Enrichment Opportunities for those 55 or Older

Roberta Kuhn Center
Program Offerings | Fall 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 greater. 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 (MCB), 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 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 1967–1972. 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. This service provided for older adults is a “thank you” to the citizens of the city and the surrounding area. The BVMs celebrate 190 years as a congregation this year and have been part of Dubuque for 180 years.

**Program/Registration:** The majority of our classes are offered in-person. We do offer a few via Zoom, which allows our friends from outside the Dubuque area to participate. In the last three years, our community has grown to include participants from across the United States.

You are automatically placed in the classes you request upon registration unless you are notified otherwise. You will be notified only if you do not get into a class. All participants are enrolled in classes in the order that their forms with payments are received. Registration is on a first come, first served basis. Please mail your form and payment as this is the most direct way for items to reach RKC. Please provide an email address if you have it and check it for updates, as that is the mode of communication most utilized by the RKC office and instructors.
In terms of masking, increased sanitizing of surfaces, and social distancing, we continue to follow recommendations from our local campus administrators. When any portion of the MCB campus has an active Covid case, we strongly recommend mask wearing from all participants and instructors. When there are no active cases among residents or staff, masks are optional. We appreciate your desire and cooperation to create a safe environment for your fellow RKC participants and instructors, and the residents and staff of MCB.

**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:** Entrance into RKC is through the door that faces the Motherhouse parking lot. Parking is available in the lot nearest RKC entrance. If this lot is full, additional parking is available in the Gables lot nearby. Residents of MCB can access RKC classrooms by walking through the building to the lower level of the Motherhouse. Class sizes, days, and times have been considered in terms of available parking spaces. There are four accessible parking spaces in the lot and the option of steps or a ramp to use for entry into the building. The outside door is locked and accessed by key fob, which will be distributed to non-residents 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.

**Fees:** Fees listed in this brochure are located at the end of each class description. All fees for classes are due with registration. Payments for in-person classes will be held until the end of the first week of classes 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. BVMs: $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 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.

The 2023 fall semester begins the week of September 11–15 and ends the week of November 13–17. 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.; $25

Junk Journals with Altered Books
Join us on a sustainable creative journey where each participant will construct their own handmade journal. We begin with a recycled book to create a cover, and then fill it with pages using various papers from a variety of sources. Students will be guided through how to create master boards, mini collage clusters, pockets, tags, journal cards, handmade envelopes, and other inclusions to fill their unique journal. A variety of decorating techniques to create unique embellishments provides loads of opportunity to be clever with assorted bits and bobs. Each class will include instruction on techniques as well as work time in class to do the creating. Participants will be asked to provide found objects and ephemera that pertain to the finished journal they desire. A basic tool kit supply list will be sent to registered participants. Some materials will be provided. Cindy Caraway; Friday 9:30 a.m.–Noon; $30

Painting with Ellen
Love to paint? Join us for wonderful afternoons of pure joy. All levels are welcome, but some painting experience is necessary. Learn to mix with confidence and use composition to make your work shine. In-studio work with oil, acrylics, dry pastel, and watercolor. The instructor and classmates provide artistic suggestions and knowledgeable encouragement. You bring the media you enjoy; some supplies will be provided. Ellen Hartmann Henkels; Tuesday 12:30–2:30 p.m.; $25

Zentangle
Join us for Zentangle: a journey toward mindful presence, cleansing breath, and perfectly-imperfect small design masterpieces. In this class, we will experience the mindful flow of art making that allows us to break from the rush and worry of our day-to-day lives. Zentangle was created by Maria Thomas and Rick Roberts for the purpose of entwining artistic and meditative flow into a personal practice that
everyone can engage in. No artistic or meditative ability necessary, but you will be amazed at the artistic and meditative ability we will release in and from you. And remember, “Anything is possible, one stroke at a time.” TM Lorilee Hamel; Thursday 9–10 a.m.; $20 due with registration and $5.55 to instructor on first day for the specific Zentangle kit.

**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. Some experience with quilt making is required. Participants often provide help to each other on projects and techniques, as well as encouragement. Occasional topics may be covered by the group or guest speakers. Facilitated by Karen Kane-Herber; Thursday 1–3 p.m.; $15

**Card Maker’s Workshop**
The making and giving of homemade cards provides two-fold joy for the creator/giver and for the receiver. Join us for this weekly afternoon gathering of card makers to create your own projects in the company of other makers. Participants provide most of their own supplies and ideas for this time together. There are rubber stamps, some inks and papers, and a few tools to share in the classroom. Friday 12:30–3 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 a.m.–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 sometimes invited to share their expertise. Nancy Lease; Wednesday 9–10 a.m.; $15

William Shakespeare: The Inside Scoop
“Friends, Dubuquers, countrywomen and men, lend me your ears!” As undercover agents, let’s find out the real story on the great “Bard.” Our class “Shakesexperience” will reveal who the great playwright really was, how his background fits his plays, and how his plays offer unending connections to American life—still today. Along with exploring the author’s background, we will analyze, dissect, and discuss selected works as they fit our modern lives. This course will explore why Ben Jonson was spot on when he said, “Shakespeare was not of an age, but for all time.” Jim Brimeyer; Monday 1–2:15 p.m.; $20

