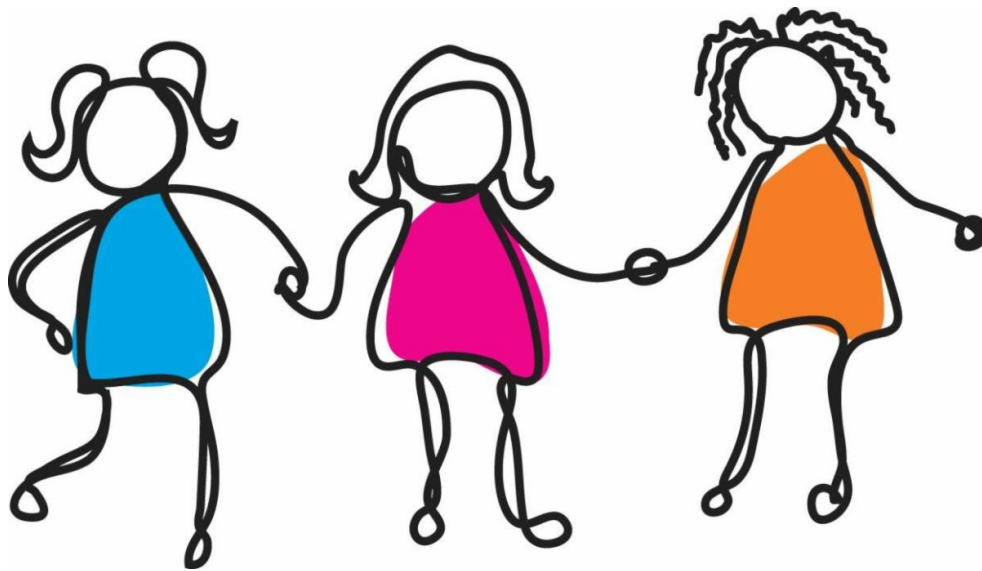


Weekly Newsletter

Good News!

Looking to boost your health? Spend more time with friends.



From the **Optimist Daily**: "One of the more startling findings in relationship science is that both romantic love and platonic friendship, though very different relationships, typically begin the same way — with a spark.

But what comes next? According to relationship specialists, we frequently prioritize our romantic partners over our friends. An increasing amount of evidence, however, suggests that friendships are as crucial to our health as, say, a balanced diet and plenty of sleep.

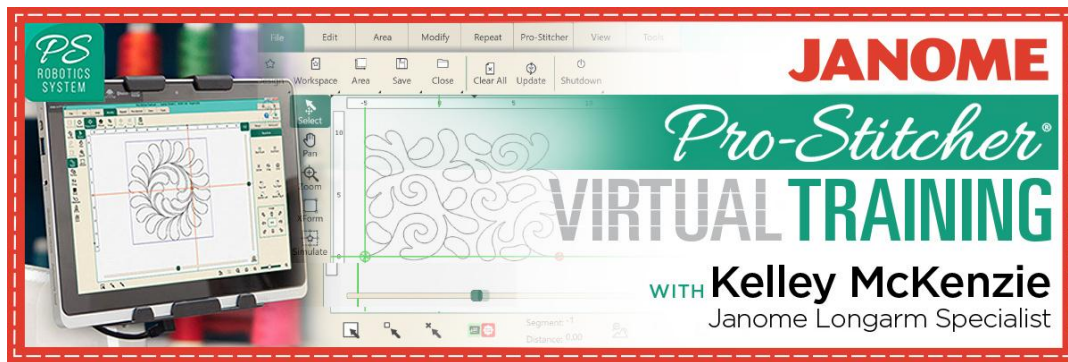
'We've always had this hierarchy of love,' said Marisa G. Franco, a University of Maryland professor and author of *Platonic: How The Science of Attachment Can Help You Make — and Keep — Friends*. 'We are constantly fed the message that the romantic relationship is the only one that matters.'

It turns out that platonic love outperforms passionate love in several respects. People who have good friendships have better mental health and, according to studies, better physical health. Large social networks, according to researchers, reduce our risk of premature death more than exercise or diet alone."

We at the **Sewing Center** recommend sharing your creative time with friends to increase the benefits!

[Learn More](#)

Announcements



Back by popular demand we are excited to offer our **Janome Pro-Stitcher Virtual Training on Navigating the Pro-Stitcher Tablet with Kelley McKenzie** once again!

This virtual training for will take place on **Tuesday February 7, 2023 from 10:00 am to 12:00 pm EST** via Microsoft Teams.

