



Enrichment Opportunities
for those 55 or Older

Roberta Kuhn Center

Program Offerings | Spring 2024



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, the 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 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. This service provided for older adults is a thank you to the citizens of the city and the surrounding area. The BVM Sisters 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 over Zoom which allow 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. In terms of masking, increased sanitizing of surfaces, and social distancing, we continue to follow recommendations from our local campus administrators. If you are feeling unwell, please do not attend class. If you test positive for Covid, do not attend class for five days after a positive test, and then wear a mask for five days after that. If you have been in direct contact with someone who has tested positive for Covid, we'd ask that at the very least you wear a mask to class, and we prefer you not attend class for five days after the exposure if the exposure was from someone you live with. 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.

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. Registration is on a first come, first served basis. Please mail your form and payment as this is the most direct way for things to reach the RKC office. 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. Late registrations cannot be accepted due to the short time between the deadline and the start of classes.

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 the RKC is through the door that faces the Motherhouse parking lot. There is parking in the lot nearest the RKC entrance, and if this lot is full, additional parking is available in the Gables building lot nearby. Residents of MCB can access the 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 the registration form. Payments for in-person classes will not be deposited until classes have begun 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 contacts the RKC office to withdraw during that time. Financial assistance is available; call the RKC office at 563-582-4155. For BVM Sisters: \$5 discount for each class.

Weather Policy

When Dubuque Community schools cancel school or hold a virtual learning day due to inclement weather, all RKC classes for that day are cancelled. When Dubuque Community Schools are delayed or released early, the director and the instructors for that day make class by class decisions on whether or not to hold class. On late arrival or early release days, please check your email for notice of cancellations before you attempt to come to RKC class. To know of Dubuque schools' cancellations or weather-related schedule changes, contact the Inclement Weather hotline for the Dubuque Community Schools at 563-552-3035, visit www.dbqschools.org or tune into local media outlets. Zoom classes will receive email notice if their class is cancelled the morning of the 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 begins
the week of Feb. 12-16,
2024 and ends the week
of April 22-26.**

**There are no classes the
week of March 25-29.**

**Exact starting and
ending dates depend
on the day of the week
your class/es are held.**



In-Person Classes

Collage and Mixed Media

Collage allows the creator to assemble various materials to create new concepts. We will explore color, texture, various images, text, fabrics, photos, and even personal memorabilia and create projects which hold the opportunity to tell powerful new and uniquely meaningful stories. Students will have the opportunity to freely experiment and find a personal direction or style. Many materials and supplies will be provided, but feel free to bring any of your own art materials too. 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–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: The Basics

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. 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.”™ Lorilee Hamel; Wednesday 9:30–10:30 a.m.; \$20 due with registration and \$5.55 to instructor on first day for specific Zentangle kit.

Zentangle Inspired Art (ZIA)

In this class we will expand the meditative practice of Zentangle to create our own mini-masterpieces. Experience with Zentangle is necessary as we will build off of the introductory class and jump into multi-media art techniques. New learning will add colored pencil, watercolor, and other media. Students will need the original Zentangle kit and are welcome to bring their favorite coloring media. Some coloring supplies and paper will be provided. Lorilee Hamel; Wednesday 11:00–Noon; \$20.

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 gathering of card makers to create your own projects in the company of other makers. There is no teacher or formal instruction, and participants are free to work independently or to collaborate with others. 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. Thursday mornings 9:30–Noon or Friday afternoons 12:30–3:00 p.m. (Please indicate clearly on registration form which day you prefer); \$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 sometimes invited to share their expertise. Nancy Lease; Wednesday 9–10 a.m.; \$15.

William Shakespeare: The Inside Scoop, Act II

A second Shakesperience! “Friends, Dubuquers, countrywomen and men, lend me your ears!” As undercover agents, we will continue our journey into dissecting four more of the Bard’s plays and discover how these plays offer unending connections to American life—still today. We will analyze, dissect, and discuss *A Midsummer Night’s Dream*, *Julius Caesar*, *Twelfth Night*, and *Henry IV, Part I* as they fit our modern lives. This course will explore why England’s first Poet Laureate John Dryden was spot on when he wrote, Shakespeare, “of all modern, and perhaps ancient writers, had the largest and most comprehensive soul.” Jim Brimeyer; Monday 1:00–2:00 p.m.; \$20.

