so none are needed this month. If you know of an organization that can use full-term baby hats, please email fromtheheartstitchers@gmail.com and let us know.

Look in this issue for special projects that we will share with our beloved veterans in November and little NICU newborns in December.

Thank you for keeping the mission of From the Heart as a part of your life's purpose.

Prepping for the 2023 FtH Retreat

Board Members and additional volunteers prepared gift bags, grab bags and other Retreat items recently.



From left to right Joyce Puller, Becky Seward, Betsy Vest, Capsen Stephens, Deb Abresch, Tricia Ennis who is hiding behind Nancy Wright, Liz Fox, and Beth Williamson. Despite it being

“organized chaos”, somehow it all ended well 😊

Fredericksburg Workshop

Due to the heat and our lack of air conditioning, the FXBG workshop will change its hours for the month of October. We will be open from **10:00 until 1:00** on the **second and fourth Tuesday**, 10 and 24.

Please come by to pick up fabric, 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.

[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.

Fredericksburg has a need for elves who are willing to help for a 2-or-3-hour block. If you would like to learn more about volunteering, contact Jeanne Fraser, our Volunteer Elf Coordinator at bluesisu@gmail.com.

Workshop Elves and Elf of the Month

To volunteer for a shift at the workshop during the month of October in **Richmond**, please contact Jacqueline Muoio at msjbangles@yahoo.com or call 804.802.2304. In **Fredericksburg**, the contact is Jeanne Fraser at bluesisu@gmail.com. Please let your scheduler know if this is the first time you are volunteering as an elf.

The Elf of the Month for September is **Carla Zarrella**. Congratulations, Carla! Please select some of the nice yarn that is available only to the monthly Elf of the Month to use for personal projects. We appreciate all you do for FtH!

Current Needs – October 2023

Below are our 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. Add a personal note of encouragement or simply a “made by” if you want to.

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.

In the Fredericksburg area, please advise Sally Moore at symoorefth@gmail.com or 540-295-6224.

Fredericksburg

- Shirt protectors
- Chemo Hats
- Walker totes
- Wheelchair totes
- Large Blankets

Richmond

- Wool/wool-blend hats, marked with a piece of **red** yarn (*in addition* to the tag/white yarn)
- Colorful adult size hats for larger children
- Soft cotton blend hats for chemo patients
- Sewn flannel hats with a ribbed band
- Fidget items (twiddle muffs, panels, cuffs, or wristlets)
- Acrylic octopuses with shorter tenacles for memory care
- Children’s toys, large stuffed animals or dolls, small toys
- Fingerless mitts, adult and children’s mittens, slippers, sleep socks
- Long (72”) blankets for palliative care
- 40” x 60 “ blankets
- Lapghans
- Fleece blankets (any size)
- Standard pillowcases for children (see below)

Pillowcase Workshop



Want to join the FTH’s pillowcase project for the Children’s Hospital at VCU but unsure of the how-to of making pillowcases? You’re in

luck! Shedly is making kits with how-to instructions AND, the best part, presenting her easy-to-follow demonstration on Thursday, October 19th, 1:30 p.m. at Westbriar. Just 12 spaces so sign up now and enjoy being a part of this fun, easy, and worthwhile project. Click on the link to be brought to the page to sign up.

<https://www.signupgenius.com/go/10C0C4AACA728A7F5C34-44590414-sewn>

Special Thanks

We always appreciate the many donations we receive from members and those who have just learned about From the Heart. This month we send special thanks to:

- Johnnie W. – Donation of a sewing machine.
- Family of Carol Parham – Donation of yarn and completed projects.
- Nancy W. – Donation of 4 dolls from our [Amazon Wish List](#) to send to memory care patients.
- Lauren C. – Her employer, Bank of America, generously donates on behalf of Lauren’s volunteer hours to our organization.
- We also had several monetary donations from members and various organizations.

Quilting Workshop Finished Project

Sofia K. participated in the recent quilting workshop. Her finished quilt is just perfect for autumn colors. There have been several completed quilts from that workshop but what makes this one so unique is that Sofia never sewed before. That’s right! She told us that if she could do this then anyone could do it, too.



Sofia also makes “Ollies,” the cotton octopuses, for NICU babies. And she loves to crochet edgings on the machine knit blankets that a member makes for us. Now she has added a new skill to her toolbox.

Celebrating Veterans All Year Long

FtH honors our veterans all year long with red, white, and blue quilts, blankets, hats, scarves, catheter bags, wheelchair and walker totes and toys. Yes, you can dress a teddy bear in red, white, and blue as well! We have plenty of red, white, and blue yarn for hats,

scarves, and blankets at the Richmond workshop.

Please select your project and material as we approach Veteran’s Day. Your completed projects will be distributed locally to our veterans. In order for us to deliver for Veteran’s Day, please bring your items by October 26th.

Tip(s) of the Month



As we told you back in May, it is important to clean your hooks and needles on a reasonably regular basis in order to enable your stitches to fly off them as swiftly as possible.