Caste by Isabel Wilkerson Book Discussion
Isabel Wilkerson defines caste as “the granting or withholding of respect, status, honor, attention, privileges, resources, benefit of the doubt, and human kindness to someone on the basis of their perceived rank or standing in the hierarchy.” Join us as we read her book, Caste, over the course of the semester. We will learn how the hierarchy of caste has existed in various contexts throughout history and deepen our understanding of this through reading and thoughtful discussion. Wilkerson’s proposal is that in the American context, an overlap of casteism and racism has plagued us for generations and explains why race and racism continue to exist. Participants are asked to purchase their own copy of the book. Marci Blum, OSF and Karen Kane-Herber, facilitators; Tuesday 1–2:15 p.m.; $20
Spirit, Sacrifice, Struggle, and Success: The Story of the BVM Sisters
This class focuses on the beliefs and hopes of five extraordinary Irish women and the congregation they went on to found. Rooted in their core values of freedom, education, charity, and justice, the class traces their origins in Dublin, journey to America, the decade spent in Philadelphia, and relocation to Dubuque. Included will be the oldest existing mission of the sisters: Clarke University. The fall semester covers the 19th century. The 20th century and beyond will be covered in a separate spring course. Norm Freund; Wednesday 2:15–3:15 p.m.; $20

Food in World History
“Food, glorious food!”—sing the starving orphans in the musical *Oliver*. Food is foundational to human survival and success as a species. Yet, it seems that only relatively recently have historians and curators of culture centered food in our discourse. “In many ways, a plate of food is the truly amazing embodiment of world history in the form of human memory. As food is ingested in the human body, it intimately transforms the lived experience of every human being on the planet,” writes historian Candice Goucher. This class will explore food in a broad historical context, examining the different spheres of food production, trade, nutrition, and the significant cultural and political impacts. Carmen Hernandez; Tuesday 9:00–10:15 a.m.; $20

Life’s Journey
A key task of late adulthood is coming to an understanding of how one’s life stages offer challenges and opportunities and coming to what Erik Erikson calls of sense of “Integrity.” Our sense of self deepens and broadens as we traverse these stages. In this class, we will examine how life stages have led us to who we are today. There will be a focus on managing your past (dealing with regrets and resentments; accentuating positive memories); effectively utilizing coping skills; understanding and appreciating your key relationships; and setting priorities and personal goals for the coming years. The class is discussion-based but structured around key questions provided weekly by the instructor who has spent his life studying, teaching, and practicing psychology. 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

Photoshop Elements: Back to the Basics
This class is for those who have some experience with Photoshop Elements and are looking for a refresher, or for those who are looking to become newly familiar with the basics. Photoshop Elements is photo editing software that can take your images to new levels using basic edits all the way up to more complex adjustments. Edited photos can then be used in various finished products and creations. Our lab computers are equipped with Photoshop Elements 15. Sandy Clark; Tuesday 10:30–Noon; $25

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
In-person yoga classes with Deb May return to Mount Carmel Bluffs! 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 18 per class. Each session meets for five weeks. Deb May, instructor (and Nancy Thompson, co-teacher); $50 for each five-week session.

Choose Monday 9:30–10:30 a.m., or Tuesday 9:30–10:30 a.m. Please clearly indicate on the registration form which day and session/s you prefer.

Session 1: Monday class Sept. 11–Oct. 9 or Tuesday class Sept. 12–Oct. 10; payment and registration due by Aug. 31

Session 2: Monday class Oct. 16–Nov. 13 or Tuesday class Oct. 17–Nov. 14; payment and registration due by Oct. 13
**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. Limit of 18 per class. Please clearly indicate on the registration form which session/s you would like. Nancy Thompson instructor; Friday 10:15–11:00 a.m.; $50 for each five-week session.

**Session 1:** Sept. 15–Oct. 13; payment and registration due by Aug. 31
**Session 2:** Oct. 20–Nov. 17; payment and registration due by Oct. 13

**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. Topics that will be covered this semester include Politics in Latin America, Global Famine, Iran at a Crossroads, and Climate Migration. A team of presenters will facilitate class discussions with guests and media presentations. Wednesday 11 a.m.–Noon; $15

*Suggested, but optional, *Great Decisions 2023* 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 on current events if you’d like from 10:30–10:55 a.m.*
Visual Arts of the United States
This class is an introduction to the history of art in the United States. This course will study the visual arts of America, including architecture, painting, sculpture, and decorative arts, from its colonial beginnings to the late 19th century and the beginnings of modernism. The development of American art will be considered in the context of the cultural, political, religious, and economic events which caused and accompanied it. We will analyze the artistic changes that took place during these centuries, and where possible, note their relationship to American history and European art. Joan Lingen, BVM; Monday 1–2 p.m.; $15

Virtual RKC Book Club
This class is a virtual spin on our long-standing RKC book group! We will meet every other week to discuss a book. Five titles will be read over the ten-week semester. Members of the group will make selections. Discussion leaders for each book will be members of the class. Participants provide their own books; newcomers are welcome. The first book is The Personal Librarian by Marie Benedict and Victoria Christopher Murray. Mondays: Sept. 11, Sept. 25, Oct. 9, Oct. 23, Nov. 6; 10:30 a.m.–Noon; $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 the registration form which session/s you would like. Deb May, instructor; Tuesday 11:30 a.m.–12:30 p.m.; $50 for each five-week session

Session 1: Sept. 12–Oct. 10; registration and payment due by Aug. 31
Session 2: Oct. 17–Nov. 14; registration and payment due by Oct. 13

Please retain this portion of the brochure to refer back to as your class start date approaches.
Registration Form
Offerings | Fall 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 (Indicate day, session, and format for yoga classes) Fee

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 off the bottom**

Please return registration by Aug. 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@bvm sisters.org.
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Visit us on the web:
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