



Enrichment Opportunities
for those 55 or Older

Roberta Kuhn Center

Program Offerings | Spring 2023



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. 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
Website: bvmsisters.org/roberta-kuhn-center



In Memory
Roberta Kuhn, BVM
1908–1993

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 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 nearly 190 years; the service provided for older adults is a thank you to the citizens of the city and the surrounding area.

Program/Registration

We are happy to have returned to an in-person experience for the majority of the program, while still offering some classes in a virtual format via Zoom. In terms of masking, increased sanitizing of surfaces, and social distancing, we continue to follow recommendations from the CDC, the CMS, the Iowa Department of Health, and our local campus administrators.

In the later part of the fall semester, we were able to move to a masking-optional status because current Covid protocols at Mount Carmel Bluffs (MCB) had been adjusted based on Dubuque County transmission rate, and number of active Covid cases among residents and staff, however if these criteria are not met, we move to a masking-required status.

Current protocols for the semester will be shared with those registered in early February. We appreciate your desire and cooperation to create a safe environment for all RKC participants and instructors, and the residents and staff of MCB.

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 it to reach the RKC office. Please provide email and check it for updates if you have it, as that is the mode of communication most utilized by the RKC office and instructors.

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 parking in the lot nearest the RKC entrance. If this lot is full, additional parking is in the Gables lot nearby. Class sizes, days, and times have been considered in terms of available parking spaces. Near to the parking lot, entry into the locked building will be by key fob, which will be distributed at the first meeting of each class. If you cannot attend the first class, please call the RKC office at 563-582-4155 to set up an appointment with Karen to receive yours. There are steps or a ramp to use for entry into the building.

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. A full refund is available until the end of the first week of classes if a participant wishes to withdraw. 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. Registration is still through the mail; simply print the last page of the document and mail it with payment to Roberta Kuhn Center, 1150 Carmel Dr., Dubuque, IA 52003.

Spring semester is February 13–April 28, 2023. There are no classes the week of April 3–7. 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 Delight

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 thoughts and creativity soar. Join us on a journey to experience the creativity that allows our pens to roam free on the page. The value of doodling our dreams as well as using doodling to help us pause, think, and see what appears on the paper will be discussed in a fun relaxing atmosphere. No prior art experience necessary! 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. Occasional topics may be covered by the group or guest speakers. 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

Going Under Cover: The Art—and Heart—of Fiction

This semester, the RKC readers will go “under cover” to look at what makes a book worth reading—perhaps more than once! Selections are three contemporary works of fiction by U.S. authors who have won critical acclaim: *The Girl Who Sang to the Buffalo*, by Kent Nerburn; *Jayber Crow*, by Wendell Berry; and *This Tender Land*, by William Kent Krueger. Our weekly classes will explore how the elements of plot, setting, character, style, and theme interact in stories that engage our minds, capture

our imaginations, enter our hearts, and ultimately, make us better people. Participants' responses to selections provide the foundation for discussion. All are welcome! Participants provide their own books. Facilitated by Sue Dolter; Wednesday 10:30–Noon; \$15

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. During the spring class, we will focus on Chinese and Japanese culture, while the fall class focused on contributions out of India. Norm Freund, Wednesday 2:15–3:15 p.m.; \$15 + \$5 fee for printed materials

Remarkable Women Alongside the “Great” Men

An old adage states that behind every great man is a great woman. Join us for an examination of the lives of Theodora, wife of Justinian; Khadija, wife of Mohammed; Matilda, wife of William the Conqueror; Heloise, companion of Peter Abelard; and Christine de Pizan, wife of Etienne de Castel. Bringing these great women out of their counterparts' shadows gives fresh insight to the history of their time. The women featured in this course were in fact remarkable in their own right, had agency, and shaped a lasting legacy that determined the history of their people. We will learn how these women not only complimented the legacy left by their male counterparts but left their mark on history as well. Carmen Hernandez, Tuesday, 10:00–11:00 a.m.; \$15 + \$5 for printed materials

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



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 during this class. Bob Dunn; Wednesday 1–2 p.m.; \$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; Wednesday 10:30–11:30 a.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 (and Nancy Thompson, co-teacher); Choose Monday 9:30–10:30 a.m., or Tuesday 9:30–10:30 a.m. at Asbury City Hall. Please clearly indicate on registration form which day and session you prefer.

Session 1: week of Feb. 13–week of March 13; \$50, payment and registration due by Jan. 31.

Session 2: week of March 20–week of April 24; \$50, payment and registration due by March 17, no class April 3 and 4.

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 Mount Carmel Bluffs. Limit of 9. Please clearly indicate on registration form which session/s you would like. Nancy Thompson instructor; Friday 1:00–1:45 p.m.

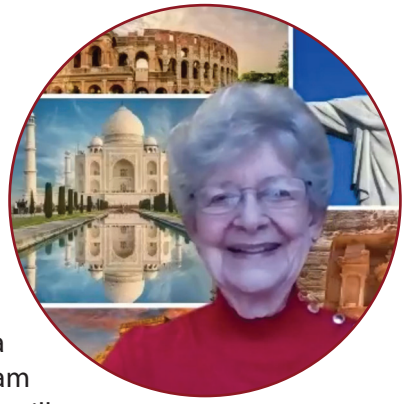
Session 1: Feb. 17–March 17; \$50 due with registration by Jan 31

Session 2: March 24–April 28 (no class on April 7); \$50 due by March 17

Classes over Zoom

Great Discussions: World Issues Today

This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions 2023* 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, *2023 Great Decisions Book of Issues* 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 on 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

Virtual RKC Book Club

A virtual spin on our long-standing RKC book group! We will meet every other week to discuss a book. Five titles will be covered with the last class focused on discussing summer reading. Selections will be picked by members of the group. Discussion leaders for each book will be members of the class. Participants provide their own books; newcomers are welcome. The first book is *Tell The Wolves I'm Home* by Carol Rifka Brunt; Mondays Feb. 13, Feb. 27, March 13, March 27, April 10, and April 24; 10:30 a.m.–Noon; \$15

Braiding Sweetgrass Book Discussion

Living today, we are called and challenged to be environmentally aware of changes in nature caused by humans and our lifestyles. Robin Wall Kimmerer has much to teach us as an Indigenous woman and a botanist. In this book, she portrays a reverence between the indigenous people and the earth by sharing stories which demonstrate how plants and animals are our oldest teachers. Join us as we discuss this book, deepening our understanding of and relationship with nature. 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: Feb. 14–March 14; \$50,
registration and payment due by Jan 31

Session 2: March 21–April 25 (no class on April 4);
\$50, registration and payment due by March 17

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

Registration Form

Offerings | Spring 2023

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 Jan. 31, 2023:

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

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for those 55 and Older**

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

Return registration by: Jan. 31, 2023