

[WHAT IS SUUSI?](#)[SUUSI 2026](#)[SUUSI NUUS](#)[Calendar](#)[THE THINGS YOU'LL DO](#)[ALL AGES WELCOME](#)[SPIRITUALITY AND SUUSI](#)[SUPPORT AT SUUSI](#)[YOUR SUUSI LEADERSHIP](#)

## Workshops at SUUSI

SUUSI's workshops are as diverse and inspirational as our community. Want to learn stand up comedy? You can. Build a drum? Yep, that too. You can also learn to crochet, create metal jewelry, meditate, write your UU story, choose an electric car, and dance and sing to your heart's content. These opportunities and so many more await you, if you just seek them out.

Looking for ways to connect with others? Workshops are a great way to get to know fellow SUUSI attendees who share your interests. Many lasting friendships are developed in workshops as the experiences you share draw you closer to friends and to people you've just met. And, of course, workshops provide the opportunity for you to learn something new, renew your spirit, or just have fun.

**Where are workshops held?**

Workshops are held on campus in lounges, in classrooms, or outside. Locations can change during SUUSI. The most up-to-date workshop location information can be found in the online SUUSI catalog, on [solis.suusi.org](http://solis.suusi.org), and at the SUUSI Office.

**Which workshops might be right for me?**

Workshops tagged “ES” for “Emotionally Sensitive” involve emotional experiences that may be stressful. Workshop tagged “PD” for “Physical Dexterity” require a full range of movement in order to get the maximum benefit. Workshops tagged “Teen Friendly,” “YA Friendly,” and “Median Friendly” are meant to encourage Teens or individuals that identify as Young Adults (YAs), or Medians, respectively, to register for those workshops, but these workshops are open to any SUUSI participants within the specified age limits. Age limits are set based on content, required skills, and subject matter that may require greater maturity.

*Scheduled workshops* happen at a specific time; if you sign up, you won’t be able to register for another scheduled event in the same or overlapping time slot. *Drop-in workshops* require registration, but do not require attendance for all sessions. For instance, Pair-a-Dice is ongoing through the week, and you can choose when to spend time there.




Easy-Read Features: Disable Black-and-White Mode Change Layout: 3-Column Disable Animations

<p><b>100 - Enneagram 2: Sowing Good</b> 30 openings</p> <p>For participants who already know their Enneagram number and want to dive deeper and Sow Good. Participants will have a series of paired conversations to help discover concrete actions to grow spiritually and in their compassion through this typology. Kelly Simonson is a Licensed Psychologist who works with</p> <p>\$5.00 Preferred Tu 10am-Noon Ages 14+</p>	<p><b>102 - Ducks in a Row: Death Workbook</b> 30 openings</p> <p>Plan your own End of Life issues with your family and loved ones. This workbook will provide a Workbook form to plan with your family and loved ones to discuss and write out important issues in your life and considerations around your death. John Lantz, 83 and granddaughter Claudia Thrasher, 28, are sharing</p> <p>\$5.00 Preferred Tu 10am-Noon Ages 14+</p>	<p><b>103 - Mountain Retreat/Learning Ctr</b> 100 openings</p> <p>Learn about the UU-affiliated Mountain Retreat &amp; Learning Center in the Blue Ridge Mountains. Founded by SUUSI participants in 1979, The Mountain offers year-round programs, retreats, and camps that foster connection, personal growth, and community. Beverly Cree is Development Officer at The Mountain, former</p> <p>\$5.00 Drop-In Tu 10am-Noon Ages 14+</p>
<p><b>106 - Fighting Funeral Poverty</b> 30 openings</p> <p>See how the “Indigent Burial” laws, programs, culture and practice create a system that feeds the circle of poverty. The workshop will include discussion and other information from the scholarly work FUNERAL POVERTY by UGA professor Victoria Haneman. John Lantz is Fighting Funeral Poverty as the</p> <p>\$5.00 Preferred Th 10am-Noon Ages 14+</p>	<p><b>107 - Searching for Solid Ground</b> 20 openings</p> <p>Join musician, educator and author Reggie Harris in this exploration of context between his 2024 Skinner House memoir, Searching for Solid Ground and Isabelle Wilkerson’s “The Warmth of Other Suns.” Conversation, stories and music. Reggie Harris, musician, educator, storyteller and activist.</p> <p>\$29.00 Scheduled WTh 10am-Noon Ages 17+</p>	<p><b>108 - Ukulele for Beginners</b> 15 openings</p> <p>The ukulele is one of the happiest instruments to play and it’s easy to learn. This beginner course will cover basic ukulele techniques, chords, tuning, and song accompaniment in two 2 hour sessions. Bring your uke or borrow one of our loaners. Chris Sonne &amp; Priscilla Sonne have been playing ukulele and</p> <p>\$5.00 Scheduled TuTh 10am-Noon Ages 14+</p>

