



## Grateful Thread – July 2024

<https://www.facebook.com/FromtheHeartStitchers>  
<http://www.fromtheheartstitchers.org>

## Monthly Mentions

Dearest Gentle Readers:

Fans of the series, *Bridgerton*, were eager for the second part of season three to air in June. Now, I'm told, that the fourth season may not air until 2026 which seems very unreasonable for those of us who love to stitch and stream. Streaming is a good excuse to binge our favorite shows while enjoying our "stitch therapy." Luckily, we have plenty of shows to pick from to satisfy our need for a good binge.



We also have plenty of excellent projects that are just right for these hot summer days. Whether you are staying home, on vacation, waiting during an appointment, joining friends at the workshop or your favorite group. Small knitted or crocheted toys are a perfect take-me-with-you project. So are the 4" x 6" cotton soap sacs (more info and patterns below) plus the cotton [octopuses](#). Have you ever made an Izzy doll? (Crochet pattern is [here](#) and the knit pattern is [here](#).) Need a new challenge? Try this [knit ball](#). It's a great project to use up scraps, too.

There are many projects needed that can't wait for Lady Whistledown to return. Find comfort in a new show and a new summer project to keep you engaged. While you are rewarding yourself with your favorite craft and a streaming series, you will also be making something that someone you have never met needs and will cherish.

Thank you for all that you do for From the Heart and for making the mission of this organization a part of your life's purpose.

## It's Never Too Late.....

... to re-learn knitting or crochet. This is Randi S. who is re-learning her knitting skills with the help of her friend, Dorothy B. Randi recently said that she always learns something new each time she comes to sit and stitch with her new FtH friends. Her first completed garment is this adorable, hooded baby cardigan. Randi is also a new “Elf” volunteer at the Richmond workshop.

If you would like to sharpen your crochet, sewing or knitting skills plus, meet new friends, then come by the workshop and join us. Or, if you just want to enjoy some social stitching time with like-minded folks, we will welcome you any Tuesday, Wednesday, Thursday, or Saturday from 10:00 am to 2:00 pm.

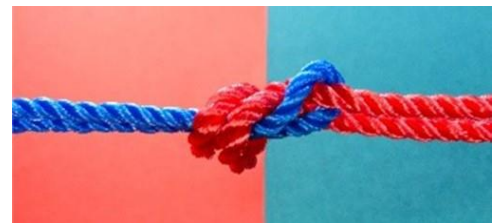


Meet Bubba, Beth W.'s new rescue fur baby. Bubba likes to go for a ride when Beth has a quick errand to run. On this day, she stopped the workshop to deliver a few Retreat registrations. Both Bubba and Beth were all smiles meeting a few FtH members at the RIC workshop.

Welcome to the FtH family, Bubba!

## 2024 Retreat Registration & Table Reservations : “Interwoven Lives”

Have you mailed your registration for the 2024 Retreat yet? You still have plenty of time before the cut off of September 6<sup>th</sup>, but keep in mind that we can only accept 125 registrations this year. To make it even easier for some that frequent the workshop regularly, you can also leave your registration and check (**NOT CASH**) in the donation box at the RIC workshop to save yourself \$0.68 for a first-class stamp.



If you and your 7 dearest friends would like to reserve a table at the Retreat this year, please email Kulla **with their names** at [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net). Reserved tables of 8 are available for a \$20 donation which is payable at the door on the day of the Retreat.

The Registration Form can be found at the back of this newsletter.

If you have not attended a previous retreat and would like a sneak peek at our venue, The Place At Innsbrook, click [HERE](#) to be brought to their website.

I look forward to seeing you there.

## CarMax Cares



(L to R) Keith, David, Tammy, Dane, Stephen, Tom

For the third consecutive year, volunteers with CarMax donated their time and talents with several special projects in the Richmond workshop in June. We put their muscles to the test with removing all items from a closet that was packed with yarn, boxes, bags, retreat items and with many other things that we didn't know we had. They also helped with cleaning the front door and transom window inside and out and replacing a few light bulbs. They then tackled a new rolling shelf rack that we will use in the closet for better organization and storage.

Our thanks to (L to R) Keith, David, Tammy, Dane, Stephen and Tom for their cheerful and helpful attitudes as well as their first class assistance.

