



Enrichment Opportunities  
for those 55 or Older

# Roberta Kuhn Center

## Program Offerings | Fall 2021



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

# Roberta Kuhn Center (RKC)

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 campus of Mount Carmel Bluffs, 1150 Carmel Dr., Dubuque, Iowa 52003.

**Director:** Karen Kane-Herber  
**Phone:** 563-582-4155  
**Email:** [kkane-herber@bvmsisters.org](mailto:kkane-herber@bvmsisters.org)  
**Website:** [bvmsisters.org/roberta-kuhn-center](http://bvmsisters.org/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, 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 185 years; the service provided for older adults is a thank you to the citizens of the city and the surrounding area.



## Program/Registration

**We plan our fall semester, hopeful that we, in accordance with recommendations of the Centers for Disease Control and Prevention, the Centers for Medicare and Medicaid Services, the Iowa Department of Health, and our local campus administrators, are able to hold in-person classes in September.**

**A decision guided by the advice of the listed entities will be made in early August. At that time any procedures and precautions that are needed to ensure the health and safety of RKC participants and the residents and staff of Mount Carmel Bluffs will be communicated.**

**This brochure is for *fall semester* only. Another brochure will be sent in December for the spring semester, when some classes will continue and others will be new. Fall semester begins Sept. 13 and ends Nov. 19, 2021. 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. You will only be notified if you did *not* get into a class. All participants are enrolled in classes in the order their forms and payments are received.**

**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 through the semester. Don't hesitate to contact the RKC office with any questions or concerns.**

## **Instructors**

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

## **Parking/Access to the Building**

There is one parking lot for all RKC participants. Near to the parking lot, entry into the locked building will be by key fob, which will be distributed to participants. There are steps or a ramp to use for entry into the building. More details on parking and entry will be sent to all those registered closer to the first week of class.

## **Fees**

Fees listed in this brochure are for fall semester only and are listed at the end of each class description. All fees for classes are due with registration. Fees for in-person classes will be held until it is known if the class can be held or not and will be returned for any cancelled classes. Financial assistance is available; call the RKC office at 563-582-4155. For BVM Sisters: \$10 per classroom class, plus supply fees if applicable, and \$5 discount for yoga classes.



## In-Person Classes

The following classes will be held *if* COVID-19 guidelines allow and cancelled if we cannot meet in-person.

### Basic 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 with a few challenges thrown in for fun. This is a one-semester class. Caroline Moody; Wednesday 1–3 p.m.; \$15 + \$15 supply fee

### 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. Diane Siese; Thursday 10:30 a.m.–12:30 p.m.; \$15 + \$10 supply fee

### Cribbage

Join us for an afternoon of Cribbage. This class is open to players of all levels, but participants should have some experience with the game. 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

## Exploring French

Here is your chance to explore the beautiful language of Molière, Debussy, Monet, and Renoir! The emphasis will be on beginning 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 situations. Students should purchase *French in 10 Minutes a Day* by Kristine Kershul, 8th edition, ISBN 978-1-931873-29-1, before the semester begins. Lorrie Etheredge; Tuesday 11 a.m.–noon; \$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, an enthusiasm to continue your personal journey, and collaborate with class participants and the instructor are the prerequisites. Marian Mallder; Monday 10:30–11:30 a.m.; \$15 + \$10 materials fee.

## In-Person Mixed Level Yoga

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. Mixed level is designed for the person with intermediate to advanced experience. Deb May instructor (and Nancy Thompson, co-teacher); \$40 per five-week session

*Tentatively*

**Session 1:** week of Sept. 13–week of Oct. 11;

**Session 2:** week of Oct. 18–week of Nov. 15.

*Note: We are working to determine a location and class schedule for in-person yoga classes due to Mount Carmel Bluffs construction and limited space. We will know this information in early August. If you are interested in attending in-person yoga at this level, please write In-Person Yoga on the registration form as a class selection and include an email address for further information when it becomes available.*

## In-Person RKC Book Club

This group enjoys lively and thoughtful discussions of books by 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. Class members provide their own books; newcomers are welcome. The first book is *Last Bus to Wisdom* by Ivan Doig. Facilitated by Sue Dolter; Monday 10:30 a.m.–noon; \$15

## Intermediate Line Dance

In this class, participants experience low-impact exercise while enjoying music and the company of others. Previous line dance experience is required. Instruction is geared toward those ready to move beyond the basics and will include dance variety and a bit of challenge. Sandy Moses; Friday 9:30–10:30 a.m.; \$15



## 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. **This class begins on Oct. 5.** Ellen Hartmann Henkels; Tuesday 12:30–2:30 p.m.; \$15 + \$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 handwork 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

## 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 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. This is a one-semester class. Karen Zeckser; Thursday 10:30–11:30 a.m.; \$15

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## Zoom Format Only Classes

**The following classes will occur via Zoom no matter what pandemic precautions are in place this fall.**

## 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 11 a.m. –noon; \$15

*\* Suggested, but optional, 2021 Great Decisions book of issues available for \$37 for new students. Please indicate on the registration form and include payment with registration fee for 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.*

*\* Join us early for an optional pre-class discussion on current events if you'd like from 10:30-10:50 a.m.*

