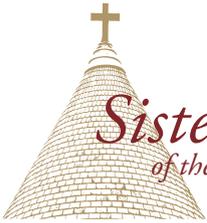




Enrichment Opportunities
for those 55 or Older

Roberta Kuhn Center

Program Offerings | 2018–2019



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: www.bvmsisters.org/get-involved/roberta-kuhn-center

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 185 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. 4–Nov.16, 2018, and **continue** in the spring semester; Feb. 4–May 3, 2019. 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 2018–2019 Roberta Kuhn year, please call 563-585-2855 after Aug. 27.**

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.** 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. 10–Nov. 14

Spring Semester: Feb. 4–April 10

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. 11–Nov. 15

Spring Semester: Feb. 5–April 11

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. 10–week of Oct. 8

Session II week of Oct. 15–week of Nov. 12

Session III week of Feb. 11–week of March 11

Session IV week of March 25–week of April 29 (Spring Break week of April 15-19)

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

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 10. 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. Limit of 8. Kim Daykin; Thursday 10–noon; \$25 + \$20 supply fee

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

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; Wednesday 10:30–Noon; \$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

Visual Arts of the United States

An introduction to the history of art in the United States. This course will study the visual arts of America, including architecture, painting, sculpture, and decorative arts, from its colonial beginnings to the mid to late 20th century. The development of American art will be considered in the context of the cultural, political, religious, and economic events which caused and accompanied it. We will analyze the artistic changes that took place during these centuries and, where possible, note their relationship to American history and European art. Limit of 20. Joan Lingen, BVM; Monday 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 2018* 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. 13; \$25

Psychology of Aging

I will bring what I have learned from many years of study and practice of psychology about healthy aging. You, class members, will bring the practical wisdom of your experience of meeting the challenges and enjoying the achievements of your long lives. Together we will try to define what is required to live a good and meaningful life and leave a map for those who follow us. Former members of Jerry Beckman's group and new participants welcome. Limit of 12. Bob Dunn; Tuesday 1-2 p.m.; \$25

Music Medley

Prerequisite: Desire to explore and enjoy music! Selected symphonic, keyboard, and choral works, as well as popular music styles will be explored. Each semester we will study an opera and a musical. Pertinent music topics may also be selected. Guest performers and/or lecturers are often invited to share their expertise. 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

Explore the plays of two masterful leaders of the modern theatrical movement. Henrik Ibsen, Norwegian, and Anton Chekhov, Russian, concentrate on the struggles and conflicts of ordinary people as they attempt to understand themselves and the changing world around them. Spring semester moves into a study of modern American drama. Texts are provided. Carol Blitgen, BVM; Tuesday 1–2 p.m.; \$25 + \$15 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 is *A Gentleman in Moscow* by Amor Towles. Limit of 16. Facilitated by Sue Dolter; 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

RKC Quilters

While there is no formal instruction, open sewing time is provided weekly with space for participants to bring machines, or work on hand work of their choice. Occasional topics may be covered by the group or guest speakers. Some experience with quilting is required. Facilitated by Karen Kane-Herber; Thursday Noon–3:00 p.m.; \$25 + \$5 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 10:00 a.m.–noon; \$25

Beginning Card Making

Participants will learn the basics of card making including the use of a variety of paper, inks, embellishments, and tools. As class continues, the group will advance to simple card making. Limit of 8. 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 8. Judy Callahan, BVM; Wednesday 10:30–11:45 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 of 12. Sandy Clark; Tuesday 10:45–12:15 p.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 of 12. Sandy Clark; Tuesday 9–10:30 a.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 and 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 and 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. Instruction will focus on patient learning of the basic fundamentals. Limit of 18; Peg Hennagir; Friday 10–10:50 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. Instruction will build on the basics and include more dance variety. Limit of 18; Sandy Moses; Friday 11–noon; \$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 of 15. C. Jean Hayen, BVM; Wednesday 9:15–10 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: 515-408-2281.

For more information: call Karen Kane-Herber, RKC Director at 563-582-4155 or email: robertakuhncenter@bvmcong.org.

Registration Form

Program Offerings | 2018–2019

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. 27, 2018 to:**

Roberta Kuhn Center
1150 Carmel Drive
Dubuque, IA 52003

Questions: call Karen Kane-Herber,
RKC Director at 563-582-4155 or email:
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