<p><b>109 - Singing for Our Lives!</b> 30 openings</p> <p>Join noted international song leader Reggie Harris for this workshop of songs of healing, inspiration, joy and renewal. We will make a joyful noise, celebrating the legacy song past and present. Bring a willing voice. Reggie Harris is a song leader and educator who has led concerts and courageous conversations</p> <p>\$20.00 Preferred MTu 10am-Noon Ages 14+</p>	<p><b>110 - Daily Community Sing</b> 20 openings</p> <p>This highly interactive workshop will unleash the power of singing and the power of song in a way that will inspire you to start a community singing group in your hometown. This is designed for every skill level. We will sing together every day. Matt Watroba is a song leader, performer and radio host from</p> <p>\$29.00 Preferred MTuWThF 10am-Noon Ages 14+</p>	<p><b>111 - Opening YOUR Voice</b> 20 openings</p> <p>This workshop will go over some vocal ideas and exercises to connect parts of the voice to each other, empower better breath support and tone continuity and help you on the way to singing more authentically and consistently. Rebecca Berlin is a singer/songwriter/musician based in Silver Spring, MD. In addition to</p> <p>\$20.00 Preferred M 10am-Noon Ages 14+</p>
<p><b>112 - Beginner's Mind Drum Circle</b> 15 openings</p> <p>In this fun, supportive drum circle, we'll explore how the Buddhist concept of Beginner's Mind can help us become more joyful and creative, as we learn to play simple African-style polyrhythms. All levels are welcome - especially beginners! Fred Katz is a graduate of Berklee College of Music and is a drummer, music</p> <p>\$25.00 Scheduled TuTh 10am-Noon Ages 14+</p>	<p><b>114 - Movement for Musicians</b> 20 openings</p> <p>Participants will learn exercises that can assist with better breathing, opening wrists/fingers and forearms, and supporting better posture. Rebecca Berlin is a musician and certified Pilates/Gyrotonic and Yoga teacher and loves helping students find more capacity in their unique body.</p> <p>\$20.00 Preferred Tu 10am-Noon Ages 14+</p>	<p><b>115 - Create Your Musical Directive</b> 25 openings</p> <p>In this guided musical workshop we'll create a personal wellness playlist. We delve into the soundtrack of your life, discover tunes that shape your story and use the connection between music and wellness to ease trauma, improve memory and more. Aidan Quinn &amp; Christine Stay, the Friction Farm duo &amp; are performing</p> <p>\$15.00 Drop-In W 10am-Noon Ages 18+</p>
<p><b>116 - Finding your song</b> 15 openings</p> <p>Everyone has a potential song inside them, sometimes it just takes structure to draw it out. Using songwriting exercises, students will work to create a set of lyrics or work with a pre-existing idea to be communicative as well as creative. Rebecca Berlin is an award winning singer songwriter (2023/24/25 MASC,</p> <p>\$20.00 Preferred W 10am-Noon Ages 14+</p>	<p><b>118 - Taking your song to the stage</b> 15 openings</p> <p>Building off a song written at the workshop or a pre existing piece of work, students will have the opportunity to perform in front of each other, receive constructive coaching on lyric content, melody (if applicable), stage presence etc. Rebecca Berlin is a singer/songwriter and musician in Silver Spring, MD.</p> <p>\$20.00 Preferred Th 10am-Noon Ages 14+</p>	<p><b>120 - Chi Gong</b> 20 openings</p> <p>Chi Gong. An exercise for energy gathering, health, and mindfulness using breathing and gentle movements. Janet Maran is certified as a Chi Gong instructor in the Taoist and Shaolin Tradition from the Lohan School of Shaolin, Las Vegas Nevada.</p> <p>\$5.00 Preferred MTuWThF 7:45-8:30am Ages 14+</p>
<p><b>122 - Self Massage for pain relief</b> 50 openings</p> <p>You'll learn some basic principles and simple self massage techniques and exercises to prevent or eliminate pain and tension and provide more flexibility. Bring a mat or blanket, and a tennis ball if you have one and wear clothes you can move in. Betsy Bickel is a professional massage therapist in NC (over 40</p> <p>\$15.00 Drop-In TuTh 10am-Noon Ages 14+</p>	<p><b>123 - Past Lives</b> 10 openings</p> <p>What happens after you die? Have you had Past Lives? Do you possess talents or know things not taught in this life time? Have you met your Soul Mate or Twin Flame? Have you had visions or dreams about a Past Life? Sheila M Chaffin is a practical Architect, Master Planner &amp; Construction Manager. She is also a</p> <p>\$25.00 Preferred TuTh 10am-Noon Ages 14+</p>	<p><b>124 - Parent &amp; Caregiver Refresh</b> 20 openings</p> <p>Special needs parents &amp; caregivers are invited to pamper themselves &amp; make connections. Activity stations: diy skin scrubs, fruit water infusers, and personal jigsaw puzzles. Foster camaraderie as we practice ways to counter burnout. By SUUSI DEIA SUUSI DEIA staffers come from a variety of identity groups</p> <p>\$8.00 Preferred W 10am-Noon Ages 18+</p>
<p><b>130 - Overwhelmed to Empowered</b> 25 openings</p> <p>Overwhelmed to Empowered with Mindfulness. Experience a variety of impactful and fun hands-on mindfulness practices to strengthen resilience and bring more joy into your life. Learn mindful techniques to help each of us handle life's daily stressor Carolyn Sant Angelo &amp; Scott May are mindfulness practitioners</p> <p>\$5.00 Preferred TuTh 10am-Noon Ages 14+</p>	<p><b>136 - Ride &amp; Shine Cycling Clinic</b> 10 openings</p> <p>Let's roll! This hands-on workshop will build skills &amp; confidence on two wheels! Session 1 covers basic bike handling skills; Session 2 is a short group ride. Participants must bring a bike &amp; helmet and be able to ride for 10 mins w/o stopping. Leigh Ann Evanson has been a League-Certified Cycling Instructor since</p> <p>\$25.00 Preferred MW 10am-Noon Ages 14+</p>	<p><b>137 - Ride &amp; Shine Group Bike Ride</b> 20 openings</p> <p>Start your morning on 2 wheels! This relaxed 10-15 mile ride (10-13 mph pace) builds on Skills Clinic but anyone can join. Participants must provide their own bike &amp; helmet, be comfortable on roads, &amp; be able to ride for at least 10 mins w/o stopping. Leigh Ann Evanson has been a League-Certified</p> <p>\$16.00 Scheduled F 10am-Noon Ages 14+</p>

