



Enrichment Opportunities  
for those 55 or Older

# Roberta Kuhn Center

## Program Offerings | 2020–2021



*Sisters of Charity*  
*of the Blessed Virgin Mary*  
Freely 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, with no restrictions as to religious, national or economic background. The center is in the lower level of the Motherhouse on the campus of Mount Carmel Bluffs, 1150 Carmel Dr., Dubuque, Iowa 52003.

**Director:** Karen Kane-Herber

**Phone:** 563-582-4155

**Website:** [bvmsisters.org/roberta-kuhn-center](http://bvmsisters.org/roberta-kuhn-center)

**Goals:** To create a warm, loving atmosphere where 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:** Roberta Kuhn, BVM, for whom the center is named, was president of the BVM congregation from 1967–72. 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 185 years; the service provided for older adults is a thank you to the citizens of the city and the surrounding area.

**Instructors:** Our instructors are a mixture of talented and enthusiastic retired teachers, college and university faculty, administrators, and experienced craft instructors who volunteer to share their expertise and knowledge with you.

**Parking/Access to the Building:** Parking for RKC classes will be available in several locations on campus. Participants will receive information about where to park and how to enter the building in late September. Class locations will be posted in the hallway on the first day of class. To receive your keypad access code for the 2020–2021 Roberta Kuhn year, please call 563-585-2855 after Sept. 21.

**Fees:** Fees are listed at the end of each class description.

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

**BVM Sisters: \$10 per classroom class, plus supply fees if applicable, and \$5 discount for yoga classes.**

## **Important Updates for Fall/Spring Registration:**

Due to uncertainty regarding whether classes will be able to be held in person and the rapidly changing recommendations from health and governmental agencies, a brochure will be sent in August for fall semester registration and in December for spring semester registration.

Our tentative plans are that registration will occur from August–September for fall semester classes. **The fall semester begins Oct. 5 and ends Dec. 11, 2020.** There will be a fall break with no classes Nov 23–27. Exact starting and ending dates depend on what day of the week your class/es are held.

**Spring semester will begin Feb. 15 and end May 14, 2021.**

Spring break will be March 29–April 2.

You are automatically placed in the classes you request upon registration unless you are notified otherwise. You will only be notified if you did **not** get into a class.

**Given the current COVID-19 situation, realize that this schedule of classes is our best hope for an RKC program similar to what we've offered in the past. But our top priority is protecting individual and community health while remaining flexible to unfolding pandemic conditions, governmental directives, and Department of Health guidelines.**

We ask for your patience and a mindset open to innovative ways of offering and experiencing the enrichment and community of a traditional RKC year. It is possible that plans will need to be adjusted as we move forward. Some classes depend on in-person instruction. Others have the potential to become virtual, using Zoom.

**Decisions will be made in September about what is actually possible and safe given the specifics of the COVID-19 pandemic at that time.**

Given that detail, we will begin the registration process at the time brochures arrive in your mailbox. We ask at the time of registration, you **complete and return the registration form in its entirety, but do not send any money.** All classes will be filled on a first come, first served basis as in years past. Fees will be collected on the first day of your class/es. Don't hesitate to contact Karen with any questions or concerns.



## Courses

### **Gentle Yoga for the Young at Heart**

Try this gentle yoga class designed for people over 55 and great for the 60-plus set! Basic yoga stretches and breathing build strength, flexibility, and balance. Relaxation practices relieve tension and stress. Deb May, instructor (and Nancy Thompson, co-teacher).

**Note:** We are working with EB Lyons Interpretive Center, 8991 Bellevue Heights Road, to hold beginning, basic, and advanced yoga classes at their location. We will know if fall dates are possible in early August. If you are interested in these classes, please indicate which level on the registration form and include an email address for further information when it becomes available. All times and days are tentative.

**Beginning Yoga class:** (introductory level)

**Monday 11:30 a.m.–12:30 p.m.**

**Basic Yoga class:** (intermediate level)

**Tuesday 11:30 a.m.–12:30 p.m.**

**Advanced Yoga class: 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, a reduction of stress, better sleep, and a sense of well-being. Nancy Thompson; Friday 11:15 a.m.–noon, four-week sessions; Please indicate which session/s on registration form. Session I: Oct. 9–30; \$32; Session II: Nov. 6–Dec. 4; \$32.

## **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 in-depth teaching of movements for those who wish to stay. C. Jean Hayen, BVM; Tuesday 9–9:45 a.m.; \$15.

## **Intermediate Line Dance**

In this class, participants experience low impact exercise while enjoying the music and company of others. Previous line dance experience is required. Instruction will move the group beyond the basics and include dance variety and a bit of challenge. Sandy Moses; Friday 10–11 a.m.; \$15.

## **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; \$15 + \$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. Ellen Hartmann Henkels; Tuesday 12:30–2:30 p.m.; \$15 + \$10 supply fee.

