



Enrichment Opportunities
for those 55 or Older

Roberta Kuhn Center

Program Offerings | Spring 2021



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
Email: kkane-herber@bvmsisters.org
Website: 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 more than 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.

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

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

BVM Sisters: \$5 discount per class.

Program/Registration: Given the current pandemic, all classes for spring semester will be held virtually through Zoom with the exception of an in-person yoga option, held at Skate Country in Asbury.

All classes listed in this brochure can be joined by anyone interested, regardless if one was enrolled during the fall semester or not. Those registered for fall classes that continue for spring are automatically enrolled for the spring semester unless you let Karen know differently.

Call 563-582-4155 or email kkane-herber@bvmsisters.org for any adjustments to this rollover enrollment. Spring semester fees can be sent any time after receiving this brochure or with the registration form if signing up for new classes.

Registration will occur during December–January for spring semester classes. The semester begins Feb. 1 and ends April 30. There will be a spring break with no classes March 29–April 2. Exact starting and ending dates depend on what day of the week your class/es are held.

You are automatically placed in the classes you request upon registration unless you are notified otherwise.

Courses

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 options for yoga this semester. **Please indicate on the registration form whether you desire Zoom Yoga and which session/s, or In-Person Yoga, which is for the entire semester.**

Zoom Mixed Level Yoga (Basic and Advanced) where participants participate via Zoom from their own homes. A device with a camera and microphone and an internet connection is needed to participate. Participants are asked to download Zoom onto their device before the first class. Basic instructions will be sent via email a few days before class starts.

Tuesdays 11:30 a.m.–12:30 p.m., Deb May, instructor.

Cost is \$40 for each five-week session.

Session 1: Feb. 2–March 2

Session 2: March 9–April 13 (no class on March 30)

In-Person Yoga (Mixed Level Basic/Advanced and an all Advanced class) as long as state and local COVID regulations allow. The in-person yoga is held at Skate Country, 5630 Saratoga Rd. Registration for this class is through the Roberta Kuhn Center, and fees are handled through a punch card system with the purchase of an \$80 punch card, participants are able to attend eight classes of their choice or a \$50 punch card for four classes of their choice. You will receive your punch card at the first class. Please send payment to the Roberta Kuhn Center prior to the first day of class.

Monday, Feb. 1–Thurs. April 29, (no class March 29–April 1)

Classes schedule is 9:30–10:30 a.m., Deb May, instructor.

Mondays: Advanced

Tuesdays: Advanced/Basic mixed

Wednesdays: Basic

Thursdays: Advanced/Basic mixed

Chair Yoga: This yoga class is only offered virtually through Zoom and 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; Session 1 dates are Feb. 5–March 5. Session 2 dates are March 12–April 16 (no class April 2). Please indicate which session/s on the registration form; \$40 for each five-week session.

Incredible (re)Discoveries: Most of us are curious about the secrets of ancient peoples—some of which we may understand but many times, finding their landmarks can create 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

Great Discussions: World Issues Today: This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions 2021* 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 class fee + suggested, but optional, *Great Decisions* book of issues available for \$35 for new students. Please indicate on the registration form and include payment if you would like us to order a print copy for you. An eBook version is also available on Kindle, iBook, Nook, and Kobo.

Six from Latin America: Learn the historical role and context of six prominent Latin American individuals: Sor Juana Inés de la Cruz, Toussaint L'Ouverture, José de San Martín, Pedro Albizu Campos, Eva Perón, and Violetta Chamorro. Class format will include a session on each figure and the week following, a discussion of the themes of patriarchy, racism, colonialism, and nationalism pulled from a study of the selected writings of each historical figure. Carmen Hernandez, Tuesday, 10–11 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

Prayer and Personality: Why are some people attracted to a certain form of prayer and others more comfortable with other ways to pray? Our personalities play a part in how we perceive prayer and the comfort of certain ways of praying. Looking at the Myers-Briggs Personality Indicator and the Enneagram will help us understand. We will then experience diverse ways of praying, including centering prayer, lectio-divina, visio-divina, the labyrinth, as well as other forms of prayer. Marci Blum, OSF; Tuesday 1–2:30 p.m. \$15

Healthy Aging: In this one-semester class, 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; Wednesday 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

Writing for Relaxation and Conversation: Come join us with your favorite notebook and writing utensil for an hour of rediscovery, refocus, and renewal. Given a prompt and some encouragement, see what takes shape in words as we unwind and explore our creativity. See ideas blossom and grow. Sandy Amberg; Thursday 1:30–2:30 p.m.; \$15

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 *The Welsh Girl* by Peter Ho Davies. Facilitated by Mary Beth Wigginton; Monday 10:30–Noon; \$15

**Please retain this portion of the brochure
to refer back to as your class start date approaches.**

Registration Form

Offerings | Spring 2021

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
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Occasionally a recording of a class is requested. Because the pictures and voices of all class participants could be included in these recordings, please indicate your preference below. Recordings are only shared with registered participants in that class.

I do give permission to the Roberta Kuhn Center to digitally record classes I attend.

I do not give permission to the Roberta Kuhn Center to digitally record classes I attend.

Total \$ _____

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

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

**Registration fees and supply/materials
costs are listed with class description**

BVM Sisters: \$5 discount per class

**Please make checks payable to
Roberta Kuhn Center.**

**Please return registration
by Jan. 25, 2021:**

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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**Visit us on the web:
www.bvmsisters.org/get-involved/roberta-kuhn-center**

Return registration by Jan. 25, 2021