

# AAUW-North Tahoe

## *In Stitches*



*Friends, Fiber, and Fun!*

Meeting Time: 3<sup>rd</sup> Wednesdays, 2-4pm



*In Stitches members take turns hosting our monthly gatherings.*





Our group sometimes does field trips!



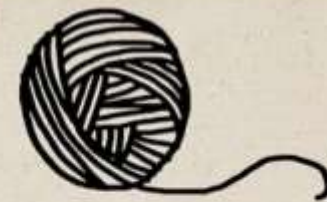
*Crocker Art Museum, Sacramento*





*Jimmy Beans Wool Tour, Reno*





**I'M A YARNAHOLIC  
ON THE ROAD  
TO RECOVERY.**

*Just Kidding.*

**I'M ON THE ROAD  
TO THE  
YARN STORE.**



# Holiday Craft Gatherings









# Annual Service Activity: Project Linus

projectlinus.com\*

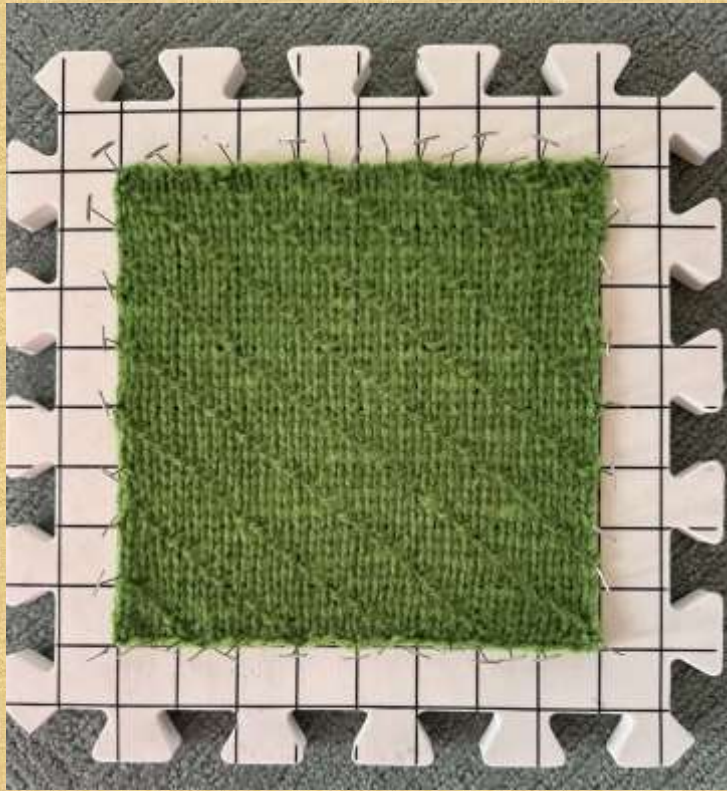


**\*Mission:** Provide love, security, warmth & comfort to children who are ill, traumatized, or otherwise in need - through handmade blankets created by volunteer "blanketeers."





In Stitches members knit or crochet squares, & Esther crochets them together.





# ~ 2025 Project Linus Blanket ~





*How many of us have Needlework in our family history?*

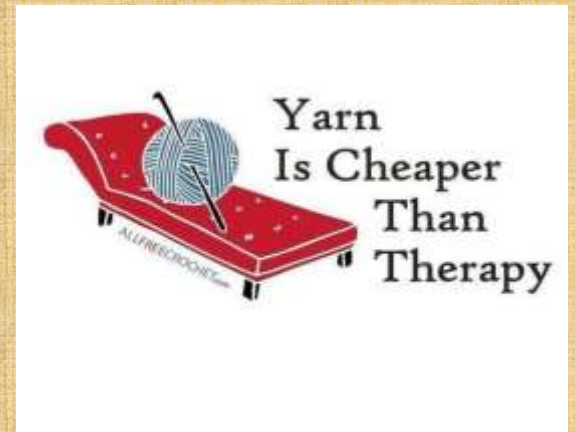




# Mental & Physical Health Benefits of Needlework

*A growing number of studies show that the meditative/repetitive action of knitting & crocheting can:*

- ❖ Challenge & strengthen the brain; build new neural pathways.
- ❖ Reduce symptoms of anxiety & depression.
- ❖ Lower stress hormones (cortisol) in the body.
- ❖ Reduce blood pressure, and chronic pain.





*Beautiful Things Come Together . . .  
One Stitch at a Time.*









*"Friendship is the softest yarn, knitting together hearts and souls."*





*"Good friends and a stash of yarn: the perfect recipe for a happy day."*











**We're HOOKED!**



who else wishes  
that yarn grew  
on trees...



[keepcalmandcrochetonuk.wordpress.com](http://keepcalmandcrochetonuk.wordpress.com)





*Interested in joining In Stitches . . .  
Fiber-curious, or have questions?*

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IN THE RHYTHM  
OF THE NEEDLES  
THERE IS MUSIC  
FOR THE SOUL.



*Soup Luncheon Presentation*  
*Julie Elmen*  
*4/10/25*