## Colony Critters

Take a behind the scenes peek at a few of the FtH Colony Critters (Critters = **C**Rochet and **knITTERS**) from Patriot's Colony in Williamsburg. They gather on the first Wednesday of the month for some social stitching and fellowship. This group distributes to those in need within their community which is fabulous! They also attend, in large numbers, our annual Retreat enjoying themselves to the max with lots of smiles and laughter. Thank you, Critters, for your sweet stitches and support!



## A New Quilting Block Demo with Sheddy



We are so excited to announce a new quilting block demonstration with Sheddy Reese. Many of you participated in the first quilting block class with her previously and were very successful in completing your first lap quilt donated to FtH. Even participants who had no sewing experience said that the class was excellent and hoped for another opportunity to learn another technique.

Please plan to join Sheddy in the Richmond workshop's sewing department on Tuesday, July 23<sup>rd</sup>. Demos will take place at 11:00 am, 12:00 pm and 1:00 pm. You will be able to take home enough strips to make 4 blocks. And we will show you how to cut enough strips to complete your quilt for donation. Lots of beautiful fabric is available. Space is limited to 6 people per session and we are asking participants

to sign up in advance using this [link](#). ***Be sure to "Save & Continue" to enter your name and other details when signing up.***

## On-going Special Request for "Unsheltered" Persons

FtH received a special request to provide *sample size shampoo, conditioner and deodorant for men and women* who are "unsheltered" in Chesterfield County. These items, along with other donations being provided by other services, will be used to make hygiene kits for those in need. If you would like to provide these specific items, please bring them to our Richmond workshop the next time you drop off your completed projects. We do not have a deadline for this project so please consider it as an on-going request for the near future. Thank you for your consideration of this special project.

## Special Project Request for Soap Sacks

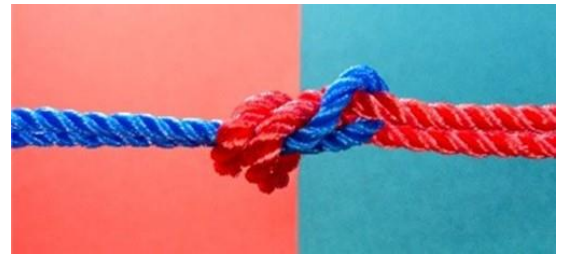


From the Heart is collecting cotton soap sacks that will be added to backpacks and distributed to the local unsheltered population in Central Virginia. [Backpacks for the Homeless RVA](#) is the local charity collecting and distributing the soap sacks. The soap sacks can be crocheted or knitted in cotton or a cotton blend, should be approximately 4” x 6” (big enough for a full bar of soap) and should have an attached loop at the top to expedite drying. Patterns to loom, crochet or knit can be found [here](#). A YouTube video for a crochet version with a draw string that is quick can be viewed [here](#).

A total of 500 sacks are needed and we certainly have enough cotton and cotton blend yarns to meet this quota. All soap sacks should be delivered by no later than Saturday, October 19<sup>th</sup>.

## “Interwoven Lives” – Retreat 2024”

The 2024 Retreat will be held at The Place in Innsbrook on September 21, 2024. This year’s theme is “Interwoven Lives.” We will hear from our speakers how we are impacting the lives of those who need us in ways that we would never have guessed. Linda Caruthers, founder of The Pink Chair Project RVA, and Kim Ritchey, Administrative Program Support Representative with Chesterfield County, will engage you while you balance on the edge of your chair. Their stories of how From the Heart impacts their programs of work are very moving.



This year we are offering two classes for our members. The first class is how to make a bunny from a knitted or crocheted square. These toys are so popular and easy to make. We will have 6” squares available for you to make your bunny. You may also knit a 6” square in garter stitch or crochet a 6” square in single crochet and bring with you. Please email [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net) if you wish to participate in this class.

In the second class, you will decorate a mat with embellishments for a memory care item. Both of these classes/workshops will spark your creativity to make more once you return home. We will provide lots of ideas and accessories for your use. Be prepared to have fun and be surprised at just how easy these projects are. If you want to attend this class, please email [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net) to register.

We are excited to bring another fun filled day to our members and their friends. Be sure to reserve the date and look for more information in the coming months. The Registration form is included in this newsletter. You may mail your form and check to the address on the form or drop your check and form in the donation box at the Richmond workshop. All registrations are due prior to September 6<sup>th</sup> and are limited to 125 attendees.