Click below to see a simple, effective way to keep both needles and hooks in good condition.

https://www.youtube.com/shorts/tsqEL_9fQTo

It is also important to take a few moments every now and then when knitting or crocheting to make sure your fingers, hands, and arms are kept comfortable and supple. Click on the link below for a few examples of exercises which are good for both the knitter and the crocheter.

<https://knitpal.com/blogs/knitpal/hand-exercises-for-knitters-and-crocheters#:~:text=Hold%20your%20hands%20in%20the,your%20hand%20towards%20your%20body.>

Santa Hats for Newborn Babies



Every year we support Skylar’s Love Mission by making red and white Santa baby hats. These sweet hats are distributed in December by Shannon

and her husband, Tracy Armes, to local hospital nurseries. This project is a favorite for FtH members, and we always have a great turnout. The [knit](#) and [crochet](#) Santa baby hats are due by December 8th. Ho, Ho, Ho!

Be sure to write “Santa Hat” on the back of the FtH tag for this project.

White Baby Blankets for VCU – Santa Photo with Babies

Another holiday project is the white baby blankets that we send to VCU for their annual photo session with the “big guy” himself, Santa! If you would like your white baby blanket to be included, please write “VCU Santa Blanket” on the back of the FtH tag. This project is due by December 8th. Your favorite knit or crochet pattern in any size up to 36” x 36”.



2023 Donation Daze – GOOD NEWS

The good news is that we will hold a Donation Daze. The bad news is that a date has not been determined. So, stayed tuned to all email communications in the upcoming days. You do not want to miss this event!

Donation Inventory Numbers

Previous Total

Mid 2002 – 2022 **512,248**

2023

January - August.....26,533

Sept. (as of 27th)1,632

Year to Date Total.....**28,165**

Grand Total 540,413

Covid Items Donated

Face masks42,346

Ear Saver6,170

Surgical Hats2,792

Comfort Hearts1,644

Total Covid.....52,952

For Your Browsing Pleasure

[Made by Gootie](#) is a really great site for both knitters and crocheters alike, with a super handy search button on the home page. Type in whatever you are looking for, “Halloween” and “Christmas Gifts” come to mind immediately as both are rapidly approaching, and you will be amazed at the number of ideas, patterns, and even tutorials which may pop up. This site’s home page currently has free patterns and tutorials for many different crochet stitches with which to make a Corner

to Corner (C2C) blanket. This site is well worth an hour or so of your time.

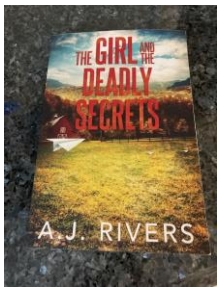
The Craft Yarn Council has a really excellent [Project Center](#) where you will find both knit and crochet patterns broken down by category and type. The side bar on the page allows you to travel all over the site with the click of your mouse.

[Sewing Support](#) is a site where you can find all manner of free sewing patterns for all manner of items, including quilts. It even contains links to books on Amazon which may be of interest to our sewers.

AND don't forget your local library. Most libraries still have excellent crafting sections.

What's in a Name?

If you are planning to attend the Retreat this year on Saturday, October 7th, one of the raffle items will be a little different than anything we have ever raffled before.



One of From the Heart's members is a well-known author who publishes under the nom de plume A.J. Rivers. The books center on the assignments and career of FBI agent Emma Griffin. "A.J. Rivers" likes to use her knowledge of real-life events, places, and people as building blocks for her fictional stories.

One of "A.J."s more recent books is "The Girl and the Deadly Secrets", which is about a charitable organization called From Heart to Heart, whose President Tricia Donovan unfortunately ends up a murder victim 😞

A few excerpts:

"I... pull(ed) out a couple of the things Lois and Shawna gave me. 'These were made by Tricia and Sherry. Not too long before they were killed I'd have to guess since they were still at the workshop.'

"...It was on display next to the white board in the front room."

"...I shake my head, confused. "A code? What do you

mean?" 'Look, these patterns repeat consistently throughout the pieces, but they don't make sense...'

"I bring up the list of recipients and clients the group works with... The list has everything I would expect. Battered women's shelters, homeless shelters, halfway houses..."

"This is Pat Ledger. She took over as head of From Heart to Heart after the death of Tricia Donovan."

We have been given a copy of this book to be used as a raffle item at the retreat and the author is willing to sign it for the lucky winner. \$1 for one ticket or \$5 for 6 tickets could win you the book which brings From the Heart to international attention under the name From Heart to Heart (and you might be in it, albeit a little disguised).

As this article's title asks, What's in a Name? 😊 It is such an honor that "A.J." has used her knowledge of From the Heart to immortalize the organization and our work in a book.

The Joy of Recipients

We all know what we do and why we do it, but we don't always have the satisfaction of seeing how much joy the recipients of the items have when they are given them. So many people, who when they are given something we have made, respond with "What, for ME??", or "It's free? But it is beautiful. I get to keep it and take it home?"

