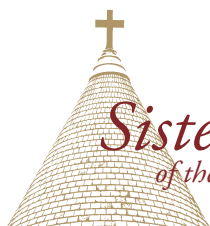




Enrichment Opportunities
for those 55 or Older

Roberta Kuhn Center

Program Offerings | 2017–2018



Sisters of Charity
of the Blessed Virgin Mary
Freed by Love, Acting for Justice

Sponsored by
Sisters of Charity, BVM
1150 Carmel Drive
Dubuque, IA 52003

Roberta Kuhn Center



The center is a gathering place open to all interested women and men 55 years of age or over. There are no restrictions as to religious, national or economic background.

The center is located in the lower level of the Motherhouse on the property of the Sisters of Charity, BVM, 1150 Carmel Dr., Dubuque, Iowa 52003.

Phone: 563.582.4155

Website: <http://www.bvmcong.org/rkc.cfm>

Goals

To create a warm loving atmosphere in which all senior citizens of Dubuque feel welcome; to provide a place to socialize, to develop interests, and to provide enrichment to stimulate the mind, body and spirit; and to strengthen attitudes that growing older means growing better.

History



Sister Roberta Kuhn, BVM, for whom the center is named, was president of the BVM congregation from 1967 to 1972. As a congregational leader, she was a remarkable woman for a remarkable time. The congregation, founded in Philadelphia in 1833, moved to Dubuque in 1843, and anticipated its 150th Jubilee celebration with the establishment of the center in 1982. The sisters have been part of Dubuque for over 180 years; the service provided for older adults is a thank you to the citizens of the city and the surrounding area.

Program/Registration

The classes offer opportunities for intellectual growth, enrichment and socialization. Registration occurs in the summer and includes two semesters of classes which begin in the fall semester; Sept. 5–Nov.17, 2017, and **continue** in the spring semester; Feb. 5–May 4, 2018. Most classes take place in the lower level of the Motherhouse, with the exception of Arthritis Aquatics, Yoga and T'ai Chi Chih which take place on the ground floor of the Caritas Center. We celebrate our community and our accomplishments with a social at the end of the spring semester. **You are automatically placed in the classes you request upon registration unless you are notified otherwise.**

Instructors

Our instructors are a mixture of talented and enthusiastic retired teachers, nurses, college/university faculty, administrators, and experienced craft instructors who are volunteer faculty waiting to share their expertise and knowledge with you. The faculty is a well-prepared, committed group of educators. Their energy and commitment is appreciated by RKC participants.

Parking/Access to the Building

All participants enter the property at the end of South Grandview using the drive to the right, behind the buildings.

Classes located in the lower level of the Motherhouse use Lot 2. The entrance to the building is to the left of Lot 2 and is marked: Roberta Kuhn Center. There is a ramp for easier access. You will enter using an access code entered on a keypad to the left of the entrance. Classroom assignments will be posted inside the door on the first day of class. **To receive your keypad access code for the 2017–2018 Roberta Kuhn year, please call 563.585.2855 after Aug. 28.**

Arthritis Aquatics, Yoga, and T'ai Chi Chih classes use Lot 1 across from the Caritas receiving area. Enter by walking up the sidewalk to the door which will open with a personally issued access key card. **Access cards will be given to participants on the first day of class. Someone will be at the door to let you in on the first day of your class.**

Cost

\$25 fee per class plus a minimal supply fee for certain classes. Supply fees vary per class and are listed with course descriptions. Financial assistance available: call RKC office at 563.582.4155. **BVM Sisters: \$20 per class, plus supply fees if applicable.**

Courses

Women's Arthritis Aquatics

This class offers gentle exercise in 4 ft. deep, 90-degree water. The class meets two days a week for one hour. Physician's approval, waiver form, and emergency contacts paperwork all due on first day of class or before. **This class can be registered for as a one-semester class or a two-semester class. Regular attendance is required, with only five absences per semester.** Payment should be made at the time of registration, or on the first day of each semester. Required forms and detailed information will be sent to you upon receipt of registration. Towel, swimwear and water shoes required. Non-beginner class limit is 12, beginner limit is 10; \$40 each semester, \$75 if paying for the entire year on or before the first day of fall semester.

