



Food/Food Packaging in the Workshop

We hope everyone is enjoying the redecorated and updated social area in the workshop. It is so nice to see so many returning to sit and work together after the last couple of years. You are welcome to eat and/or drink in the workshop, just be sure to take any wrappers, bags, or food items with you when you leave. This will discourage any unwanted little creatures from attempting to share our space.



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

From the Heart

18th Annual Retreat Registration Form

“We Walk Better Together”: October 7, 2023 – 10:00 am to 3:30 pm

The Place at Innsbrook, 4036 Cox Road, Glen Allen, VA 23060

Number of attendees is limited to 125 total

Your Name: _____

Address: _____

Phone: (h): _____ (c) _____

Email: _____

Circle which boxed lunch you would prefer to receive. Sandwich boxes include a bag of chips, freshly baked cookies, a piece of whole fruit, cutlery kits, bottled water, and appropriate condiments. Bottled water, a freshly baked cookie, and crackers are included with the salad option. Hot tea and coffee are also available.

1. Turkey & Swiss on sourdough, lettuce & ripe tomato
2. Vegetarian Wrap with roasted peppers, onions, zucchini, squash & balsamic vinaigrette
3. Orange Pecan Salad on fresh greens, ripe tomatoes, red onion, glazed pecans, mandarin oranges & raspberry vinaigrette

Add chicken to the Orange Pecan Salad (please circle) YES NO

PLEASE LIST ANY KNOWN FOOD ALLERGIES _____

ONLY REGISTRATIONS MAILED TO THE ADDRESS BELOW WILL BE ACCEPTED:

Beth Williamson
3014 Westgate Drive
Richmond, VA 23235
804.233.4046 (h) 804.920.1524 (c)
Elizabethwilliamson3300@comcast.net

Registration fee is \$45.00 per person. Please make checks payable to FROM THE HEART.

Your check #: _____ Amount: _____

For planning purposes, registration must be received on or before September 15th, 2023. Share the fun, bring a friend! Use one form for several attendees but be sure to note who wants which boxed lunch. Attendance is capped at 125 so do not delay in submitting your registration. Sorry, no walk-ins allowed so be sure to register you and your friends **before September 15th**.

A photographer will be in attendance and photos taken may be used by From the Heart to promote future events and/or activities.

No refunds after September 15th but substitutions will be allowed for any reason.

Monthly Mentions

The Richmond workshop was greatly enhanced with the installation of solar roller shades in our social area during August. This installation was made possible by a generous member and has greatly reduced the sun's heat in this room. Several pictures were also hung adding a new vibe to the room. We have another surprise coming soon, too. You will have to come and see for yourself!

August is in the rear-view mirror and the unofficial end of summer is celebrated by some and dreaded by others. September is one of my favorite months of the year. Although, the horrible events of September 11, 2001, still haunt my memories of a beautiful morning of blue skies. We now remember that dreadful day as Patriot's Day and a National Day of Service and Remembrance. A horrible day of sorrow can now become a day of giving of ourselves for a purpose to serve others.

As members of FtH we are constantly "serving others" every time we finish a project, volunteer as an Elf, support a fundraising project or welcome a new member. The act of service is an unselfish act. There is nothing expected in return and yet, the sense of pride we feel by finishing a baby blanket, a pair of fingerless mitts, a colorful quilt or just a hat for the cold months ahead takes away self-focus on ourselves and our worries for a little while. That feeling is so self-soothing, isn't it?

As we welcome a new month, enjoy each and every stitch by gathering with friends or just sitting with your thoughts about how your stitches make a difference every day.

I hope to see you at the Retreat next month!

Thank you for keeping the mission of From the Heart a part of your purpose.

2023 From the Heart Retreat



Do not wait for the October newsletter to register for the 2023 Retreat because the **deadline is September 15th**. The registration form can be found in this newsletter and at the workshop.

This year we are accepting table reservations for tables of 8. Email elizabethwilliamson3300@comast.net and kulla.ficare@verizon.net with the name of your group and the names of those who will be seated at your table. A \$20 donation will be collected on the day of the Retreat to reserve a table.

Speakers

Speakers this year are Liz Dukette, Founder of World U.P. and Lori Gerson, Board Member with Cancer Dancer.

Classes

Our crochet instructor is Tonia Neiter, teaching 4 different crochet edgings. Participants must bring a 4-inch swatch with a single crochet border. Each side of the swatch should have the same number of odd stitches. Bring your swatch and crochet hook.

Tricia Ennis will teach a class on converting flat knitting patterns so you can work the pattern in the round, resulting in less finishing and no seams. Participants will not need to bring anything with them, except their questions, as a handout and a worksheet will be provided.

Please email kulla.ficare@verizon.net with your class choice(s) by September 15th. Seating is limited.

Raffles and Prizes

Our raffle items and door prizes are irresistible! So many original and unique items that will go home with very lucky attendees!



Grab Bags

Back by popular demand are the sealed grab bags. These bags contain high-end yarns (and other trinkets) from popular LYS. These items cannot be used in our comfort projects, so we make them available to our members for a \$5 donation.

