Enrichment Opportunities for those 55 or Older

Roberta Kuhn Center
Program Offerings | 2019–2020

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

- Registration begins in July and ends Aug. 23, 2019.
- Fall semester for most classes begins Sept. 3 and ends Nov. 22, 2019.
- Classes resume in the spring semester beginning Feb. 17 and ending May 15, 2020.
- Classes take place in the lower level of the Motherhouse, with the exception of Arthritis Aquatics, which takes place on the ground floor of the Caritas Center.
- Beginning, Basic, and Advanced Yoga will be held at EB Lyons Center.
- You are automatically placed in the classes you request upon registration unless you are notified otherwise.

Parking/Access to the Building

Parking for Roberta Kuhn Center classes will be available in several locations on campus. Participants will receive information about where to park and how to enter the building in August.

Class locations will be posted in the hallway on the first day of class.

To receive your keypad access code for the 2019–2020 Roberta Kuhn year, please call 563-585-2855 after Aug. 16.

Fees

Registration fees and supply/material costs are listed with class description.

Financial assistance is available. Call RKC office at 563-582-4155.

BVM Sisters: $20 fee per class, plus any applicable supply fees. ($5 discount for Yoga and Aquatics classes)

Please make checks payable to: Roberta Kuhn Center.

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.
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 45 min. Towel, swimwear, and water shoes are required. Physician’s approval, waiver form, and emergency contacts paperwork are due on the first day of class or before. Forms and detailed information will be sent to you upon receipt of registration. Registration for this class can be for one-semester or two-semesters. **Regular attendance is required, with only five absences per semester. Please indicate the specific class/time you are registering for, as well as whether you desire fall, spring or both. A spring spot is not guaranteed unless indicated on the registration form. All spots are filled newly each year, on a first come, first served basis.** 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 and Wednesday
Fall Semester: Sept. 9–Nov. 20
Spring Semester: Feb. 17–April 29
8–8:45 a.m.
Connie Booth and Sue Lemon
9:15–10 a.m.
Connie Booth and Sue Lemon
10:30–11:15 a.m.
Iyla Ant and Jan LoBianco
11:45 a.m.–12:30 p.m. (beginners only)
Elaine Droessler and Bettie MacVey

Tuesday and Thursday
Fall Semester: Sept. 10–Nov. 21
Spring Semester: Feb. 18–April 30
8–8:45 a.m.
Betty Takes and Elaine Timmerman
9:15–10 a.m.
Betty Takes and Elaine Timmerman
10:30–11:15 a.m. (beginners only)
Laurie Parker and Cinda Welu
11:45 a.m.–12:30 p.m.
Laurie Parker and 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.

**Beginning, Basic, and Advanced yoga will be held at EB Lyons Interpretive Center** located at 8991 Bellevue Heights Rd. Deb May and Nancy Thompson, co-teacher, instructors.

**Beginning Yoga class (introductory level):**
Mon., 11:30 a.m.–12:30 p.m., limit 15
**Basic Yoga class (intermediate level):**
Tues., 11:30 a.m.–12:30 p.m., limit 20
**Advanced Yoga class:**
Tues., 10:00–11:00 a.m., limit 20

**Session I** week of Sept. 16–week of Oct. 14, $40
**Session II** week of Oct. 21–week of Nov. 18, $40
**Session III** week of Feb. 17–week of March 16, $40
**Session IV** week of March 30–week of May 4, $40 (Spring Break, week of April 13–17)

Please indicate which specific class and which session(s) are desired on registration form. Payment for Session 1 class is due upon registration.
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; Thursday 9–9:45 a.m. or Friday 11:15 a.m.–noon; Please indicate which day/sessions on registration form; $40 for each five-week session. Payment for Session 1 class is due upon registration.

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 a 20-minute practice followed by the teaching of each movement. Limit of 15. C. Jean Hayen, BVM; Friday 9–9:45 a.m.; $25 + $5 materials fee

Line Dance
In this class, participants experience low impact exercise while enjoying the music and company of others. Participants will need previous line dance experience. Instruction will move the group beyond the basics and include dance variety and gentle challenge. Sandy Moses; Friday 10–11 a.m.; $25

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

Collage and 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

Exploring the Creative Process
Looking for a way to be exposed to an assortment of art forms through a variety of mediums? This class will provide participants with many opportunities for hands-on exploration of mediums and techniques, including acrylic and watercolor paints, working with glass, and even a bit of art history among other topics. All are welcome from the absolute beginner to those with a little or a lot of experience creating. Come with an open mind and a sense of adventure! Marilyn Wasmundt and guest instructors; Friday 9:30–11:30 a.m.; $25 + $15 supply fee
Advanced Watercolor
This class is for the experienced watercolor artist looking to further their advanced skills. Six lessons will be offered including wet in wet, barns and perspective, linking shadows, landscape, and still life. Alternate weeks between lessons will be independent work time for the class. Student will provide his or her own supplies. **Fall Semester Only; Kim Daykin; Wednesday 10:30 a.m.–Noon; $25**

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. Ellen Hartmann Henkels; **Tuesday 12:30–2:30 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. Joan Lingen, BVM; **Monday 1–2 p.m.; $25 + $5 materials fee**

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. 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. Caroline Moody; **Wednesday 9:30–11:30 a.m.; $25 + $20 supply fee**

Great Discussions: World Issues Today
This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions 2019* 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 $35 for new students. Please indicate on the registration form if you would like us to order a copy of the print copy. An eBook version is also available on Kindle, iBook, Nook, and Kobo.**
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