## **Incredible (re)Discoveries**

Most of us are curious about the secrets of ancient peoples—we may understand some, but many times finding their landmarks creates more questions than we had before. Some discoveries come about after years of searching, but many of the most incredible discoveries in the world came about when someone found something they weren't looking for—the result of a true accident. Think about the spectacular discoveries of Tut's tomb, Paleolithic cave paintings, Stonehenge, or the Mayan ruins. These are but a few of the Incredible (re)Discoveries known to us today. Come along as we take a virtual trip around the world to visit many of these (re)discoveries of our time and of centuries past. Joan Lingen, BVM; Monday 1–2 p.m.; \$15.

## **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.; \$15 + \$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.; \$15 + \$20 supply fee.

## **Great Discussions, World Issues Today**

This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions 2020* 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.; \$15 + suggested, but optional *Great Decisions* book of issues available for \$35 for new students. Please indicate on the registration form and include payment for just the book if you would like us to order a print copy for you. An eBook version is also available on Kindle, iBook, Nook, and Kobo.

## **Dubuque Voices From the Past**

We will explore the heritage of local people, their visions and memories, share the stories of those who made a difference and hear their voices

through knowledgeable presenters to see where our forebears lived, worked, and worshiped. Men and women, known and not so well-known, including: suffragettes, novelists, United States senators and representatives, teachers, manufacturers, poets, and more. They join the entrepreneurs we encountered in our class last year, and together, they form the rich mosaic of Dubuque's history and perhaps offer a meaning for our time.

**Fall semester only.** David A. Vanderah and Bud Geyer, Friday 10:30–11:30 a.m.; \$15.

## 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.; \$15 + \$10 materials fee.

## Deepening Compassion/Exploring Worldviews

OSM Joyce Rupp's book, *Boundless Compassion: Creating a Way of Life*, offers an in-depth path to personal transformation. Through a seven-week study, Rupp's book will help us develop and deepen compassion, and discover it in science, medicine, spirituality, sociology, and psychology, as well as explore ways of being compassionate with self, others, and creation. We will close each class with select meditation readings. Participants are asked to purchase their own book before the first day of class. The remainder of the semester will focus on the five theological worldviews that function out of our perspectives on life, gained from our lived experiences. Self-assessment will be a part of this study. **Fall semester only.** Marci Blum, OSF; Tuesday 1–2:30 p.m. \$15.



## **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. **Fall semester only.** Karen Zeckser; Thursday 10:45–11:45 a.m.; \$15.

## **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 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.; \$15.

## **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.; \$15.

## **An Exploration of Modern Drama**

Join us for a journey through modern drama. We begin with the plays of the magnificent Norwegian author Henrik Ibsen, and follow with the great Russian writer Anton Chekhov. These artists challenge each reader to think, to feel, to question, to inherit the best of self, and to penetrate and understand the individual in every aspect of his/her humanity. Carol Blitgen, BVM; Tuesday 1–2 p.m.; \$15 + \$5 supply fee.

## **Poetry Appreciation**

American poet Rita Dove gave a succinct definition of poetry when she stated, "Poetry is language at its most distilled and most powerful." The subject matter of poetry is limitless and can help us to explore the world around us, understand struggles and insecurities, and probe our role in the universe. Join us for lively discussion and thoughtful responses of three to four poems a week. This class will challenge you to delve into



the literary aspects of poetry as well as dig deeper into the lives of some amazing poets. The poems will be provided. **Fall semester only.** Jane Northrup; Wednesday 1–2 p.m. \$15 + \$10 supply 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 in 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 *Hannah Coulter* by Wendell Berry. Facilitated by Sue Dolter; Monday 10:30–noon; \$15.

## Exploring French

Here is your chance to explore the beautiful language of Molière, Debussy, Monet, and Renoir! The emphasis will be on conversational French, developing cultural survival and social skills, and also on practical topics relating to travel and daily life in France. We engage in guided dialogues based on cultural stories, and learn numbers using whiteboards, for example. Grammar will be used only to clarify concepts as needed. Returning students are welcome! All levels of past experience are welcome! 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.; \$15.

## 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, enthusiasm to continue your personal journey, and collaborate with class participants and the instructor are the prerequisites. Marian Mallder; Monday 10:45–11:45 a.m.; \$15 + \$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 p.m.; \$15

## **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.; \$15

## **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 create, organize, save, and retrieve files. Judy Callahan, BVM; Monday 9:15–10:30 a.m.; \$15 + \$20 lab fee.

## **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.; \$15.

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**Please retain this portion of the brochure  
to refer back to as your class start date approaches.  
The tentative first week of class is Oct. 5–9, 2020.**

# Registration Form

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Name (please print) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact and Phone \_\_\_\_\_

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. \_\_\_\_\_

**Total \$** \_\_\_\_\_

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

**Kindly send no money now, given the  
uncertainties regarding COVID-19.**

Payment will be due the first day of  
class, check made out to Roberta Kuhn  
Center or exact cash please.

**BVM Sisters:** \$10 fee per class, plus any  
applicable supply fees. \$5 discount for  
Yoga classes.

**Please return registration  
by Sept. 25, 2020 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.

# **Roberta Kuhn Center**

Sisters of Charity, BVM | 1150 Carmel Drive | Dubuque, IA 52003



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**Visit us on the web:  
[www.bvmsisters.org/get-involved/roberta-kuhn-center](http://www.bvmsisters.org/get-involved/roberta-kuhn-center)**

**Return registration by Sept. 25, 2020**