Monday & Wednesday

20 classes each semester

Fall Semester: Sept. 11–Nov. 15

Spring Semester: Feb. 5–April 18

(Spring Break week of March 26–30)

8–9 a.m.	Connie Booth Sue Lemon
9–10 a.m.	Connie Booth Sue Lemon
10–11 a.m.	Iyla Ant Jan LoBianco
11 a.m.–noon (beginners only)	Elaine Droessler Bettie MacVey

Tuesday & Thursday

20 classes each semester

Fall Semester: Sept. 12 to Nov. 16

Spring Semester: Feb. 6 to April 19

(Spring Break week of March 26–30)

8–9 a.m.	Betty Takes Elaine Timmerman
9–10 a.m.	Betty Takes Elaine Timmerman
10–11 a.m. (beginners only)	Laurie Parker Cinda Welu
11 a.m.–noon	Laurie Parker Cinda Welu

Gentle Yoga for the Young at Heart

Try this gentle yoga class, designed for people over 55 and great for the 60+ set! Basic yoga stretches and breathing build strength, flexibility and balance. Relaxation practices relieve tension and stress. There are two sessions of each class during the fall semester and two sessions of each in the spring semester. Classes begin promptly. Class minimum six/maximum 14; Deb May and Nancy Thompson, co-teacher, instructors.

Session I	week of Sept 11–week of Oct 9
Session II	week of Oct 16–week of Nov 13
Session III	week of Feb 12–week of March 12
Session IV	week of April 2–week of April 30 (Spring Break week of March 26–30)

Select any or all of the sessions; \$40 **each** five-week session. Indicate specific class level and which session/s on registration form.

Beginning Yoga: Monday 11:30 a.m.–12:30 p.m.

Basic Yoga: (previous experience necessary): **Tuesday 11:30 a.m.–12:30 p.m.**

Advanced Yoga: Tuesday, 10–11 a.m.

Chair Yoga

This yoga class offers modified yoga poses that are done while seated in a chair. Many of the basic body mechanics of individual poses are retained, while offering improved muscle tone, better breathing habits, reduction of stress, better sleep and a sense of well-being. Limit of eight. Four sessions available (see “Gentle Yoga” for dates). Nancy Thompson; Friday 11:15 a.m.–noon; \$40 for each five-week session

An Artist’s Choice

In this “do it yourself” class there is no formal instruction. Come and create with us in a supportive environment. Choose your own subject or art form, bring your materials, and enjoy the creative energy of the group. All levels including beginners are welcome. Brigid Mary Hart, BVM; Tuesday 9:30–11 a.m.; \$25

Beginning Watercolor

Learn the basics of watercolor technique. This class is for the absolute beginner. We will learn about watercolor materials and move toward different ways of applying watercolor to paper. Most importantly, we will have fun and discover our own talents as we learn. Students will provide their own supplies once materials have been introduced. Limit of 8. FALL SEMESTER ONLY. Kim Daykin; Thursday 1–3 p.m.; \$25

Watercolor Studio

In conjunction with the Beginning Watercolor class, a separate space is provided for the watercolorist with some experience. Participants will observe the initial lecture with the beginners and then move to a separate space to paint. Limit of eight. FALL SEMESTER ONLY. Kim Daykin; Thursday 1–3 p.m.; \$25

Collage & Mixed Media

This class will expand paper collage techniques to explore some unexpected directions; creative surfaces, altered images, and small assemblages. An introduction to art journaling will offer the opportunity to freely experiment and find a personal style or direction. Carmelle Zserdin, BVM; Monday 10:30 a.m.–noon; \$25 + \$10 supply fee

Color & Linear Perspective

This class will be a study of color mixing and color harmony combined with a study of perspective. We will work with scale; one, two and three-point perspective; and the drawing of cast shadows. There will be handouts, visuals and studio work. Supplies will be provided by participants and will be discussed at the first class. Limit of 12. Margaret Mear, BVM; Friday 9:45–10:45 a.m.; \$25