An Immense World: How Animal Senses Reveal the Hidden Realms Around Us by Ed Yong Book Discussion

Join us for a lively book discussion to learn about the multifaceted ways animals experience the world. Using a variety of senses, some similar to humans, and many different, Ed Yong helps us uncover a larger world around us through the sensory experiences of those we share the world with. Reviews have called this book “a sensory revelation.” Yong is the author of two best-selling books and is also a Pulitzer Prize winning journalist. Participants are asked to purchase their own copy of the book. Marci Blum, OSF and Karen Kane-Herber, facilitators; Tuesday 1:00–2:15 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 covered the 19th century, and this spring course will pick up in the 20th century and beyond. Students are welcome to join us in the spring regardless of their participation in last fall’s class. Norm Freund, Wednesday 2:15–3:15 p.m.; \$20.



If They'd Only Been Heard: Unheeded Insights in History

We study history to better understand the present. Pivotal moments in the past set the course of events that sometimes led to great advances, but often led to times of instability, chaos, or even tragedy. Yet, at what we might call inflection points in the past, there were figures who grasped what the repercussions of decisions and trajectories of their times might cause. They were, in a sense, visionaries whose recommendations or warnings were not heeded. This course will examine such figures engaging in some historical speculation to imagine what might have been had these discerning individuals only been heard. The first figure explored will be Abigail Adams. 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. New students are welcome, but some experience is necessary since the concepts covered in the fall will be applied, not re-introduced. 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.



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 in each 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 Feb. 12–March 11 **or** Tuesday class Feb. 13–March 12; payment and registration due by Jan 31.

Session 2: Monday class March 18–April 22 (No class on March 25) **or** Tuesday class March 19–April 23 (No class on March 26); payment and registration due by March 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 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. 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: Feb. 16–March 15; payment and registration due by Jan 31.

Session 2: March 22–April 26 (No class March 29); payment and registration due by March 15.

Aquatic Exercise

Using recommended exercises from the Arthritis Foundation Aquatic Program, instructors guide a small group of participants through a series of gentle movements. The exercises are designed to decrease pain and stiffness, improve mobility and flexibility, and aid with balance and coordination. Class takes place in chest high 89-degree water. Each class meets twice a week for 45 minutes. Regular attendance is expected. Occasional absences are fine, but no spots will be held for people on vacation or gone for extended periods. Please clearly indicate which class you desire on your registration form. Payment is due with registration; \$50 for the semester.

Tuesday/Thursday class; 2:00–2:45 p.m. 10 weeks/20 classes, Feb. 13–April 25, no class on March 26 or March 28.

Wednesday/Friday class; 9:00–9:45 a.m. 10 weeks/20 classes, Feb. 14–April 26, no class on March 27 or March 29.

Required paperwork will be sent as registrations are received and must be completed before the first day of class.

Classes over Zoom

Great Discussions: World Issues Today

This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions 2024 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 "Mideast Realignment," "Climate Technology and Competition," "Science Across Borders," and "US/China Trade Rivalry." Class discussions are supplemented with guests and media presentations. Facilitated by Ron Burds and Jim Herring. Wednesday 11:00–Noon; \$15.

*Suggested, but optional, *2024 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.

Visual Arts of the United States

An introduction to the history of art in the United States. This course will study the visual arts of America covering 20th century to present, architecture, painting, and sculpture. 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

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. 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 *Interpreter of Maladies* by Jhumpa Lahiri; Monday Feb. 12, Feb. 26, March 11, April 1, April 15; 10:30–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: Feb. 13–March 12; registration and payment due by Jan 31.

Session 2: March 19–April 23 (No class March 26); registration and payment due by March 15.

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

Registration Form

Offerings | Spring 2024

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)	Cost (plus supply fee if applicable)
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1. _____	_____
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2. _____	_____
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3. _____	_____
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4. _____	_____
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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**

Registration deadline is

Jan. 31, 2024:

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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Return registration by: Jan. 31, 2024