<p><b>140 - Finished Your Writing Project?</b> 25 openings</p> <p>Whether you've written a novel, poetry book, or other work, you'd like to see it published somewhere. But how? What's the next step? We'll discuss how to publish your work, get it distributed for sale, promote it, and avoid the pitfalls and scams. Eileen Haavik McIntire writes the 90s Club cozy mystery series and</p> <p>\$17.00 Preferred MW 10am-Noon Ages 14+</p>	<p><b>141 - Enneagram a Start</b> 15 openings</p> <p>Here is a beginning class for a complex system. Many people have heard of the Enneagram (a spiritual personality system) and some have studied it. Here is a chance to stick your toe in and learn much as you want. I am a fellowhiped minister and a certified Enneagram instructor.</p> <p>\$44.00 Preferred MTuW 10am-Noon Ages 14+</p>	<p><b>147 - building Your Creativity</b> 25 openings</p> <p>This is a why to boost your creativity by introducing some practices that are easy to include in your weekly activities. It will include fun and hands-on activities. These are skills for everyone! Cindy Fox is a long-time SUUSI attendee who would like to share some suggestions to help you be more creative in</p> <p>\$5.00 Preferred Th 10am-Noon Ages 14+</p>
<p><b>149 - Let's Talk About Death</b> 15 openings</p> <p>Each person lives their own distinctive life, so one's experience of death is unique. A social worker with 30 years in end-of-life care, Meg will present an interactive 3-part series covering practical, caregiving, and emotional aspects of dying. Meg Hoke has a Masters in Social Work, 30 years experience in end-of-life</p> <p>\$23.00 Preferred MWF 10am-Noon Ages 18+</p>	<p><b>150 - Empath Intuit Training</b> 12 openings</p> <p>Paranormal Experiences -- do you have them, desire to explain them, wish to expand your abilities, seek to know what others have experienced, want to understand why and how they occur? Join us to explore through conversation. Sheila M Chaffin has been an Empath or Intuit since childhood. This is an opportunity</p> <p>\$34.00 Scheduled MWF 10am-Noon Ages 14+</p>	<p><b>151 - Through Soil &amp; Sky</b> 20 openings</p> <p>A creative self-exploration workshop where you'll define your values, chart your emotions, and design tools to stay centered and connected in daily life. J Aguirre facilitates workshops on self-awareness, connection, &amp; emotional literacy, blending reflection, creativity, &amp; practical tools for growth.</p> <p>\$5.00 Drop-In M 10am-Noon Ages 14+</p>
<p><b>152 - Genograms 101</b> 25 openings</p> <p>Learn the basics of genograms, a visual mapping tool used to examine one's family history and family dynamics. Similar to family trees, genograms help us discover patterns and encourage intentional sowing of healthy relationships. Melanie Vick is a licensed social worker in NC. As a trauma treatment</p> <p>\$24.00 Preferred MW 10-11am Ages 17+</p>	<p><b>153 - Your One Wild &amp; Precious Life</b> 10 openings</p> <p>"Doesn't everything die at last and too soon? Tell me what it is you plan to do with your one wild and precious life." In a small group setting, using Mary Oliver's poetry as a guide, we will explore our hopes, fears, and plans for the future. Deborah Downing has been a UU for 30 years &amp; is an experienced group</p> <p>\$28.00 Scheduled Tu 10am-Noon and Tu 1:30-3:30pm Ages 18+</p>	<p><b>154 - Genealogy; What Can I Discover</b> 15 openings</p> <p>Would you like to learn whether you have famous ancestors? Would you like to find out where your ancestors lived and what their lives were like? Would you like to discover the names of living cousins and find out how to connect with them? Jeff Miller's curiosity led him to take letters and more he inherited to</p> <p>\$40.00 Preferred Tu 10am-Noon Ages 14+</p>
<p><b>156 - Emotional Toolbox Workshop</b> 14 openings</p> <p>Participant's will get practice using emotional tools focusing on Empathy, Forgiveness and Emotional Exploration. Couples, family members, friends or individuals are all welcome. Cliff Jackson &amp; Sandra Jackson has used this to have a continuous, positive impact on their lives and their family for over 25 years.</p> <p>\$5.00 Scheduled Tu 10am-Noon Ages 21+</p>	<p><b>157 - Coffee and Cards</b> 19 openings</p> <p>Want to make greeting cards to give to friends, family, SUUSI or campus staff? All supplies will be provided to create several cards following the examples provided for basic, intermediate and advanced cards, including fun fold. Amanda Howard has been making cards professionally for more than ten years and</p> <p>\$24.00 Preferred Tu 10am-Noon Ages 14+</p>	<p><b>158 - Simple Wire Rings</b> 10 openings</p> <p>Jewelry: Let's create 2 beautiful seamless rings using copper wire and beads, slightly freestyle! These make great gifts and are amazingly simple in design. Kim Garver, educator knitting techniques/restorer of vintage sock &amp; knit machines.Constant in her creative endeavor to create beautiful works of art.</p> <p>\$35.00 Preferred Tu 10am-Noon Ages 17+</p>
<p><b>159 - Voting Theory</b> 150 openings</p> <p>Is Ranked Choice Voting (RCV) better? We'll cover the Mathematics of Voting Theory: Voting Systems (RCV, popular vote, dictator, etc.) and their Fairness Properties. No math prereq - more like fun puzzles to solve, including real-world examples. John Merkel is at his 9th consecutive SUUSI. He enjoyed working</p> <p>\$5.00 Preferred TuTh 10am-Noon Ages 14+</p>	<p><b>160 - Intro to Drawing/Painting</b> 15 openings</p> <p>This class is designed for the beginning-to-intermediate artist. Class sessions will include a mix of structured exercises and open studio time. Basic materials will be provided. Artists are also welcome to bring their own. Linda Gilbert holds a BFA in Drawing and Painting, and worked as a graphic designer for</p> <p>\$37.00 Preferred MWF 10am-Noon Ages 14+</p>	<p><b>161 - Heart Origami</b> 15 openings</p> <p>COVID cancelled us last year. Let's try again, folding heart-shaped origami models together. In this session, we will fold a plain heart, a fancy heart, a double heart bookmark, and a heart-shaped photo holder. All levels of experience welcome. Jennifer Abercrombie enjoys paper folding and has led origami</p> <p>\$5.00 Preferred M 10am-Noon Ages 14+</p>