Doodle, Draw and Such

Albert Einstein said, “Creativity is intelligence having fun.” To enjoy this class it is not necessary to possess a “talent” for art, only the desire to have fun, let go, and be free to play. Some simple drawing skills may be introduced, reviewed and practiced. Marilyn Wasmundt; Monday 9–10:30 a.m.; \$25 + \$10 supply fee

Painting with Ellen

Love to paint? Join us for wonderful afternoons of pure joy. All levels are welcome. Learn to mix with confidence and use composition to make your work shine. In studio work with oil, acrylics, dry pastel and watercolor. You bring the media you enjoy, some supplies will be provided. Limit of 14. Ellen Hartmann Henkels; Tuesday 12:45–2:30 p.m.; \$25 + \$10 supply fee

Nineteenth Century Art

We will consider the visual arts from the late 18th century until approximately 1900. The major artistic movements of this period include Neo-Classicism, Romanticism, Realism, Impressionism, Post Impressionism, and Symbolism. Among the artists viewed will be David, Gericault, Millet, Monet, Degas, Cezanne, Van Gogh and Gauguin. Particular emphasis will be placed on the contribution these movements and artists made to the 20th century. Limit of 20. Joan Lingen, BVM; Monday 1–2 p.m.; \$25 + \$5 supply fee

History Comes Alive: The Progression of Women

This class includes the study of women of the world from modern to contemporary times. Beginning with the women of the French Revolution, we will study women who rule empires, who march to gain the vote, are heads of state, and who make significant contributions in every field of study. We will conclude with the current status of women in the unfinished century. Limit of 30 in each class. Judy Biggin; Wednesday or Thursday (please specify which day on registration form) 1–2 p.m.; \$25 + \$5 supply fee

Great Discussions: World Issues Today

This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions* 2017 manual prepared by the Foreign Policy Association, participants discuss topics in a balanced, civil and educative setting. A team of presenters coordinated by Dave Roberts will facilitate class discussions with guests and media presentations. Wednesday 10:45–11:45 a.m.; \$25 + suggested, but optional, *Great Decisions* book of issues available for \$25 for new students. Please indicate on the registration form if you would like a copy.

BVM Pioneers Continuing

Who were the BVMs living in the 20th century, teaching in schools, opening new missions across the country? Who were the women who dealt with the hierarchy of the church at challenging moments of our history? What was their legacy that attracted over 4,000 women to join the BVM congregation? Archive stories provide the answers. Kathryn Lawlor, BVM; Tuesday 9:15–10:15 a.m.; \$25

The Sacred Universe

This course will continue exploring the deep time and space of the universe story. It will include readings on our interrelatedness with all of creation, consciousness of the universe, spirituality, and our place and role in this universe. Various media resources will be used, including opportunities to connect/reconnect with nature, as well as a variety of prayer forms and sharing of thoughts and ideas. Meg Gemar, OSF; Thursday 9:15–10:15 a.m.; \$25 + \$10 supply fee

Threshold of Wisdom: Life's Journey

Our life's journey and the people we meet teach us. This interactive class will consider themes (via our life experience) that have taught us, and now, shape our living during these senior years. Using a variety of texts, we will walk through wisdom doors that invite radical hospitality, welcoming, belonging, listening, openness, forgiveness, joy, family, boundaries, silence, etc. While some absences are understandable, regular attendance is helpful for continuity and building trust. Limit of 16. Karen Zeckser; Thursday 10:45–11:45 a.m.; BEGINS SEPT. 14; \$25

Music Medley

Prerequisite: Desire to explore and enjoy music. Each semester we will view an opera, a musical, and other vocal and instrumental music. Operas will be "Cosi Fan Tutte" and "The Magic Flute." Broadway musicals will also be studied. The class will include the music of Antonio Vivaldi, Gustav Mahler, Bela Bartok, and John Williams. Selected symphonic and choral works, as well as popular styles of music will be explored. Nancy Lease; Wednesday 9:15–10:15 a.m.; \$25