Vendors

We are so excited about our vendors for this year. Each is unique and will no doubt tempt all of us with their wares.

Mary Atkins with **Merry Soap Makers** of Powhatan, a fan favorite, will tempt us with her fragrant goodies. Hand crafted soaps and hand creams made with all natural ingredients such as lavender and goat's milk. (**NOTE:** Cash or check only – no cards, please.)

Sheila Weisensale's Creations will again be offering a wide selection of handmade note cards and other paper creations which include dried flowers and seeds from Sheila's personal garden. View her Etsy page, [UncommonCuts](#), for a sneak peek.

We are pleased that [Classy Accessories](#) is returning again this year. Michelle Turnage makes adorable custom towels, burp cloths, jewelry, can monogram "anything" to include hats, bags, baby items, etc. Special order? No problem!

Debbie Floyd, with [Dances With Wool](#), (another crowd pleaser) always manages many squeals of delight from our members with her vast array of hand dyed yarns and accessories. Be sure to stop by her table for a weaving demo, too.

New this year is Cathy McElhannon, [The Roving Felter](#). She makes adorable, felted gnomes, toys, and pictures. We are excited to welcome Cathy to FtH's Retreat!

Special Thanks

Our volunteers not only sew, knit and crochet, they also "donate" their time and talents with our "Honey Do" list. Recently, Capsen and Tommy S. removed the vertical blinds in our social area. The blinds were hard to manage as they frequently fell from their position high up on the window making it difficult for our elves to climb a ladder and replace them. Not only did they remove the old blinds, but they also disposed of them as well as other items that are no longer used. Additionally, they stayed after workshop hours to help the installer of our new solar shades. We appreciate this instance as well as other "Honey Do's" that they have tackled for us.

As for the new solar shades, these have greatly reduced the sun's heat in our workshop and are very attractive. The new shades were made possible by a member who made a generous donation toward the cost of this purchase. Our members will enjoy these shades for many years to come.

Becky and Dennis S. are frequent volunteers who come prepared with tools and equipment to dive into any needed task. A few weeks ago, they hung several pictures in the social area. They are also planning to hang our new mission statement banner. The dreadful wasp nest above the front door is gone thanks to

Dennis. Dennis and Tommy have both helped with replacing light bulbs as needed throughout the workshop. And you can see the fine workmanship of Dennis' talents in furniture refinishing and Becky's sewing skills in covering cushions and making pillows. They are a great team.

FtH also received several items from our [Amazon Wish List](#) last month from two donors. We really appreciate the items donated by Joe K. and Margaret T. We hope that this method of giving will provide a convenient method for donors to support our mission.

Fredericksburg Workshop

Due to the heat and our lack of air conditioning, the FXBG workshop will change its hours for the month of August. We will be open from **10:00 until 1:00** on the **second and fourth Tuesday**, 12 and 26. 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.

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.

Tip of the Month

An easy method for folding and storing plastic grocery bags can be found [here](#). If you are a Boomer Baby, you likely made paper footballs during class and used them to pass notes or to play a game with your classmates. Who needed Algebra anyway? 😊

Current Needs – September 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
- Neck pillows
- Walker totes
- Wheelchair totes

Richmond

- Baby blankets (all sizes)
- Hats for children and adults (NOTE: Most children can wear a small adult sized hat)
- Soft toys
- Blankets up to 72” long
- Soft hats for chemo
- Soft flannel sewn sleep caps
- Dressed bears
- Fidget items
- Red, white, and blue twin size blankets (48” x 72”)
- Comfort/Izzie dolls
- Project 11 cradles (see below)

Project 11 (<https://www.11withthomas.org/>) is a 501 (c) 3 organization that provides comfort to families of stillborn babies. The little swaddles are just a crochet rectangle that are 6.5 to 7” by 11” and the pattern is on our website [here](#). There is a sewn waterproof insert that fits inside the swaddle. They should be made with soft, solid pastel colors. “Project 11” should be denoted on the back of the tag. If you have not had luck meeting the required dimensions by crocheting back and forth, the corner-to-corner crochet method is also acceptable.

Successful FtH Special Projects for July & August

The special hats for nursing mothers were greatly appreciated by Nurture RVA. Our generous members

knitted and crocheted 47 hats in various skin tones. FtH was one of ten Community Partners featured on their website and brochure for their event, Knock One Out of the Park. This event was held at a Flying Squirrels game. Thanks to everyone who participated in this special project.

FtH members were also more than generous in supporting the diaper/feminine products drive for World Up and the Goochland Care Food Bank. A total of 8 boxes and 11 packages of diapers plus 2 packs of baby wipes were donated. Also collected were 23 boxes of various feminine products and a bag of travel size toiletries. Cotton wash cloths were also donated for this project.



Pillowcase Workshop

WOW! The interest in the pillowcase workshop was overwhelming! We only had room for 10 students, and we met that goal in just a few hours. Not to worry if you missed this opportunity. There will be another workshop soon. Be sure to read all communications from FtH so as not to miss the next workshop.

VCU requested colorful pillowcases for their young patients at VCU. The pillowcases will be made available to the patients to use during their stay and to take home.



We are so grateful to Shedly Reese for her willingness to share her skills with our membership again.