<p><b>162 - Twist Metal &amp; Beads: Bead Tree</b> 10 openings</p> <p>Make a Tree with Me: Using my unique method we will create a free style twisted metal tree with bursts of colorful seed beads as the foliage. This will be show cased on a rock of your choice. Sure to be a stunning creation. Kim Garver, Educator and Artist. She is constant in her creative endeavor to create beautiful</p> <p>\$59.00 Scheduled MTh 10am-Noon Ages 14+</p>	<p><b>163 - Cooking class</b> 15 openings</p> <p>Come join our cooking experience of a high-end meal (includes Dairy / no meat). Brian (trained chef) will walk you through the steps like you're watching a live cooking show. There will be chances for class participation. Brian Cooley attended culinary school until it started interfering with his day job.</p> <p>\$29.00 Scheduled Tu 10am-2pm Ages 14+</p>	<p><b>164 - Truffles for Everyone! Mon am</b> 16 openings</p> <p>Come together with fellow SUUSI friends that have a passion for chocolate. We will be making and decorating delicious chocolate truffles together. You will have the opportunity to create a box filled with your own variety of unique truffles. Staci Wright has participated in over 20 SUUSI's and loves hands on crafting or</p> <p>\$36.00 Scheduled M 10am-Noon Ages 14+</p>
<p><b>165 - Paper Bouquets</b> 12 openings</p> <p>Brown thumb? Me too! So let's create a bouquet from paper instead. First day, fold a small origami vase and create kusudama flowers (folding and gluing). Second day, enhance bouquet with additional origami flower models. Jen Abercrombie enjoys paper crafting with others and has led origami workshops</p> <p>\$5.00 Drop-In TuW 10am-Noon Ages 14+</p>	<p><b>166 - An introduction to fine Tea</b> 15 openings</p> <p>Taste and compare fine teas (White, Green, Oolong, Black and Pu Erh) and learn about all aspects of tea. Jon Hoskin has a Ph.D. in Food Science. He has led tea tasting workshops in a variety of venues.</p> <p>\$5.00 Scheduled W 10am-Noon Ages 14+</p>	<p><b>168 - Wire &amp; Bead Arachnid(scorpion)</b> 10 openings</p> <p>Metal work: Let's create a scorpion using copper wire and crystal beads. Workshop is slightly freestyle! Former student? No worries. New techniques, awesome results! Kim Garver, educator knitting techniques/restorer of vintage sock &amp; knit machines.Constant in her creative endeavor to create beautiful</p> <p>\$39.00 Scheduled W 10am-Noon Ages 17+</p>
<p><b>169 - Beginner Embroidery</b> 14 openings</p> <p>You'll learn a handful of basic stitches—think backstitch, chain stitch, satin stitch, and French knots—and turn them into a one-of-a-kind keepsake to remember SUUSI 2026. Stitch with new friends, relax, and create. Misty Lewis has been working with fiber crafts and embroidery for a number of years.</p> <p>\$37.00 Preferred WF 10am-Noon Ages 14+</p>	<p><b>170 - Truffles for Everyone! Mon pm</b> 16 openings</p> <p>Come together with fellow SUUSI friends that have a passion for chocolate. We will be making and decorating delicious chocolate truffles together. You will have the opportunity to create a box filled with your own variety of unique truffles. Staci Wright has participated in over 20 SUUSI's and loves hands on crafting or</p> <p>\$36.00 Scheduled M 1:30-3:30pm Ages 14+</p>	<p><b>171 - Spectacular Paper Snowflakes</b> 20 openings</p> <p>We make hundreds of paper snowflakes every year as part of a long-running family tradition. Let us teach you how to make your own. We'll start with the basics and work up to advanced techniques. No prior experience is required. Camille Belnap &amp; her family cover their windows in paper snowflakes every year. She'd</p> <p>\$33.00 Preferred MW 10am-Noon Ages 14+</p>
<p><b>172 - Back to nonage: Loom Weaving</b> 20 openings</p> <p>Come back to your childhood. Remember weaving those little looms? Join us for a weaving experience on 10 inch looms. We use cotton loops and the larger loom to make beautiful art quickly and cheaply. Kimi Riegel is the best.</p>  <p>\$37.00 Drop-In Tu 10am-Noon Ages 14+</p>	<p><b>173 - Truffles for Everyone! Wed am</b> 16 openings</p> <p>Come together with fellow SUUSI friends that have a passion for chocolate. We will be making and decorating delicious chocolate truffles together. You will have the opportunity to create a box filled with your own variety of unique truffles. Staci Wright has participated in over 20 SUUSI's and loves hands on crafting or</p> <p>\$36.00 Scheduled W 10am-Noon Ages 14+</p>	<p><b>175 - Beer Intro - no tasting</b> 30 openings</p> <p>Introduction to beer including history, technology and science, no tasting involved. Jon Hoskin has a PhD in Food Science with experience brewing beer and other fermented products and led a variety of SUUSI tasting workshops.</p> <p>\$10.00 Scheduled M 10am-Noon Ages 18+</p>
<p><b>180 - FUNdraising - Special Events</b> 25 openings</p> <p>Special events provide fun and build community while raising funds, but they need effective management. We'll share strategies (including ROSIE) and resources for budgeting, marketing, avoiding pitfalls, following timelines and having fun! Lindsay Stroh has chaired UU auctions and fairs. She was a</p> <p>\$27.00 Scheduled Tu 10am-Noon Ages 17+</p>	<p><b>190 - Lunch with the SUUSI Board!</b> 150 openings</p> <p>Want to get to know SUUSI leadership better? Come chat with members of the Board! We're also happy to talk through questions you may have about Board work, including what it takes to join the Board. Find us by turning left at the top of the stairs. This is a great chance to meet Board members and ask</p> <p>Free Drop-In M 11:30am-1pm All Ages</p>	<p><b>191 - Campus Tour Monday @10am</b> 150 openings</p> <p>If you are a newcomer [or if you've been to Radford before, but would like to get reacquainted], please join us for a campus tour led by our very own SUUSI Board members. Welcome home! These Campus Tours will be led by members of the SUUSI Board. This is a great chance to meet Board members and ask</p> <p>Free Drop-In M 10-11am All Ages</p>