## **Have Suitcase, Will Travel!**

Where will we go? What will we see? Travel vicariously with us as we visit ancient places, archaeological sites, unforgiveable destructions, world-famous cities, great art museums, spectacular art forgeries, lost masterpieces, and surprising instances of stolen and sometimes found art. Just bring your curiosity with you as we travel around the world visiting some long-lost places, some amazing landmarks, some of the most famous museums and works of art, as well as enter into the world of crimes against art, such as forgery, theft, and destruction. Joan Lingen, BVM; Monday 1–2 p.m.; \$15



## **Virtual RKC Book Club**

A virtual spin on our long-standing RKC book group! We spend approximately two weeks on each title. Author background and sometimes context is provided along with a discussion of the elements of each book. Class members provide their own books; newcomers are welcome. The first book is *100 Years of Solitude* by Gabriel Garcia Marquez. Facilitated by Mary Beth Wigginton; Monday 10:30 a.m.–noon; \$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

## Zoom Mixed Level Yoga

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. Mixed level is designed for the person with intermediate to advanced experience. Deb May, instructor; Tuesday 11:30 a.m.–12:30 p.m.; \$40 per five-week session.

**Session 1:** Sept. 14–Oct. 12; **Session 2:** Oct. 19–Nov. 16. Payment is due for Session 1 with registration. Please indicate if you would like to be enrolled in Session 2. Payment for Session 2 can be made with registration or by Oct. 19.

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## In-Person Classes

The following classes will be held in-person if guidelines allow, or via Zoom if in-person is not possible.

### 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, reduced stress, better sleep, and a sense of well-being. Nancy Thompson instructor; Friday 12:15–1:00 p.m.; \$40 per five-week session



**Session 1:** Sept. 17–Oct. 15; **Session 2:** Oct. 22–Nov. 19. Payment is due for Session 1 with registration. Please indicate if you would like to be enrolled in Session 2. Payment for Session 2 can be made with registration or by Oct. 22.

### 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. This is a one-semester class. Bob Dunn; Wednesday 1–2 p.m.; \$15



## **Living a Spiritual Life: Exploring the Practices of Women and Men of Faith**

While living a spiritual life in relationship with God, self, others, and creation, we have spiritual mentors in tradition who offer inspiration for us. In this class we will delve into the spiritual practices lived by Francis of Assisi, Benedict of Nursia, Clare of Assisi, Ignatius of Loyola, Catherine of Siena, Dominic of Castile, Teresa of Avila, and Thomas Merton of Gethsemani. We will focus on the values of simplicity, peacemaking, caring for creation, community living, spiritual exercises, discernment, evangelizing, collegiality, and contemplation. This is a one-semester class. Marci Blum, OSF; 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 9–10 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 9–10 a.m.; \$15 + \$10 materials fee

## **Women Mystics of the Middle Ages**

Medieval women's mysticism has been described as "a succession of insights and revelations about God that gradually transformed the recipient," according to historian Elizabeth Petroff. This class will focus specifically on Kassia, Hildegard of Bingen, Anna Comnena, Trotula of Salerno, the Beguines, and Julian of Norwich. We will learn of their individual backgrounds and then explore and discuss their contributions to our collective body of knowledge and culture. This is a one-semester class. Carmen Hernandez; Tuesday 10–11 a. m.; \$15

## Notes about Registration

Given the continuing scheduling issues around the pandemic, a decision will be made about whether in-person classes can be safely held in early August. At that time, if in-person class is not possible, those registered for classes that can transition to Zoom will be asked if they'd like to participate in that way. If they choose not to, their registration fee will be refunded.

Those classes that can only meet in person will be cancelled and we will hope for better for the spring semester. All fees sent for these classes will be refunded.

We ask that participants include registration fees with their registration form. For all classes that are not Zoom only, the fees will be held until August when final decisions are made about whether we are attending in person or not.

Feel free to invite friends and family from outside the tri-state area to attend any offerings that are held via Zoom. The current brochure can be found in pdf format on our website at [bvmsisters.org/roberta-kuhn-center](https://bvmsisters.org/roberta-kuhn-center). All are welcome!

Providing email addresses is extremely important so we are able to communicate any program announcements.

Due to ongoing campus construction, we are asking all participants to **mail** their registrations to Roberta Kuhn Center 1150 Carmel Dr. Dubuque, IA 52003

**The first week of class is Sept. 13–17, 2021.**

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

# Registration Form

Offerings | Fall 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 (plus supply fee if applicable)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## Video Recordings and Photos

*Please indicate below only if you do NOT wish to be recorded or photographed for the purposes listed.*

*Occasionally a recording of a class is requested and shared only with registered participants in that class. Pictures and voices of all class participants could be included in these recordings.*

I do **NOT** give permission to Roberta Kuhn Center to digitally record classes I attend.

*Photos/videos may be taken throughout the year for marketing such as printed materials or social media.*

I do **NOT** give permission to Roberta Kuhn Center to use my photograph for marketing purposes.

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

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

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

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

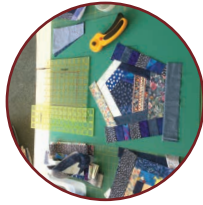
**Please return registration by Aug. 31, 2021:**

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.

# **Roberta Kuhn Center**

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



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**Visit us on the web:  
[bvmsisters.org/roberta-kuhn-center](https://bvmsisters.org/roberta-kuhn-center)**

**Return registration by Aug. 31, 2021**