FtH Panera Fundraising Event

We had a great afternoon at Panera on Brad McNeer Parkway on August 20th. So many members, and even those not familiar with FtH, supported this event. We were able to talk about our mission and hand out our brochures to interested customers.



Workshop Elves and Elf of the Month

To volunteer for a shift at the workshop during the month of September 2023 in **Richmond**, please contact Kulla Ficare, 804-263-5480 or by email at : Kulla.Ficare@verizon.net.

In Fredericksburg, your contact is Jeanne Fraser, 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 August 2023 is **Pam Bryson**. Next time you are at the workshop, Pam, please take some time to select some of the nicer yarn that is set aside for our monthly winner.

For Your Browsing Pleasure

As the news has stated Barbie, Barbie, Barbie, has been the big news all this summer of 2023. The movie has influenced fashion this summer and everything is Barbie Pink. A knitting book "Knits for Barbie" by Nicky Epstein gives Barbie patterns for the 40's 60's and 90's to make for grandchildren as well as yourself if you still have your Barbie.

Check Ravelry for free as well as paid patterns for Barbie Fashions. Be sure to check out Vicki Johnson's and Beth Bell's patterns. There are also many patterns for Ken's clothes.

Another interesting website, which has enough blanket patterns to keep a crocheter busy for years, is <https://makeanddocrew.com>. The cardigan patterns are also beautiful, unusual, and prolific.

Finally both knitted and crocheted bags make great gifts. Patterns for both can be found on the internet at <https://www.lionbrand.com/search?q=bags>.

Janet Spartzak

Gratefulness for our Capabilities 😊

It is terrific that, as a group, From the Heart makes so many items for donation to charity, over half a million items to date, 538,781 items to be exact.

The number of organizations out there that need crocheted, knitted, and sewn items is astonishing. We are doing "our thing" and helping others at the

same time, but have you ever stopped to consider how our hobbies help us as well as those to whom the finished item is given? Our "hobbies" of knitting, crocheting, and sewing are:



- Good for our brains. Numerous studies have shown that these hobbies keep our brains sharp.
- Mood lifters. Many people who share our hobbies have clearly said their hobby has helped them through depression and helped improve their mood.
- Inexpensive: OK, you can spend a lot of money if you want to, but you don't have to 😊
- Eco-friendly. Nothing we make is destined for the landfill.
- Keeping tradition alive. People have been knitting, crocheting, and sewing for literally thousands of years and, as such, we are also potentially creating heirlooms.

In addition to all of that, From the Heart is our own, very active, social club! Don't forget, the next time you lift your yarn, hook, needles... to be thankful for our ability to not only give, but to also receive as much as we do because of what we are capable of doing.

Donation Inventory Numbers

Previous Total

Mid 2002 – 2022 **512,248**

2023

January - July23,049

August (as of 28th).....3,484

Year to Date Total.....**26,533**

Grand Total 538,781

Covid Items Donated

Face masks42,346

Ear Saver6,170

Surgical Hats2,782

Comfort Hearts1,644

Total Covid.....52,942

From the Heart Local Group Times

Subject to Change: Check Before Heading Out

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <ul style="list-style-type: none"> Five Rivers Fiber Guild Heathsville. 10am – noon 	2 <ul style="list-style-type: none"> Atlee Angels Legacy Park 1-3pm
3	4 <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 	5 <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 	6 <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 	7 <ul style="list-style-type: none"> Verena at the Glen – 3:00pm Hopewell Happy Caps, 10am- noon Glen Allen Library Group, 1 – 3:00pm 	8 <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 	9 <ul style="list-style-type: none"> Louisa Hardees 10am - noon
10	11 <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) 	12 <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 	13 <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 	14 <ul style="list-style-type: none"> Verena at the Glen – 3:00pm Glen Allen Library Group, 1 – 3:00pm 	15 <ul style="list-style-type: none"> Five Rivers Fiber Guild Heathsville. 10am – noon 	16 <ul style="list-style-type: none"> Atlee Angels, Legacy Park, 10am – noon
17	18 <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. 	19 <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 	20 <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 	21 <ul style="list-style-type: none"> Verena at the Glen – 3:00pm Hopewell Happy Caps, 10am- noon Glen Allen Library Group, 1 – 3:00pm 	22 <ul style="list-style-type: none"> Five Rivers Fiber Guild Heathsville. 10am – noon Twin Hickory Clubhouse Group 10:30am – 12:30pm 	23
24	25 <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) 	26 <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 	27 <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 	28 <ul style="list-style-type: none"> Glen Allen Library Group, 1 – 3:00pm Summerhill Retirement Ctr 1:30 – 3:30pm Ashland Library Noon – 4pm Verena at the Glen - 3:00pm 	29 <ul style="list-style-type: none"> Five Rivers Fiber Guild Heathsville. 10am – noon 	30

Name	Address	City	Day of Month	Time of Day	Contact
Ashland Library Group	201 S. Railroad Ave	Ashland	Thursday, 4 th	Noon – 4:00pm	Vicki Welsh, vickiwelsh@protonmail.com https://ashlandheart.blogspot.com/
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