<p><b>200 - When Authoritarianism Knocks</b> 50 openings</p> <p>With the rise authoritarianism across the globe, how are you living your values and meeting the moment? We will use our community leadership skills along with the UUAs Side with Love resources to equip participants to take justice-oriented action. Erin Lieb is a community activist &amp; organizer in St. John, US</p> <p>\$25.00 Scheduled MTu 1:30-3:30pm Ages 17+</p>	<p><b>204 - Is That a Microaggression?</b> 20 openings</p> <p>The term "microaggression" is frequently used, but what does it really mean? How can one tell if they are using one? Why does it matter? Join SUUSI DEI-A staffers as we explore and encourage our own paths of progress. Rachel Bevins is a professional teacher, inclusivity advocate, and workshop facilitator with over</p> <p>\$5.00 Preferred W 1:30-3:30pm Ages 14+</p>	<p><b>205 - Live Your Values</b> 24 openings</p> <p>Eager to re-center and more fully live your values? Let's engage your introspection and discernment! Using a beautifully-illustrated card deck, you'll be invited to discuss your central values, emerging values, and those you find aspirational. Jon Reese has skillfully facilitated small- and large-group workshops</p> <p>\$13.00 Scheduled W 1:30-3:30pm Ages 14+</p>
<p><b>208 - SingOut! rally &amp; protest songs</b> 50 openings</p> <p>Be mightier this election season! Singing together creates strong community bonds. Friction Farm will teach easy songs to sing with your activist group and chants for rallies. Together we'll update verses of well known songs of protest and support. Aidan and Christine of Friction Farm are nationally touring</p> <p>\$15.00 Scheduled Th 1:30-3:30pm Ages 14+</p>	<p><b>209 - Infinity</b> 25 openings</p> <p>This workshop will review different aspects of infinity including mathematical, including limits and the infinitesimal, physical, including the speed of light and black holes, and the vast universe itself, and cultural aspects. Jim Blowers has the PhD in Mathematics and an avid interest in both mathematics and</p> <p>\$23.00 Preferred F 1:30-3:30pm Ages 14+</p>	<p><b>210 - School of Rock!</b> 12 openings</p> <p>Teens and YA's that sing or play instruments choose a set of popular songs to cover, rehearse Monday-Thursday afternoons, and perform at Thursday's concert hour. A lot of fun and a great bonding experience for all that attend. Dan Eppley is a School of Rock alumni, and Alex Saylor (guitars) is a seasoned vet and is</p> <p>\$5.00 Preferred MTuWTh 1:30-5:30pm Ages 14+</p>
<p><b>211 - Sing Better, Play Better</b> 12 openings</p> <p>In this interactive class, Matt will show you the the choices great performers make to get the most out of their songs and their time on stage. We'll work on phrasing, stage fright, transitions, humor, audience connection, etc... Matt Watroba is a song leader, performer and radio host from Detroit, MI. He is</p> <p>\$41.00 Scheduled MWF 1:30-3:30pm Ages 14+</p>	<p><b>212 - Sing For the Health Of It</b> 15 openings</p> <p>Sing For the Health Of It- A whole body approach to singing Kim Watroba has been singing with her husband for years, but her love of singing goes back further. Her interest in health goes back even further.</p> <p>\$37.00 Scheduled TuTh 1:30-3:30pm Ages 14+</p>	<p><b>216 - Friction Farm in the Afternoon</b> 50 openings</p> <p>A Friction Farm concert in the afternoon, in case you don't stay up for late night events. Joined by Jesse Palidofsky and others in an intimate setting, similar to a house concert. Songs from the new album and old faves. Friction Farm combines storytelling, social commentary &amp; humor in lyrically rich, harmony-driven</p> <p>\$10.00 Scheduled W 1:30-3:30pm Ages 14+</p>
<p><b>217 - Next Step Ukulele</b> 20 openings</p> <p>This class is for those who have previously taken a beginner's class, know a few chords, can play a song or two, and know how to tune! We will spend our time singing and playing songs from a provided song book. Bring your instrument and tuner! Chris Sonne &amp; Priscilla Sonne have been playing ukulele and teaching</p> <p>\$5.00 Preferred TuTh 1:30-2:30pm Ages 14+</p>	<p><b>218 - Hope &amp; Joy in World of Uproar</b> 25 openings</p> <p>We'll create safe space to grow our "hope &amp; joy" muscles thru exercises, journaling, singing, dialogue. Drawing upon inspired poets, wisdom teachers, justice seekers: Dalai Lama, Rebecca Solnit, Pete Seeger, Valerie Kaur, Rumi, Bernice Reagon, Hafiz Jesse Palidofsky is an Azalea City Recordings artist: award-</p> <p>\$36.00 Scheduled MTu 1:30-3:30pm Ages 14+</p>	<p><b>220 - Partner Yoga</b> 30 openings</p> <p>Bring a favorite someone for both partner and solo yoga. We will explore two-person yoga poses as well as gentle solo postures. Some yoga experience is helpful. (Partner is required, and both participants need to register). Wendy Swanson ERTY500 &amp; Andrew Diamond RYT200. Wendy is a long-time yoga teacher,</p> <p>\$5.00 Preferred M 1:30-2:30pm Ages 18+</p>
<p><b>221 - Restorative Meditative Yoga</b> 30 openings</p> <p>Unwind body, mind and spirit with gentle seated and reclined yoga stretches aimed to restore balance and ease. You will bring pillows and blankets to create support for your body to unwind and let go. We will conclude with a guided meditation. Wendy Swanson is an E-RYT500 Kripalu trained yoga teacher, licensed</p> <p>Free Preferred Tu 1:30-3pm Ages 14+</p>	<p><b>222 - Beginning Ballroom Dance</b> 40 openings</p> <p>Enjoy exploring the benefits of partner dancing. Students will learn the basics of Ballroom/Latin/Swing dancing which can be used in social situations. No dance experience/ability is required. Singles, couples and same-sex couples welcome. Michael Recant &amp; Deborah Hood have been amateur ballroom dancers</p> <p>\$48.00 Preferred MTuWThF 1:30-3:30pm Ages 14+</p>	<p><b>224 - Bellydance Playshop</b> 40 openings</p> <p>Come play with the elements - the passion of fire, the stability of earth, the fluidity of water and the lightness of air! Discover some new ways of moving for self expression, fun and fitness. Dress festively in clothes you can move in. Betsy Bickel has been teaching bellydance for decades and is a recidivist performer at</p> <p>\$13.00 Drop-In Tu 1:30-3:30pm Ages 14+</p>

