



Enrichment Opportunities  
for those 55 or Older

# Roberta Kuhn Center

## Program Offerings | Fall 2022



SISTERS OF CHARITY  
OF THE BLESSED VIRGIN MARY

Sponsored by Sisters of Charity, BVM | 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 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. 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:** We plan our fall semester, hoping to bring the majority of our classes back to campus for an in-person experience. In terms of masking, increased sanitizing of surfaces, and social distancing, we continue to follow recommendations from the Centers for Disease Control and Prevention, the Centers for Medicare and Medicaid Services, the Iowa Department of Health, and our local campus administrators. Specifics of Covid protocols for the semester will be shared to those registered in early September. We appreciate your desire and cooperation to create a safe environment for your fellow RKC participants and instructors, and the residents and staff of Mount Carmel Bluffs.

You are automatically placed in the classes you request upon registration unless you are notified otherwise. You will be notified only if you did not get into a class. All participants are enrolled in classes in the order their forms with payments are received. Please mail your form and payment as this is the most direct way for things to reach the RKC office. Provide email and check it for updates, as that is the mode of communication most utilized by the RKC office and instructors.

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.

**Instructors:** Our instructors are a mixture of talented and enthusiastic retired teachers, college/university faculty, administrators, other professionals, 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 in early September. 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 after registration ends.

**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 registration ends and will be returned for any cancelled classes. Financial assistance is available; call the RKC office at 563-582-4155. For BVM sisters: \$5 discount for each class.

**Zoom Offerings:** We are pleased to continue to offer some classes via Zoom. Feel free to invite friends and family from outside the tri-state area to attend any of our virtual offerings. The current brochure can be found in PDF format on our website at [bvmsisters.org/roberta-kuhn-center](http://bvmsisters.org/roberta-kuhn-center). Registration is still through the mail; simply print the last page of the document and send it with payment to Roberta Kuhn Center 1150 Carmel Dr Dubuque, IA 52003.

**Fall semester begins Sept. 12 and ends Nov. 18, 2022. Exact starting and ending dates depend on what day of the week your class/es are held.**

# In-Person Classes

## 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.

## Doodle Your Dreams

Gone are the days when doodling meant one had lost focus. Now we are learning that doodling is a powerful way to unlock stress and let your thoughts and creativity soar. Join us on this journey to experience the creativity that allows our pens to roam free on the page. Time will be given to the value of doodling dreams to help us understand the messages we receive as we sleep. Some supplies will be provided. Marilyn Wasmundt; Monday 10:00–11:30 a.m.; \$15 + \$5 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.

## RKC Quilters

While there is no formal instruction, open sewing time is provided weekly for participants to bring machines or work on handwork of their choice. The group or guest speakers may cover occasional topics. Some experience with quilt making is required. Facilitated by Karen Kane-Herber; Thursday 1–3 p.m.; \$15.

## Exploring French

Our emphasis will be on conversational French, developing travel survival and social skills, and also on practical topics related to daily life in France. We will engage in guided dialogues based on cultural stories. Grammar will be used only to clarify concepts as needed. Returning and new students are welcome, as well as all levels of past experience. Students are encouraged to purchase *French in 10 Minutes a Day*—8th edition by Kristine Kershul. ISBN 978–1–931873–29–1. Lorrie Etheredge; Tuesday 11:00–Noon; \$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.



## 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; Wednesday 10:30–Noon; \$15.

## Lost in the Stacks: The History and Nature of Libraries

Famed across the world, libraries have served a multitude of uses and users. In addition to collections of the written word, they've housed precious art and rare manuscripts, and thus been at the heart of numerous crimes and misdemeanors. From ancient times to modern day, the idea of the library has been resilient as each generation makes and remakes the institution anew. Come along with us, a retired reference librarian and former prison library manager, and a writer and book collector, as we hear from local library directors presenting on their own unique collections. David A. Vanderah and Bud Geyer, Friday, 10:00–11:00 a.m. \$15 + \$5 fee for printed materials.

## Asian Wisdom

From the Hindu mystic to the enlightenment of the Buddha and from Confucian social philosophy to the artistry of Daoism, Asian Civilization offers a vital and unique look at the workings of the world and the human spirit. This course will focus on major non-Western themes and beliefs found in various parts of Asia. This fall class will focus on contributions out of India and during the spring class, we will focus on Chinese and Japanese culture. Norm Freund, Wednesday 2:15–3:15 p.m.; \$15 + \$5 fee for printed materials.



## The Crusades: Their Relevance Then and Now

War and warfare regrettably are a part of our human experience today and have been throughout history. The Crusades provide an opportunity to look at historic events through varying perspectives and to offer us insight into religious, cultural, and political thought of the time. We will discover how past achievements were pre-cursors to current day concepts of modernization and globalization. In addition, an examination of how religions can contribute to misunderstanding while also being vehicles for calm and peace will be discussed. Carmen Hernandez, Tuesday, 10:00–11:00 a.m.; \$15 + \$5 for printed materials.