## Donation Inventory Numbers As of June 27, 2024

### Previous Total

Mid 2002 – 2023 ..... 552,659

### 2024

January - May ..... 16,816

June (to 27th) ..... 2,521

Year to Date Total..... 19,337

**Grand Total** ..... **571,996**

## For Your Browsing Pleasure

July is the midpoint of the year and there are Christmas in July sales. This is the time to think about small gifts for Christmas as well as pool and vacation time available for the creation of these projects. Let's start off with the web site [crochetbeja.com](http://crochetbeja.com) crochet-lace-summer-top-step-by-step-guide. Looking further into this site you can find directions for an easy table runner, a small wallet, a fashion bag, coin purse, flower posts, book cover, and hats. [Yarnspiration.com](http://Yarnspiration.com) has a stuffies pattern any child or non-chewing dog would love to have and which would make a great stocking stuffer. [Woolandthegang.com](http://Woolandthegang.com) has a large collection of free patterns at the bottom of the site which are good beach projects and are always appreciated. [Crazyhands.net](http://Crazyhands.net) has many patterns for small items such as headbands in both knitting and crochet. And something to add to the needlework bag is [craftyarncouncil.com/standard/crochet-abbreviations](http://craftyarncouncil.com/standard/crochet-abbreviations) which is always useful and helpful.

Happy Birthday to the United States of America! Happy Fourth of July to all From The Heart Needleworkers!  
Janet Sparzak

## FtH Officers for 2024 - 2025

On July 1, 2024, the following Officers take Office for The Board of Directors of From the Heart.

Kulla Ficare, President  
Dorothy Bernstein, Vice President

Capsen Stephens, Treasurer  
Jane Arancibia, Secretary

This slate was unanimously approved by the Board of Directors at their April meeting. Other members of the Board are:

Deb Abresch  
Rebecca Kennedy  
Debbie Melanson

Joyce Puller  
Susan Rickman  
Betsy Vest

These women are the backbone of our organization. They devote countless hours to the growth and betterment of our members and recipients. Be sure to extend a gracious "thank you" when you see them.

## Special Project for Nursing Moms

From the Heart has again been contacted by a local nonprofit in Richmond, [Nurtureva.org](http://Nurtureva.org), to assist with their program to support breastfeeding. A few years ago, our members made baby hats that resemble a female breast that were distributed to new mothers. It was a very successful project that our members enjoyed.

Hats may be crochet or knit in a variety of skin tones for Latino, African American, Caucasian, etc. There are free patterns found in Ravelry for [knit](#) and [crochet](#). We have been asked to provide hats for newborns up to one year old. The deadline for all hats is Saturday, September 14, 2024.

## Elf Workshop Scheduler for July and Elf of the Month

The Richmond workshop scheduler for July is Kulla Ficare. Contact her at [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net) to volunteer. In Fredericksburg, the contact is Jeanne Fraser at [bluesisu@gmail.com](mailto:bluesisu@gmail.com). Please let your scheduler know if you are a new elf so you can be paired with an experienced elf. We appreciate our elves who are always so generous with their time and their many contributions.

The Elf of the Month prize for June goes to Shedly Reese.

## New Board of Directors Member – Susan Rickman

The Board of Directors unanimously elected Susan Rickman to the Board at their June 23, 2024, meeting. She is filling the vacancy left by Nancy Wright whose term expired in June.

Susan learned to knit more than 50 years ago. She learned to sew clothes for her dolls at a tender age under the tutelage of her Godmother, too. Susan founded a pre-school at her church, St. Mathews, and served as its director for 35 years. She also taught piano lessons.



Susan has been a member of FtH for 2 ½ years and serves as a workshop elf and also on the Distribution Team. We know that Susan will enhance our existing Board with her leadership skills and creativity.

### Thank You!

Thank you to the former committee of the **Powhatan Festival of Fiber** for a generous donation in honor and memory of **Linda Hague**. Linda was a devoted FtH member and Board Member who passed away. She was also a founding member of the Powhatan Festival of Fiber.

FtH member, **Kim Lynch** participates in her employer's, Elevance Health (formerly Anthem, Inc.), volunteer program resulting in a generous monetary donation to FtH. We always appreciate the partnership between our FtH members who participate in these programs to benefit a charity of their choice.