<p><b>227 - Goddess Yoga</b> 40 openings</p> <p>Take on the power and postures of 26 goddesses from around the world. This moving meditation has a spoken affirmation and is designed to develop flexibility, grace, strength, balance and a positive self image. Comfy clothes and yoga mat please. Betsy Bickel is a feminist bellydancing pagan massage therapist &amp;</p> <p>\$10.00 Drop-In Th 1:30-3:30pm Ages 14+</p>	<p><b>239 - Goddess Alive</b> 20 openings</p> <p>Refresh, renew and empower yourself with a combination of dance, yoga, guided meditation, self massage, song and conversation. Using Goddess imagery and our collective brilliance we tap into our super powers to bring more light into our world. Betsy has been teaching some version of this for</p> <p>\$10.00 Drop-In F 1:30-3:30pm Ages 17+</p>	<p><b>240 - Writing Your Life</b> 30 openings</p> <p>Writing Your Life: a Liberating Workshop on the Power of Telling Your Own Story Leslie MacPherson holds an MFA degree in Creative Writing from Emerson College, a 6th-generation Universalist &amp; believes in the power of storytelling.</p> <p>\$10.00 Scheduled MW 1:30-2:30pm Ages 18+</p>
<p><b>241 - stories we share</b> 12 openings</p> <p>Don't you just love the Moth Radio Hour? Aren't you impressed by what you learn from the stories you hear? Everyone has at least one story to tell. We will write, read, listen and create true stories to tell in Gathering on Friday. Rev. Kimi Riegel has lead many workshops over the last 20 Years. She has lots of experience</p> <p>\$55.00 Preferred MTuWTh 1:30-2:30pm Ages 18+</p>	<p><b>245 - SUUSI Book Club</b> 25 openings</p> <p>The 2026 SUUSI Book Club selection is My Friends by Fredrik Backman. Librarian Dianna MacPherson will be joining Erin Lieb to co-host this year's workshop. SUUSI Book Club always proves to be a great time with thought provoking conversation. Erin Lieb is an avid reader.</p> <p>\$23.00 Drop-In Th 1:30-3:30pm Ages 14+</p>	<p><b>249 - Enneagram 1: Key to Compassion</b> 30 openings</p> <p>The Enneagram is a personality typology that focuses on 9 types of people. Learn more about yourself and others to increase your compassion and grow into the healthiest, most balanced version of yourself. Kelly Simonson is a Licensed Psychologist who works with individuals and couples to promote greater self-</p> <p>\$5.00 Preferred M 1:30-3:30pm Ages 14+</p>
<p><b>250 - Intro to ENM &amp; Polyamory</b> 30 openings</p> <p>Have you heard of Ethical Non Monogamy? Maybe you've heard the term "Polyamory" before but didn't really know what it means? Come sit through a quick slideshow followed by a Q&amp;A and satisfy your curiosity! Welcome to all, curious or active ENMs Jonathan Drezner &amp; Julian Laresch both have several</p> <p>\$5.00 Drop-In M 1:30-3:30pm Ages 14+</p>	<p><b>252 - Thriving in Retirement</b> 15 openings</p> <p>Are you nearing retirement or already retired and needing guidance on adding meaning to your life? This course will help you identify community resources that may lead to greater fulfillment, and develop tools that can increase satisfaction. Jeff Miller has experienced life's ups and downs, and thrived in</p> <p>\$6.00 Preferred MTuW 1:30-2:30pm Ages 21+</p>	<p><b>255 - My word!</b> 40 openings</p> <p>Are you happy as a clam? Do know why clams are so happy? Let's discuss the reasons why we say what we do. This workshop is a fun discussion of word and phrase origins, Bring your own erudite insights, as well as your curiosity! Uncle Flip has been using words for decades! He's long had curiosity about</p> <p>\$13.00 Scheduled Tu 1:30-3:30pm Ages 14+</p>
<p><b>256 - End of Life Planning+Probate</b> 50 openings</p> <p>This workshop will review the 5 documents needed for the ones you love (will, financial power of attorney, health care power of attorney, living will and more) and the probate process. Learning about probate puts the 5 documents in perspective. Nancy Mayer is an elder law attorney who practices in North Carolina</p> <p>Free Preferred TuTh 1:30-3:30pm Ages 18+</p>	<p><b>257 - ENM/Polyamory Meet n' Greet</b> 30 openings</p> <p>Did you attend the ENM/Polyamory workshop? Are you actively ENM/Polyam and want to meet more members of your community at SUUSI? Join us for a lunch meet up in Dalton to ask questions and get to know more about ENM and Polyamory first hand! Jonathan Drezner &amp; Julian Laresch both have several</p> <p>\$5.00 Drop-In W Noon-3pm Ages 14+</p>	<p><b>258 - Re-green your spirit</b> 24 openings</p> <p>If anxiety, burnout, or avoidance describe how you relate to the eco-crisis, you might need some soul TLC! We'll explore a variety of media from creative thinkers to re-green our spirits and revitalize our engagement. We need you to keep sowing good! Jon Reese co-leads Atlanta UU's Climate Action Team,</p> <p>\$15.00 Scheduled Th 1:30-3:30pm Ages 14+</p>
<p><b>259 - "Heated Rivalry" and Beyond</b> 25 openings</p> <p>The success of the show "Heated Rivalry" introduced many to the phenomenon of male/male romance stories. Why was this series a hit, and why do so many people who aren't men enjoy reading about men in love? Share your book recs and get some more! Rebecca Wald reads widely in the romance genre but is</p> <p>\$5.00 Preferred Th 1:30-2:30pm Ages 18+</p>	<p><b>260 - The Kindness Rock Circle</b> 20 openings</p> <p>Everyone you know is facing challenges, whether you realize it or not. We all could benefit from some extra positivity. Why not join your fellow SUUSI friends in painting kindness rocks to hide around campus for anyone who might need a smile? Devin Gray holds a Bachelor's degree in Social Work, which focuses on</p> <p>\$18.00 Preferred M 1:30-3:30pm Ages 18+</p>	<p><b>261 - Celtic Wire Wrapping &amp; Weave</b> 10 openings</p> <p>Jewelry: Let's learn three techniques using cooper wire, twisted together, weaving for texture and the art of coils. Former student? No worries, new techniques! Kim Garver, educator knitting techniques/restorer of vintage sock knitting machines, constantly creative endeavor to create beautiful works of art.</p> <p>\$64.00 Preferred MTuW 1:30-3:30pm Ages 14+</p>