Melissa H sent this photo of a few of the clients she works with modeling, with great pleasure, some of the items From the Heart has given to Alliance Family Counseling



Group for donation to their clients. They offer mental health skill building, crisis stabilization, and outpatient therapy to their clients.

Among Alliance's clients are many homeless people so, if there is anyone who likes to work with plarn (plastic yarn made from cutting plastic bags into strips and knotting the strips together), to create sleeping mats for the homeless, Alliance would be thrilled to receive them.

Knit Basketweave Blanket Square

Size of the finished square depends on the needle used and the weight of the yarn used. Make as many squares as you think would be joined to make a blanket of the size you want.

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 through 8 once more.

Knit 3 rows.

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

Crochet Blocks of Drops Afghan

This pattern is a great way to use up scraps. Any weight yarn can be used with a corresponding size crochet hook. Use your imagination when deciding on colors as the possibilities are endless. Change colors after every two rows as making only two rows of each color makes the drops really pop out nicely.



Abbreviations:

Ch chain

DC double crochet

NOTE: When creating your drop stitches, when you yarn over and pull your yarn through the stitch 2 rows down, be sure to create an elongated loop to prevent puckering.

Pattern:

Chain to desired width of afghan using **odd** multiples of 6, plus 4. Worsted weight yarn, an “H” hook, and a chain of 106 gives a blanket with a width of approximately 30”. (106 = 6 X 17 = 102 + 4 = 106)

Row 1: DC in 4th chain from hook and in the next 2 chains – this makes your first group of 3 DCs. *Skip next 3 chains, ch 3, DC in next 3 chains. Repeat across from * to the end until you have 4 chains left. Ch 3, skip 3 chains, DC in last chain, ch 3, and turn.

Row 2: *DC in each of the 3 chains (2 rows down) to create your “drop stitches”, ch 3 (to form a bridge to the next set of 3 chains) repeat from * to the end of the row until you have 3 stitches left. Finish with a ch 3, DC in top of the turning ch, ch 3, and turn (ch 3 is for turning chain).

Row 3 *DC in each of the 3 DCs (2 rows down), ch 3, repeat from * to the end finishing with a DC in turning chain, ch 3, and turn.

Repeat row 3 until desired length.

Border: 2 rows of SC around entire blanket.

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

October 2023

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

| 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 | 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 nd , 4 th | 1-2:30pm | |
| Colonial Heights Sr Ctr | Roanoke Avenue | Colonial Hgts | Wednesday, every | 8:30am-noon | Laura Logan 804-526-4202 |
| Colony Critters | Patriot's Colony | Williamsburg | Wednesday 1 st | 1.30pm | Betsy Ziomek, betsyziomak@gmail.com 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 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 |
| Five Rivers Fiber Guild | Rice's Hotel/Hughlett's Tavern | Heathsville | Friday, every | 10am-noon | Judy Mooers, 804-366-1133, jkmooers@aol.com |
| Fredericksburg | 1320 Central Park Blvd., #108 | Fredericksburg | Tuesday, 2 nd , 4 th | 10:00am- 1:00pm | Sally Moore 540.295.6224, slmoorefth@gmail.com |
| From the Heart Quilters | Quilter's Corner, Sycamore Square | Midlothian | Monday 1 st , 3 rd | 10:00am -12:30pm. | Betsy Vest. 804-747-0297, epvest3@gmail.com |
| 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 Michellesartelle@gmail.com |
| Hanover Fiber Arts | Atlee Library, 9212 Rutlandshire Dr | Mechanicsville | Tuesday 1 st , 3 rd | 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 rd | 2:00pm | Charles City County Library (804) 652-2450 In Person |
| Heritage Public Library, New Kent Branch | 7791 Invicta Lane | New Kent | Tuesday 1 st | 2:00pm | Heritage Public Library, 804-966-2480 In Person Mtg. |
| 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 | 804-458-6329 (not currently meeting due to parking issues). Will resume once the Farmers Market is over. |
| Kay's Krafters | 3105 Three Bridge Road | Powhatan | Friday 2 nd | 1-5pm | Deborah Corbett 804-794-1251 corbettd0@gmail.com |
| Knitwickers, Newfound Church of Christ | 14166 Gordon Lane | Glen Allen | Friday, 2 nd | 10am-noon | Linda Simon, 804-320-0133 |
| Louisa Hardees | 881 Jeff Davis Hwy | Louisa | Saturday, 2 nd | 10am-noon | Pat Gibson 540-872-5524 |
| Mathews Group, A Common Thread | Ch of Francis De Sales, 176 Lovers | Mathews | Wednesday, 1 st | 10:30am-2:00pm | Not Currently Meeting |
| McKenney Library Group | Ragsdale Room, McKenney Library | McKenney | Wednesday 1 st , 3 rd | 3:00-5:00pm | 804-458-6329 |
| Prince George Yarnspinners | Prince George Lib, 6605 Courts Dr | Prince George | Tuesday 1 st , 3 rd | 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 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 | Ginger Todaro gbtodaro@gmail.com |
| 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 |