Deep appreciation to **Mimi de Percin, Betsy Vest, Jane Arancibia, Chris Rose, and Joyce Puller**. They were instrumental in our maintenance day project. A huge "thank you" to **Betsy, Jane, and Chris** for reorganizing the closet after CarMax volunteers emptied it. These hard-working ladies were responsible for the placement of all of the bins and all the items in an organized manner. They devoted the entire afternoon to that task as well as cleaning. Our members are so generous with their ideas, time, and dedication. Thank you!

**Phyllis Turner** and **Rita Mattia** have donated some fabulous gifts as raffle items for the Retreat. Four more of Rita's famous hand puppets will be making another appearance this year. There have been many, many more exciting raffle donations as well - - be sure to look for them at the Retreat!

**FtH members** who link their Kroger Reward Card to FtH support our organization just by shopping there. This quarter, there were 73 members that generated \$330.11 in a donation from Kroger to us. If you shop at Kroger and are interested in participating in this program, the process is simple. More information can be found at <https://www.kroger.com/i/community/community-rewards>

### New Recipients

- Backpacks for the Homeless RVA – Soap Sacks
- Fetch a Cure (Cancer Treatment for Dogs) – Pet sweaters and cozies
- For the Love of Poodles and Pooches – Pet sweaters and cozies
- Operation Pet Rescue – Pet cozies
- Chesterfield Corrections – Sample size deodorant for men and women, shampoo and conditioner for the unsheltered

Please contact Kulla at [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net) if you are aware of a potential new recipient as she would be more than happy to follow up on that opportunity.

## Current Needs – July 2024

### Richmond

- Small toys and dress plush toys
- Fidget items especially those that would appeal to men
- Walker and wheelchair totes
- Boob hats for newborn to one-year old; [knit](#) and [crochet](#)
- Adult bibs and/or dignity bibs
- Drain bags
- Port Pillows (sewn and crochet or knit)
- Underarm pillows
- 8” squares (knit or crochet with long tails)
- 4” x 6” soap sacks
- Octopuses for NICU made with Hobby Lobby “I Love This Cotton Yarn” – Must have a tight gauge
- Octopuses for memory care – can be cotton or acrylic with tentacles shorter than NICU octopus
- Dog sweaters:
  - Sewn - <https://www.thesprucecrafts.com/sew-a-dog-coat-pattern-2977690>
  - Knit & Crochet - <https://www.lionbrand.com/collections/knit-crochet-patterns-for-pets>

### Fredericksburg:

- Shawls
- Baby blankets
- Blankets for children
- Walker totes (we need more totes for ladies)
- Wheelchair totes (we need more totes for ladies)
- Shirt protectors.

## Fredericksburg Workshop

The FXBG workshop will be open from 10:00am until 1:00pm on the **second and fourth Tuesday of July**, Tuesday 9 and 23 at [1320 Central Park Blvd., Suite 108 Fredericksburg 22401](#). Click on the address for directions. Please park 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](mailto:bluesisu@gmail.com).

## Fabric Available for Projects

The Richmond workshop is stocked with lovely cotton, fleece and flannel fabrics that are ready for your next FtH project. Our “Material Girls,” Jane Ward and Chris Rose, are constantly cutting, folding, and displaying the fabrics for your easy selection. They also have prepared kits for your use.

Please take advantage of these opportunities for pillowcases, seatbelt protectors, bibs, blankets, walker and wheelchair bags and other sewing projects. You will have “sew” much fun!

## Tip of the Month

### A step-by-step tutorial on weaving in ends as you knit – the probably easiest and fastest way to join a new yarn in knitting

Are you sick of tapestry needles and weaving in ends? Sometimes knitting projects require more than just one ball of yarn resulting in your ending up with lots of dreaded tails hanging down which you have to weave into your completed project.

There is an easy way weave in ends as you go. This method is slightly visible at the reverse of the work so shouldn't be used on a reversible project.

This joining method requires a rather long tail. So, as soon as you notice that your yarn is just a little longer than your hand is wide, you can start to follow the instructions below. Note that this trick can be used at the beginning or in the middle of a row.

### INSTRUCTIONS

Step 1: 5-8 stitches before you need to change yarn, pick up the new yarn and place it in between your working yarn and the knitting needles as shown in the photo. Knit one stitch using the old yarn. This traps the new yarn on the backside of the fabric.