Poetry Appreciation

Contemporary writer Anna Quindlen has said, "Poetry can whisper to our very souls if we will only listen." Join us as we allow poetry to nourish our souls. Come and discover the adventure and the challenge of reading and talking about three or four poems per week. Poems are provided. Limit of 15. Pat Nolan, BVM; Wednesday 1–2 p.m.; \$25 + \$10 supply fee

Modern Drama

Become familiar with some of the most powerful theatrical voices of our time: Eugene O'Neill, Samuel Beckett, Athol Fugard, Tennessee Williams, Arthur Miller, and Edward Albee. These playwrights bring to life the conflicts and struggles of ordinary people as they attempt to discover who they are and their place in the universe. Carol Blitgen, BVM; Tuesday 1–2 p.m.; \$25 + \$10 supply fee

Reading for Enjoyment

This group enjoys lively and thoughtful discussions from a variety of fiction and nonfiction writers, including one or two classics per year. Study guides offer conversation starters for each meeting. Discussions range from one to two weeks depending on the book. Everyone's ideas and opinions are valued within a friendly relaxed atmosphere. Participants select books in the spring for the following fall. Class members provide their own books; newcomers are welcome. The first book will be *The Grapes of Wrath* by John Steinbeck. Limit of 16. Facilitated by Sue Dillon & Jacquie Roth; Monday 10:30–11:30 a.m.; \$25

Creative Writing: It's Your Choice

This is your chance to join an actual writing group. Writers of all levels welcome, from beginners to the more experienced. Enjoy positive support as you share your choice of stories, memoirs and poems in an informal, friendly learning atmosphere. Any type of writing is welcome. Periodically, local authors and guest speakers will give helpful tips and read from their works. Limit of 15. Dr. Bill Dall; Tuesday 10:30–11:30 a.m.; \$25 + \$5 supply fee

Spanish

The primary goal for this class will be to study Spanish with an emphasis on pronunciation so as to be able to speak any Spanish word correctly. The object is to build confidence through large group activities, interactions with classmates, and optional take home review. The environment will be comfortable and non-critical, and is open to both new and experienced learners. Sandy Amberg; Wednesday 1–2 p.m.; \$25

French for Fun & Travel

This class introduces participants to French language and culture. The emphasis will be on conversational French and developing skills in listening and speaking. The grammar emphasis will be on present and near future tenses. This will be accomplished through study of practical topics relating to travel and daily life in France. Returning students welcome; new vocabulary will help to expand vocabulary and knowledge, and review concepts learned earlier. Lorrie Etheredge; Monday 1–2 p.m.; \$25

Genealogy: Your Journey Goes On . . .

This class is for those continuing to build their family history. We will attempt to bring new life to your research by thinking "outside of the box." Some experience with research, and an enthusiasm to continue your personal journey as well as collaborate with class participants and the instructor are the prerequisites. Marian Mallder; Monday 10:45–11:45 a.m.; \$25 + \$10 supply fee

Quilter's Group

Presenters will talk from their areas of expertise every other week in class on various techniques, tools and tips, and will include machine and hand work. On opposite weeks, sewing space will be available for collaborative or individual work on quilting projects. Some experience with quilting is required. Facilitated by Karen Kane-Herber; Thursday 9:30–11:30 a.m. or noon–2 p.m. (please indicate a.m. or p.m. on registration form); \$25 + \$10 supply fee

Crocheting

This class includes all skill levels of crocheting with lessons and practice for beginners. Space is also available for intermediate and advanced participants. Pattern reading assistance is provided. Talents and ideas are shared among participants while enjoying good company. Rosie Dietzel; Thursday 1–3 p.m.; \$25

Beginning Card Making

Participants will learn the basics of card making including use of a variety of paper, inks, embellishments, and tools. As class continues, the group will advance to simple card making. Limit of eight. Caroline Moody; Wednesday 1–3 p.m.; \$25 + \$15 supply fee

Advanced Card Making

Experienced participants will enjoy stretching their talents with new ideas and experiences in the areas of card making and rubber-stamp art. Limit of 14. Caroline Moody; Wednesday 9:30–11:30 a.m.; \$25 + \$20 supply fee