## 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 Malder; Thursday 10:30–11:30 a.m.; \$15 + \$10 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 9–10 a.m.; \$15 + \$5 for printed materials.

## Healthy Aging

Bob Dunn will bring what he has learned from many years of study and practice of psychology about healthy aging. 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 during this 10-week class. Bob Dunn; Wednesday 1–2 p.m.; \$15.

## Cribbage

Join us for an afternoon of Cribbage. This class is open to players of all levels, including beginners. Bring a partner or find one in class. Enjoy the fun and challenge of the game with a great group of people. Facilitated by Jackie Goodrich and Stephany Schwartz; Friday 1–3 p.m.; \$15.

## 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. Limit of 16 in each class. Deb May instructor (and Nancy Thompson, co-teacher).

Choose Monday 9:30–10:30 a.m. at Asbury City Hall, Tuesday 9:30–10:30 a.m. at Asbury City Hall, or Wednesday, 9:30–10:30 a.m. @NICC downtown Dubuque Center. Please clearly indicate on registration form which day and session you prefer.

**Session 1:** week of Sept 12–week of Oct. 10; \$50, payment and registration due by Aug 31.

**Session 2:** week of Oct 17–week of Nov 14; \$50, payment and registration due by Oct 14, Tuesday class will not meet Nov 8 and will end on Nov 22.



## Chair Yoga

This yoga class offers modified yoga poses that are done while seated in a chair. Many of the basic body mechanics of traditional yoga poses are retained, while offering improved muscle tone, better breathing habits, reduced stress, better sleep, and a sense of well-being. Class will take place in the Roberta Kuhn Center at Mt. Carmel Bluffs. Limit of 8. Please clearly indicate on registration form which session/s you would like. Nancy Thompson instructor; Friday 1:00–1:45 p.m.

**Session 1:** Sep 16–Oct 14; \$50 due with registration by Aug 31.

**Session 2:** Oct 21–Nov 18; \$50 due by Oct 14.

---

## Classes over Zoom

### 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, *Great Decisions 2022* briefing book is available for \$40 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 about current events if you'd like from 10:30–10:55 a.m.



## **Our Favorite Things: Beloved Works of Art**

A curator acquires, cares for, and develops a collection. Join us for an exciting tour through an exhibit like no other, one that began with a request to last year's art history class participants to submit a favorite work of art. Our "curator" instructor will be our guide as we are informed and inspired through time and place to learn more about our own favorite work and others chosen by the class. Newcomers to this journey are most welcome. Joan Lingen, BVM; Monday 1–2 p.m.; \$15.

## **Memoir and More**

Most of us have read the life story of someone famous or even ordinary at some point in our lives. Memoir is a specific category of the larger genre of autobiography which has soared in popularity recently. These stories allow us to be drawn directly into the lives of others and to understand an experience or episode from the memory of the one who experienced it. We will read several sub-genres of memoirs, ask questions about what makes a life story a memoir, and explore further understandings about the role memoir plays in literature and in life. Participants purchase their own books. The first title is *Truck: A Love Story* by Michael Perry. 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. Prompts are given and participants and the facilitator do on-the-spot writing for 5 minutes. Then, participants share their impromptu creations and see what bubbles up in discussion. 3–4 prompts are usually explored in each hour of class. Sandy Amberg; Thursday 1:30–2:30 p.m.; \$15.

## **Show and Tell (In 200 Words or Less)**

Looking for people who can commit to attending class most weeks and enjoy writing outside of class on a topic given at the end of the previous class. Participants then have the week between classes to expound upon the topic in 200 words or less on their own time. Writings are shared the following week in a nurturing environment. Enjoy the opportunity to be creative, without a time limit. Benefits include an opportunity to exercise your mind, learn from others, revisit past experiences, and meet new people! Sandy Amberg, Thursday 10:15–11:15 a.m.; \$15.

## Return to the Root: Reflections on the Inner Life

As a plant or tree is anchored by its taproot, returning to the core of our being, our “spiritual taproot” is key to discovering that which nourishes and sustains us. Guided by Joyce Rupp’s most recent book, *Return to the Root: Reflections on the Inner Life*, we will explore how ordinary events and experiences help us return to our core. The readings, combined with reflection and discussion among the group, will provide the framework for this journey inward. All are welcome. Participants are asked to purchase their own book before the first day of class. Marci Blum, OSF; Tuesday 1–2:15 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. Please clearly indicate on registration form which session/s you would like. Deb May, instructor; Tuesday 11:30 a.m.–12:30 p.m.

**Session 1:** Sep 13–Oct. 11; \$50,  
registration and payment due by Aug 31.

**Session 2:** Oct 18–Nov 15; \$50,  
registration and payment due by Oct 14.

---

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

# Registration Form

Offerings | Fall 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. Unfortunately, we do not accept credit cards at this time.**

**BVM sisters:**  
\$5 discount for each class.

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

**Please return registration by Aug. 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: Aug. 31, 2022**