Step 2: Knit one more stitch and wrap the new yarn around your working yarn clockwise once.

Step 3: Repeat step two 5-8 more times, wrapping the new yarn around the working yarn with every stitch. Pick up the new yarn from underneath and knit one stitch trapping the old yarn in between.

Keep working in this fashion until your new yarn is well secured.




Step 4: Reverse the process by now starting to “trap” your old yarn under the new yarn. Once you feel the old yarn is also well secured, continue to work with the new yarn only. After you have finished, you will now only have to check and snip off any excess yarn. It is best to wait until your project is finished and blocked before snipping off the excess yarn tails.

Click [here](#) for a YouTube video that illustrates a version of this technique but for use at the beginning of a row only. The same concept is used in the middle of a row except, of course you do not make a loop as you do at the beginning of a row.

*Sent with love...*



From the Heart 

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

Not for Sale

**From the Heart**  
**19<sup>th</sup> Annual Retreat Registration Form**  
**“Interwoven Lives”**  
**September 21, 2024 – 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: \_\_\_\_\_

You will enjoy a lovely selection of breakfast breads and pastries with coffee and/or tea in the morning and throughout the day. Lunch will be buffet style with a selection of beverages. Attendees needing assistance with their lunches will be assisted by FtH volunteers and the staff of The Place.

**PLEASE LIST ANY KNOWN FOOD ALLERGIES, OR IF YOU ARE GLUTEN FREE, OR A VEGETARIAN** \_\_\_\_\_

***COMPLETED FORMS MAY BE PUT IN THE DONATION BOX AT THE WORKSHOP OR MAILED TO (checks only, no cash):***

**Beth Williamson**  
**3014 Westgate Drive**  
**Richmond, VA 23235**  
**804.920.1542 (c)**

[Elizabethwilliamson3300@comcast.net](mailto:Elizabethwilliamson3300@comcast.net)

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

Your check #: \_\_\_\_\_ Amount: \_\_\_\_\_

For planning purposes, registrations must be received on or before **September 6, 2024**. Share the fun, bring a friend!

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 6th.**

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 6th but substitutions will be allowed for any reason.***

## Honeycomb Knitted Baby Blanket (Approx. 32" x 32")

This is a nice weight blanket which knits quickly given the large number of slipped stitches

- Yarn:** Approx. 22 oz. of a Soft Worsted Weight Yarn (#4, 16-17 sts = 4" on a US #7/8) (such as Red Heart Super Saver or Caron's Pounder) Variegated yarn works very nicely with this pattern.
- Size:** Approx. 32" X 32" - Width of blanket may be increased or decreased by adding or subtracting sts in multiples of 2
- Needles:** US Size 9 29" circular – for this blanket, ALWAYS use a needle 1 size larger than called for on ball band
- Size:** Approx. 32" X 32"
- Abbr:** K Knit  
P Purl  
Sl Slip the next stitch *purlwise*  
Wyif With yarn in front  
Sts Stitches



**Pattern:** Cast on 150 sts using long tail cast on (if you do not know the long tail cast on, K 6 rows)  
Rows 1 – 5: Knit

Row 6: K4, \*(P1, sl 1 wyif), rep from \* to last 4 sts, K4  
Row 7: K4, P to last 4 sts, K4  
Row 8: K4, \*(Sl 1 wyif, P1), rep from \* to last 4 sts, K4  
Row 9: K4, P to last 4 sts, K4

Repeat rows 6 through 9 49 more times (for a total of 50 pattern repeats) or until blanket is about an inch shorter than you want it to be and ending on a row 7 or 9  
K 5 rows, and bind off knit-wise on the wrong side

\*\*\*\*\*

## Rainbow Peaks Leftover Blanket

Worsted weight yarn (quantity of yarn varies by size made)  
K hook

Finished width approx. 34" but easily changed as each group of [5 DC, ch 1 (2 DC, ch 2, 2DC) ch1] measures approx. 3.5 inches

Notes:

To increase width add 8 chains to beginning chain

To decrease width subtract 8 chains from beginning chain

Chain 79

### 1st row

DC in 4th ch from hook and next 3 st (ch 3 counts as a DC), \* skip next st, in next (2 DC, ch 2, 2 DC), skip next chain and DC in next 5 st. Repeat from \* to the end of row, chain 3 and turn.