<p><b>262 - Personal Memory Book Creation</b></p> <p>19 openings</p> <p>Ever want to create your own memory book or album from SUUSI or another event or trip? You can create your own memory book or album from recovered, unused envelopes. This album will have pockets and flat pages for photos and other thin items. Amanda Howard has been making cards professionally for more</p> <p>\$25.00 Preferred Tu 1:30-3:30pm Ages 14+</p>	<p><b>265 - Folded fabric stars</b></p> <p>16 openings</p> <p>We will take beautiful fabric strips and fold them into hanging stars that can be decorated with embellishments. If you have any particular fabric or cherished beads, buttons or sequins that you would like to add bring them along! Staci Wright has participated in over 20 SUUSI's and loves hands on crafting or baking. She</p> <p>\$29.00 Scheduled Th 1:30-3:30pm Ages 14+</p>	<p><b>267 - Wire and Beads Spider</b></p> <p>10 openings</p> <p>Jewelry: Let's create unique spiders using cooper wire and beads. slightly freestyle! These make great gifts and are amazingly simple in design. Kim Garver, educator knitting techniques/restorer of vintage sock &amp; knit machines.Constant in her creative endeavor to create beautiful works of art.</p> <p>\$30.00 Scheduled Th 1:30-3:30pm Ages 17+</p>
<p><b>270 - An introduction to Chocolate</b></p> <p>30 openings</p> <p>Learn about chocolate history and technology and how to evaluate chocolate quality characteristics. Jon Hoskin has a PhD in Food Science and chocolate conching was the topic of his dissertation.</p> <p>\$13.00 Scheduled M 1:30-3:30pm Ages 14+</p>	<p><b>271 - Truffles for Everyone! Wed pm</b></p> <p>16 openings</p> <p>Come together with fellow SUUSI friends that have a passion for chocolate. We will be making and decorating delicious chocolate truffles together. You will have the opportunity to create a box filled with your own variety of unique truffles. Staci Wright has participated in over 20 SUUSI's and loves hands on crafting or</p> <p>\$36.00 Scheduled W 1:30-3:30pm Ages 14+</p>	<p><b>274 - Biohacking and Sugar</b></p> <p>50 openings</p> <p>Humans evolved in a low sugar environment and now we exist in a high sugar world. History explains how we got here, it doesn't say anything about the human impact. We know so much and should be healthier so why are't we? Jon Hoskin has a Ph.D. in Food Science.</p> <p>\$5.00 Scheduled W 1:30-3:30pm Ages 14+</p>
<p><b>282 - A Drone Workshop</b></p> <p>12 openings</p> <p>In this workshop, you will learn about drone operations, functions, and flight. Drone safety, regulations, and even the FAA will be discussed. Later on, we are going to fly, giving "stick time" to some. Your drone is welcome. Neal Watzman is an FAA Certified Drone Pilot. He has hundreds of hours of "stick time"</p> <p>\$13.00 Preferred Tu 1:30-3:30pm Ages 18+</p>	<p><b>290 - Campus Tour Sunday @2pm</b></p> <p>150 openings</p> <p>If you are a newcomer [or if you've been to Radford before, but would like to get reacquainted], please join us for a campus tour led by our very own SUUSI Board members. Welcome home! These Campus Tours will be led by members of the SUUSI Board. This is a great chance to meet Board members and ask</p> <p>Free Drop-In Sun 2-3pm All Ages</p>	<p><b>291 - Campus Tour Sunday @3pm</b></p> <p>150 openings</p> <p>If you are a newcomer [or if you've been to Radford before, but would like to get reacquainted], please join us for a campus tour led by our very own SUUSI Board members. Welcome home! These Campus Tours will be led by members of the SUUSI Board. This is a great chance to meet Board members and ask</p> <p>Free Drop-In Sun 3-4pm All Ages</p>
<p><b>296 - Service Dog 101</b></p> <p>25 openings</p> <p>Hang out with Foxy, a certified service dog, and his handler Misty, as they share real-world insights and answer your questions in a relaxed, friendly format. Misty Lewis has experience leading lectures and guided discussions and brings years of experience working with and training alongside a service dog.</p> <p>\$5.00 Drop-In F 1:30-2:30pm Ages 14+</p>	<p><b>310 - The SUUSIBoyz</b></p> <p>20 openings</p> <p>The SUUSIBoyz, a long time SUUSI tradition, are an all-male chorus performing at various venues during SUUSI, singing serious and not so serious music. All singing levels are welcome, so bring your voice, sense of humor, open mind, and sing. Neal Watzman has sung with the SUUSIBoyz since 2009, directing The</p> <p>\$5.00 Preferred MTuWThF 3:45-4:30pm Ages 18+</p>	<p><b>311 - How to Win At Karaoke</b></p> <p>15 openings</p> <p>Ready to rock the mic? Learn what makes a killer karaoke pick, find songs that fit your voice, and practice in a supportive space. You'll leave with a few go-to songs for your next night out. Pitch-perfect pipes NOT required! (C'mon talk-singers!) Leigh Ann Evanson has sung in choirs all her life &amp; managed a competitive</p> <p>\$13.00 Scheduled M 8-10pm Ages 14+</p>
<p><b>350 - Knotty Connections</b></p> <p>20 openings</p> <p>Practice communication, consent, and trust through guided rope-based activities that build awareness, respect, and authentic connection, cultivating mindfulness, confidence, and emotional insight. J Aguirre &amp; Lizzy Walther facilitate workshops on communication, consent, &amp; connection. Creating spaces for</p> <p>\$10.00 Preferred M 8-10pm Ages 18+</p>	<p><b>351 - UnBBQUUsi Taco Monday(Tuesday)</b></p> <p>100 openings</p> <p>Its BBQUUsi without the BBQ! Join us late night Monday (really Tuesday morning) on the first floor of Moffett for a taco bar and other baked, fried &amp; pressure cooked Latin delights. Suggestions for other dishes welcome! Un-BBQUUSI Staff love to cook! They've been making late night food happen at SUUSI for years</p> <p>\$17.00 Preferred M 1-3am Ages 18+</p>	<p><b>352 - UnBBQUUsi Breakfast @ Midnight</b></p> <p>100 openings</p> <p>Its BBQUUsi without BBQ! Join us late night Wednesday (Thursday morning) on the first floor of Moffett for tasty pastries, bacon, pancakes, eggs, waffles and other breakfast treats. Suggestions welcome! Un-BBQUUSI Staff love to cook! They've been making late night food happen at SUUSI for years now &amp;</p> <p>\$17.00 Preferred W 1-3am Ages 18+</p>

