



Enrichment Opportunities  
for those 55 or Older

# Roberta Kuhn Center

## Program Offerings | Spring 2022



Sponsored by Sisters of Charity of the Blessed Virgin Mary  
1150 Carmel Drive | Dubuque, IA 52003

# Roberta Kuhn Center (RKC)

Sponsored by the Sisters of Charity of the Blessed Virgin Mary, RKC 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. RKC 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 Sisters of Charity, BVM 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. BVM 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

Because of COVID-19, we plan our spring 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.

A decision guided by the advice of the listed entities will be made by the end of January. 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.

Spring semester begins February 14 and ends April 29, 2022. There are no classes the week of April 11–15. 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. You will be notified only 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 located 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. Fees 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. Classes will be cancelled if we cannot meet in person.

### 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

### 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. We are hopeful that we can hold class in the auditorium at EB Lyons. Registrants will be notified when this is confirmed. Classes that are cancelled due to weather will be replaced by a Zoom class that day. Deb May instructor (and Nancy Thompson, co-teacher); choose Monday, Tuesday, or Wednesday, 9:30–10:30 a.m.

#### Session 1:

Week of Feb. 14–week of Mar. 14;  
\$40, payment is due  
with registration

#### Session 2:

Week of Mar. 21–week of Apr. 25  
(No class April 11–13);  
\$40, payment is due by Mar. 18

## 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

## 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

## 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

## 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





## Zoom Format Only Classes

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

### **Great Discussions: World Issues Today**

This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions 2022* 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, 2022 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 each week for an optional pre-class discussion on current events if you'd like from 10:30–10:55 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. Bring your curiosity with you as we travel around the world visiting long-lost places, amazing landmarks, famous museums and works of art, as well as enter into the world of crimes against art. 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 *The Book Woman of Troublesome Creek* by Kim Michele Richardson. 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

## **Palabras y Preguntas en Español (Words & Questions in Spanish)**

Creative thinking and a spirit of fun go hand in hand for this interactive class where everyone has a chance to learn and present. Using a topic (for example, colors), participants prepare a 5 minute “lesson” to present the following week to their classmates in Spanish. Each week a new topic will be given by the instructor to be presented by each participant, including the instructor, the following week. Use of an on-line translation website will be explained to help prepare presenters en español. Procedures for the class will be thoroughly explained at the first class. All levels of Spanish language learners are welcome. Sandy Amberg; Tuesday 10:00–11:00 a.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.

**Session 1:** Feb. 15–Mar. 15; \$40, payment due with registration

**Session 2:** Mar. 22–Apr. 26 (no class Apr. 12);  
\$40, payment due by Mar. 18



## In-Person Classes

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

### 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

### 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. We are hopeful that we can hold class in the auditorium at EB Lyons. Registrants will be notified when this is confirmed. Classes that are cancelled due to weather will be replaced with a Zoom class that day. Nancy Thompson instructor; Friday 12:15–1:00 p.m.

**Session 1:** Feb. 18–Mar. 18;  
\$40 due with registration

**Session 2:** Mar. 25–Apr. 29 (no class April 15);  
\$40 due by Mar. 18



## Learning Wisdom through Crisis

While the COVID-19 pandemic has caused much upheaval and suffering over the last year and half, we are not the first people to endure these hardships. This class will use the book, *Julien of Norwich: Wisdom in a Time of Pandemic—and Beyond* by Matthew Fox as the basis for weekly discussions and reflections. We will draw upon the experiences and writings of Julian of Norwich, who lived during the bubonic plague that devastated Europe, to find connections between those who suffered great loss during medieval times and our own losses, struggles, and challenges during the current day pandemic. Participants are asked to purchase their own book before the first day of 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



## 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 at the end of January. 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. 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 February when final arrangements are in place regarding the spring semester.

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](http://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 Feb. 14–18, 2022.**

---

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

# Registration Form

Offerings | Spring 2022

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 Jan. 31, 2022:**

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](mailto:robertakuhncenter@bvmsisters.org).

# Roberta Kuhn Center

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



Non-Profit Org.  
U.S. Postage  
**PAID**  
Dubuque, IA  
WINC

**Enrichment Opportunities  
for those 55 and Older**

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

**Return registration by: Jan. 31, 2022**