### 2nd row

Ch 3 counts as 1st dc, dc in next 4 DC of previous row,

\* skip next 2 st, in next ch 2 space (2 DC, ch 2, 2 DC), skip next 2 st, DC in next 5 stitches. Repeat from \* to the end of the row, chain 3 and turn.

### 3rd row

Repeat row 2 until blanket is desired length.



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# From the Heart Local Group Times

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

**July 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<p><b>1</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>2</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>• Stitchin' in the Stacks, Heritage Public Library, New Kent, 2:00pm On site, in person meeting</li> <li>• Southside RVA Stitchers 6:30-8:00pm</li> <li>• Hanover Fiber Arts, Atlee Library, 1:00–4:00pm</li> </ul>	<p><b>3</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> <li>• Dawn Library 2:30 – 4:30pm</li> </ul>	<p><b>4</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>5</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10am – noon</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Atlee Angels Legacy Park 1-3pm</li> </ul>
7	<p><b>8</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>9</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 – 1:00pm</li> <li>• Hopewell Helpful Hearts 5:30 – 7:30 pm</li> </ul>	<p><b>10</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>• Dawn Library 2:30 – 4:30pm</li> <li>• Chesterfield Needlework Friends Central Library 1pm – 2:30pm</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• Verena at the Glen – 3:00pm</li> <li>• Glen Allen Library Group, 1 – 3:00pm</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10am – noon</li> <li>• Kay's Krafters 1-5pm</li> <li>• Knitwickers, Newfound Church of Christ 10am - noon</li> <li>• Twin Hickory Clubhouse Group, 10:30am – 12:00pm</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Louisa Hardees <b>10am - noon</b></li> </ul>
14	<p><b>15</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>16</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>• Hanover Fiber Arts, Atlee Library, 1:00 – 4:00pm</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• ColoniaColonial 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>• Stitchin' in the Stacks, Heritage Library, Charles City Branch – 2:00pm. On site meeting</li> <li>• Dawn Library 2:30 – 4:30pm</li> </ul>	<p><b>18</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>19</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10am – noon</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Atlee Angels, Legacy Park, 1 – 3pm</li> </ul>
21	<p><b>22</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>23</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 – 1:00pm</li> <li>• Hopewell Helpful Hearts 5:30 – 7:30 pm</li> </ul>	<p><b>24</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>• Dawn Library 2:30 – 4:30pm</li> <li>• Chesterfield Needlework Friends Central Library 1pm – 2:30pm</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Verena at the Glen – 3:00pm</li> <li>• Glen Allen Library Group, 1 – 3:00pm</li> <li>• Summerhill Retirement Ctr 1:30 – 3:30pm</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10am – noon</li> <li>• Twin Hickory Clubhouse Group - 10:30am – 12:30pm</li> </ul>	<p><b>27</b></p>
28	<p><b>29</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>30</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> </ul>	<p><b>31</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>• Dawn Library 2:30 – 4:30pm</li> </ul>			

Name	Address	City	Day of Month	Time of Day	Contact
Atlee Angels	Legacy Park Social Ctr Midday Ln	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm	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 Logan 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
Dawn Library	31046 Richmond Turnpike	Hanover	Wednesday, every	2:30 – 4:30pm	Ann Wade, 804-632-8241
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
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	1320 Central Park Blvd., #108	Fredericksburg	Tuesday, 2 <sup>nd</sup> , 4 <sup>th</sup>	10:00am- 1:00pm	Sally Moore 540.295.6224, <a href="mailto:smoorefth@gmail.com">smoorefth@gmail.com</a>
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 – 3:00pm	Barbara Robinson 804-310-3790
Hampton Roads		Virginia Beach			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 804-933-0708 Beth Watkins 804-347-9286
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup>	10am-noon	804-458-6329
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Tuesday 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>
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	<b>Not Currently Meeting</b>
McKenney Library Group	Ragsdale Room, McKenney Library	McKenney	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	3:00-5:00pm	804-458-6329
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
Stitchin' in the Stacks, 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
Stitchin' in the Stacks, 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.
Stonebridge Recreation Ctr	230 Karl Linn Drive	N. Chesterfield	Monday every	10:00am-1:00pm	<b>Must call Stonebridge Rec. Ctr. To confirm first</b>
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