Beginning Computer

This course is for people with little or no computer experience. We will start with the basics of computer vocabulary and the mechanics of opening and closing programs. From there we will explore the internet and save information as documents. We will then proceed to an introduction of word processing skills and learn how to organize, save and retrieve files. Limit of eight. Judy Callahan, BVM; Wednesday 10:15–11:15 a.m.; \$25 + \$20 lab fee

Photoshop Elements I

This class is for those who want to learn the basics of photo editing. Participants are introduced to Photoshop Elements 15 and the three editing formats included in the program. We learn to edit provided photos with encouragement and work to practice independently. The focus is on the technical aspects of Photoshop. *Important prerequisite: Be comfortable with computers, file management, and have a working knowledge of the internet.* Limit 12. Sandy Clark; Tuesday 9–10:30 a.m.; \$25 + \$20 lab fee

Photoshop Elements II

This class will continue mastery of the material presented in Photoshop Elements I through the use of Photoshop Elements 15. This class is project-based, using technical knowledge gained in the beginner class then moving to a higher level of skills, including adding more creativity in the photo editing process. *Prerequisite: Successful completion of Photoshop Elements I.* Limit 12. Sandy Clark; Tuesday 10:45–12:15 p.m.; \$25 + \$20 lab fee

Open/Recreational Bridge

This bridge group is available for those with some experience playing the game of bridge. Enjoy the cards, enjoy the company, enjoy the mental exercise! Facilitated by Mary Kintzle & Shirley Maiers; Monday 1–3:30 p.m.; \$25

Cribbage

Join us for an afternoon of cribbage. This class is open to players of all levels; from beginners to pros. Bring a partner or find one in class. Enjoy the fun and challenge of the game with a great group of people. Facilitated by Betty & Tony Boland; Friday 1–3 p.m.; \$25

Beginning Line Dance

Line dance is a great way to ease the obstacles of aging while enjoying music and the energy of the group. This class features easy, fun-to-learn, fun-to-do, low impact dances. Limit of 16; Marilyn Tommaro; Friday 9–9:50 a.m.; \$25

Line Dance

This class, while still low impact exercise, adds variations for the more experienced dancer as you continue to enjoy the music and company of others in the group. Limit 16; Friday 10–10:50 a.m. with Janet Edgar or Friday 11–11:50 a.m. with Peg Hennagir (please indicate which time is preferred on registration form); \$25

T'ai Chi Chih

T'ai Chi Chih is a gentle harmonious movement of mind, body and spirit toward wellness and peace. Participate in meditative "Joyful Movement" which balances, renews, calms and relaxes. The Justin Stone method will be practiced. Movements are typically done in a standing rocking motion, but also can be done from a sitting position. Class begins with 20-minute practice followed by the teaching of each movement. Limit 15. C. Jean Hayen, BVM; Wednesday 9–10 a.m.; \$25 + \$5 supply fee

Grief and Growth Group

Jane Rogers, BVM assists people who are working through their losses. Contact Jane if you are interested in participating in a group: (cell) 515.408.2281 or (home) 563.583.1889.

Registration Form

Program Offerings | 2017–2018

Name (please print) _____

Street Address _____

City _____ State _____ Zip _____

Telephone (day) _____

Email _____

Previous participant? Yes No

How did you learn about RKC? Friend/Family Website Other: _____

Name of class _____ Cost (plus supply fee if applicable) _____

1. _____

2. _____

3. _____

4. _____

Aquatics Registration

_____ Days/Time _____ Fall, Spring or both _____ \$40/semester or \$75 if paying for both now

****Please return entire form, do not cut bottom off**

\$25 fee per class, plus any applicable supply fees (see course descriptions for exact amount);

BVM Sisters: \$20 fee per class, plus any applicable supply fees.

Make checks payable to Roberta Kuhn Center.

Total \$ _____

Please return registration by Aug. 28, 2017 to:

Roberta Kuhn Center
1150 Carmel Drive
Dubuque, IA 52003

Questions: call Karen Kane-Herber, RKC Director at 563.582.4155 or email: robertakuhncenter@bvmcong.org