Login information will be sent directly to you once you register along with the documents needed for this virtual training. This virtual training will cover the following: How to navigate the tablet.

There is no cost for this training.

Please click the link below to take part of this virtual training:

[Janome Pro-Stitcher Consumer Virtual Training](#)

Register Here

Featured Janome Machines

3160QDC & 3160QOV
The Ideal Classroom Machine



A full-featured machine made with a quilter's needs in mind, the 3160QDC-T will deliver all the benefits of a top-of-the-line model, and at an affordable price. You'll find 60 stitches including 6 one-step buttonholes. Janome's Exclusive Superior Plus Feed System offers specialized box feeding on top of Janome's SFS system, ensuring even, stable feeding with any fabric. And the time-saving features including memorized needle up/down, one hand needle threader and lock stitch button make sewing easy. Best of all, this full-size machine weighs only 12 pounds, so it is easy to take to classes and guild

meetings!



The same full featured machine designed and inspired by the [Quilts Of Valor Foundation](#), the 3160QOV will deliver all the benefits of a top of the line model, and with an affordable price.

Only one left in stock.

[Learn More](#)

Featured Product

NEW - [June Tailor Kits](#)

These simple, quick, and fun beginner kits come with every thing you need to create the project (except your sewing machine and thread). We have two styles: Cosmetics Bags (2 sizes included) and Insulated Lunchboxes, in 2 colorways in stock, but there are many more available!

We think they'll make great classes. Let us know if you think so, too.



[See All Kits](#)

What We Are Up To

We LOVE hearts and it seems we can't make enough of 'em!

Once again, Renee' is embroidering up a storm. Two store samples, and a lovely wedding gift for the newlyweds. All made with built-in designs found on several of our machines.



Connie embroidered this in-the-hoop mug rug as a test sew for her placemat project for PEP Club. We'll show the students versions next week.



Now, we'd like to see what you're up to, and share it to help inspire others—whether it's a project, a great book you're reading, pictures from a recent vacation, or really great recipe.

Send photos by replying to this email, or sending directly to:
info@sewingcenterofsantafe.com



[Learn Free Motion Quilting](#)

Saturday, February 18,
9:30 am to Noon

Take your creations to the next level with free-motion quilting. Get hands-on experience with several beginning exercises, learn about helpful resources and notions, view inspiring examples, and still have time to polish your skills in a relaxed, supportive environment.

[Class Fee: \\$21](#)
[Supply List](#)



[Learn-to Sew : Basics](#)

Saturday, February 18,
1:00 pm to 4:00 pm

This one-session class will cover machine anatomy, threading, bobbin winding, how to sew basic stitches, and maintain your machine. We will also discuss essential tools and materials. Open to all makes and models of sewing machines. Students age 15 and up.

[Class Fees: \\$25](#)

CLASS CANCELLATION POLICY: You must cancel 48 hours or more before the start time of your class for a full refund. Classes cancelled after 48 hours cannot be refunded.

[Visit Our Class Page](#)

Inspiration

[Valentine's Day Pillow](#)



Love is in the air! Thanks to **Janome.com** and **Janome Maker, Fran Gulick**.

Here's what she says about what inspired her:

"Quick projects like pillow covers are so fun and quick to make, and one of my favorite ways to infuse some holiday or seasonal fun into our home without spending tons of money.

The third pillow in this series is Valentine's Day-inspired scrappy pillow. The romantic in me can't help but love Valentine's and adding little touches of Valentine's inspired decor to my home so it doesn't look so sad after all the Christmas decorations come down. And it's perfect to use up some of those scraps we all have in our sewing rooms!"

[Get the Instructions \(PDF\)](#)

[Visit Fran's Website](#)

There are so many ways to find projects you'll love at Janome.com.

Local Fun



Free Valentine Card Workshop

Saturday, February 4, 2023
3:00pm - 4:00pm

Main Library Community Room
145 Washington Ave
Santa Fe, NM 87501

Hand crafted Valentines really show the love! Come and make one for your special person at this open card workshop.

All materials provided and this is an all ages event.

[Learn More](#)

[Visit Our Website](#)

Safe Shopping at Sewing Center of Santa Fe

We remain diligent about keeping you and our staff healthy. Please stay home if you're not feeling well. Curbside service is always available.

STORE HOURS:

Mon - Sat 10 - 4

Closed Sun

505-424-3242

Sewing Center of Santa Fe | 3014 Cielo Ct. Suite A, Santa Fe, NM 87507

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