Entrepreneurs of Dubuque
McDonald, Cooper, Bissell, Adams, Hancock, Stout, and others…Visit these pioneering entrepreneurs of Dubuque; their enterprises, including the buildings which housed the production of a variety of products from pumps to beer, wagons to meat, and more. Come into the parlors of their mansions and meet their wives and children. Presenters, including some descendants, will discuss their lives and present issues they faced including economic downturns and the rise of labor unions. Their contributions and stories come alive in this class! Fall Semester Only; David Vanderah; Friday 10–11 a.m.; $20 + $5 materials fee

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 materials fee

Threshold of Wisdom: Life’s Journey
Our own stories are the starting point for meaningful conversations. Through various themes, participants recall experiences from their own life’s journey that now reveal truths and life lessons that we can all appreciate. As a result of this interactive class, we expand our gratitude and discover wisdom for our everyday life as insights are honored, shared, and understood. Karen Zeckser; Thursday 10:45–11:45 a.m.; Begins Sept. 12; $25

Healthy 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. Bob Dunn; Tuesday 1–2 p.m.; $25

For more information, contact: Karen Kane-Herber, RKC Director
563-582-4155 | robertakuhncenter@bvmsisters.org
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. Pat Nolan, BVM; Wednesday 1–2 p.m.; $25 + $10 materials fee

A Celebration of Shakespeare’s World and Works
More than any other writer, Shakespeare has posthumously forged the creative consciousness of the Western World. No other playwright has been able to capture with such vividness and realism the hearts and souls of characters struggling with their humanity. Let’s celebrate the genius of this artist! Carol Blitgen, BVM; Tuesday 1–2 p.m.; $25 + $10 materials fee

RKC Book Club
This group enjoys lively and thoughtful discussions from a variety of fiction and some nonfiction writers. Discussions cover literary elements in the context of the book and its characters, as well as connections to our own lives. Approximately two weeks of discussion per title. 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, My Dear Hamilton by Laura Kamoie and Stephanie Dray. Facilitated by Sue Dolter; Monday 10:30 a.m.–Noon; $25

Writing for Relaxation & Renewal
Bring your favorite notebook and writing utensil for an hour of relaxation, rediscovery, refocusing, and renewal. Given a prompt and some encouragement and suggestions, watch your pen and your mind work together to make letters and words appear across the page. See ideas blossom and grow. Learn to share with a classmate, to ask questions, and to re-evaluate and rewrite during class. Sandy Amberg; Thursday 1–2 p.m. $25

Exploring French
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. We will study
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. Students are encouraged to purchase *French in 10 Minutes A Day* by Kristine Kershul, 8th edition, ISBN 978-1-931873-29-1. Lorrie Etheredge; Monday 1–2 p.m.; $25

**Spanish for Anyone**
Are you lost in Spanish, completely baffled, somewhat uncertain, or looking for conversation? Then join us for diálogo, drama, música, and poesía. Explore the Spanish language in a stress-free, interactive and casual environment with a variety of methods meant to interest you. Those with or without any past experience of Spanish are welcome! Sandy Amberg; Wednesday 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 materials 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 12:30–3:30 p.m.; $25 + $5 supply fee

**Crocheting**
This class welcomes all skill levels of crocheters, from advanced to beginners. Participants work independently on their own creations, supported by the instructor and encouraged by classmates. Pattern reading assistance is provided. Talents and ideas are shared among participants while enjoying good company. Rosie Dietzel; Thursday 10:30 a.m.–12:30 p.m.; $25

**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. Judy Callahan, BVM; Wednesday 10:30–11:45 a.m.; $25 + $20 lab fee
Intermediate Photoshop Elements
This class is for those who have a solid working knowledge of the basics of Photoshop Elements 15, including use of editing tools and built-in editing programs, and have an understanding of the layers feature of the program. New learning will include project based instruction, expanded use of the toolbar and use of filters, expanded use of layers, and the program’s guided instruction component. Sandy Clark; Tuesday 10:45 a.m.–12:15 p.m.; $25 + $20 lab fee

Advanced Photoshop Elements
Participants in this class need to be proficient in the pre-requisite skills and new learning mentioned in the Intermediate Photoshop Elements description above. New learning will include continued use of the editing toolbar and use of filters, and an exploration of the power of light in taking, and editing photos. Restoration of photos and a monthly photo challenge are examples of class assignments. Photoshop Elements 15 will be used. Sandy Clark; Tuesday 9–10:30 a.m.; $25 + $20 lab fee

Open/Recreational Bridge
This bridge group is available for those with experience playing the game of bridge. Enjoy the cards, enjoy the company, and 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. The absolute beginner is welcome as well, and one-on-one teaching of the game occurs until one is ready to join the larger group. 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

Grief and Growth Group
Jane Rogers, BVM assists people who are working through their losses. Contact Jane for more information: 515-408-2281.
Registration Form
Program Offerings | 2019–2020

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

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

All classes are filled on a first come, first served basis.

Registration fees and supply/material costs are listed with class description.

BVM Sisters: $20 fee per class, plus any applicable supply fees.
($5 discount for Yoga and Aquatics classes)

Please make checks payable to: Roberta Kuhn Center.

Total $ __________________

Please return registration by Aug. 23, 2019 to:

Roberta Kuhn Center
1150 Carmel Drive
Dubuque, IA 52003

Questions: call Karen Kane-Herber, RKC Director at 563-582-4155 or email: robertakuhncenter@bvmsisters.org.
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