<p><b>353 - UnBBQUUsi Friday - It's a Wrap</b> 100 openings</p> <p>Its BBQUUsi without BBQ! Join us late night Friday (Saturday morning) on the first floor of Moffett for a Deli, SUUSI style - we'll have sandwiches, wraps, soups, salads and of course sweets! Suggestions welcome! Un-BBQUUSI Staff love to cook! They've been making late night food happen at SUUSI for years now &amp;</p> <p>\$17.00 Preferred F 2-4am Ages 18+</p>	<p><b>360 - Sip and Stamp</b> 19 openings</p> <p>Want to make greeting cards to give to friends, family, SUUSI or campus staff? All supplies will be provided to create several cards following the examples provided for basic, intermediate and advanced cards, including fun fold. Amanda Howard has been making cards professionally for more than ten years and</p> <p>\$24.00 Preferred Tu 8-10pm Ages 14+</p>	<p><b>361 - Exploring Virginia Hard Cider</b> 30 openings</p> <p>This workshop will explore Virginia hard cider's history, production, and state of the industry. This year's tasting menu will feature a new list of 8-10 ciders representing the spectrum from dry to sweet, from simply apple to flavor infused. Kathryn Perry has been visiting tasting rooms for over 20 years, and has</p> <p>\$30.00 Scheduled M 8-10pm Ages 21+</p>
<p><b>400 - SUUSI Books &amp; Bazaar</b> 35 openings</p> <p>Open to all mediums of art - music, sculpture, paint, fabric, metal, glass, paper, and more! For 20% commission on sales over \$125 &amp; 4 working hours, we provide you with space to sell your original work. Email art@suusi.org with questions. Bethany Cecere &amp; Lorien Haavik are back with the B&amp;B Crew for another fun year!</p> <p>\$25.00 Drop-In All Week* Ages 14+</p>	<p><b>460 - Meditative Mosaics</b> 16 openings</p> <p>Learn the basics of creating mosaic art pieces and complete a project you will love. You are encouraged to bring broken pottery or plates to incorporate into your project. Requires some hand dexterity for cutting tile. Introvert friendly! Jiffy Shore has been creating mosaics and has taught Meditative Mosaics many</p> <p>\$116.00 Preferred MTuWThF 10am-1pm Ages 14+</p>	<p><b>491 - Teen Way Off Broadway (TWOB)</b> 30 openings</p> <p>Build deep friendships by putting a musical together in 5 days! TWOB is a team of teen actors, singers, dancers, and crew who rehearse, stage, and perform a musical for all of SUUSI. No stage experience necessary; come to learn and try something new. Erin MacPherson and Caitlin Muir are your 2026 TWOB directors!</p> <p>\$50.00 Scheduled All Week* Ages 14-17</p>
<p><b>951 - Monday Trivia</b> 40 openings</p> <p>Get your brain buzzing! Teams or no teams- we'll decide when we get there! My questions can be odd and amusing, so bring a sense of humor! (A web-capable device is required for game play.) Uncle Flip is a dilettante. That's made for past trivia games that have kept players laughing, or sometimes just</p> <p>\$13.00 Scheduled M 1:30-3:30pm Ages 18+</p>	<p><b>953 - Learn to play Mah Jongg</b> 20 openings</p> <p>Learn to play the mysterious and exotic Chinese game of Mah Jongg. Everything provided. Come as you are. Three sessions. Quentin Meyer is a long time SUUSI attendee.</p> <p>\$5.00 Scheduled MTuW 1:30-3:30pm Ages 14+</p>	<p><b>954 - Mah Jongg Tourney Curious?</b> 16 openings</p> <p>For beginners with basic American Mah Jongg skills who are tournament-curious. We'll review NMJL and common tourney rules, etiquette, and strategies. Day 1: Strategy/Practice Rounds Day 2: Friendly Tournament. BYO NMJL Card if you've got one. Joyce Munro &amp; Tami McKay caught the Mah Jongg bug 2025.</p> <p>\$15.00 Preferred ThF 1-4pm Ages 21+</p>
<p><b>980 - Learn to play cribbage</b> 40 openings</p> <p>Cribbage is a great card game because it combines the luck of the draw with strategy, making it accessible to new players while still challenging for experienced ones. Three sessions. Registration fee includes a cribbage board for you to take home. Elizabeth Norval is a regular SUUSI goer. She learned</p> <p>\$20.00 Scheduled MTuW 1:30-3:30pm Ages 14+</p>	<p><b>981 - Trivia with Kurt and Shelby</b> 40 openings</p> <p>Come join us for a fun, multigenerational evening of trivia. Emphasis on general knowledge and pop culture; even if you don't think you're "good at trivia" this workshop is meant for you! Kurt Fernstrom is not so great at answering trivia questions, which is why he likes to ask them!</p> <p>\$15.00 Scheduled M 8-10pm Ages 14+</p>	<p><b>Sundae Social</b> 999 openings</p> <p>Greet your old friends and make some new ones! We'll start off with more kid- (and adult-) friendly get-to-know you games early in the evening including snacks and ice cream sundae bar at about 8:30 pm. Drop by and join in when you can! Alex Winner has been planning SUUSI activities for a long time.</p> <p>Free Drop-In Sun 8:30pm-12:30am All Ages</p>