



Enrichment Opportunities
for those 55 or Older

Roberta Kuhn Center

Program Offerings
Spring 2025



SISTERS OF CHARITY
OF THE BLESSED VIRGIN MARY

Sponsored by Sisters of Charity, BVM | 1100 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 or national background. The center is located in the lower level of the Motherhouse on the campus of Mount Carmel Bluffs (MCB), 1100 Carmel Dr., Dubuque, Iowa.

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 for participants to feel welcome; to provide a place to socialize, develop interests, enrich the mind, body, and spirit; and to foster the belief 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 recently celebrated 190 years as a congregation and have been part of Dubuque for 180 years.

Program

The majority of our classes are offered in-person. We do offer a limited number of Zoom sessions. Because of our Zoom classes, our community has grown to include participants from across the United States. Feel free to invite friends and family from outside the tri-state area to attend any of our virtual offerings. Classes meet weekly unless otherwise indicated in class descriptions.

Fees

The Sisters of Charity of the Blessed Virgin Mary offers RKC classes free of charge. This program is a gift to those 55 and greater. Thank you for making a commitment to attend the class(es) you select. Regular attendance is affirmation to the instructors for the time and energy they spend preparing and teaching their classes. If you'd like to learn more about the BVM sisters and other ministries they engage in, please visit: bvmsisters.org.

Registration

You are automatically placed in the classes you request and are notified only if you did *not* get into a class. Registration is on a first-come, first-served basis, and some classes fill quickly. All registrations are on paper, and no registrations are taken over the phone. Mailing the form is the most direct way to register. Late registrations cannot be accepted due to the short time between the deadline and the start of classes. The RKC office is staffed most days, but if you would like to speak to someone in person, an appointment must be made.

Please complete the registration form. If you have an email address, be sure to provide it. Email is the primary mode of communication utilized by the RKC office and instructors. Beginning of class details will be emailed in early February. The current brochure can be found as a PDF file at bvmsisters.org/roberta-kuhn-center. Simply print the last page and mail it to: Roberta Kuhn Center, 1100 Carmel Dr., Dubuque, IA 52003.

Instructors

Our instructors volunteer to share their expertise and knowledge with you and are a mixture of talented and enthusiastic retired teachers, college/university faculty, administrators, other professionals, and experienced crafters. We are deeply grateful for their time and talent in our program.

Parking/Access to the Building

Parking is available in the Motherhouse lot, which is the second lot on the left as one travels along the drive. There are four accessible parking spaces available. If the lot is full, additional parking is available in the Gables lot nearby. Class sizes, days, and times have been considered in terms of available parking spaces. The entrance door is accessible by steps or ramp. 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. Residents of MCB can access the RKC classrooms by walking through the building to the lower level of the Motherhouse.

**Spring semester begins the week of February 17–21
and ends the week of April 28–May 2.
There are no classes April 21–25.**

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

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. A commitment to 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.

Tuesday/Thursday class: 1–1:45 p.m.,
instructors Jan Thyne and Ann Seamer; Feb 18–May 1.

Wednesday/Friday class: 9–9:45 a.m.,
instructors Elaine Droessler and Bettie MacVey; Feb 19–May 2.

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

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. 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 a.m.–noon or Friday afternoons 12:30–3 p.m. Please indicate clearly which day you prefer.

Chair Yoga

This 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. Each session meets for five weeks. Instructor Nancy Thompson; Friday 10:30–11:15 a.m.; Session 1: Feb. 21–March 21; Session 2: March 28–May 2.

Crochet

This class welcomes all skill levels of crocheters, from advanced to beginners. Participants work independently on their own creations, supported by the instructor and encouraged by classmates. Pattern reading assistance is provided. Talents and ideas are shared among participants while enjoying good company. Instructor Julie Wessels; Thursday 9:30–11:30 a.m.

Discovering St. Francis of Assisi

Everyone seems to love Francis of Assisi, but beyond the birdbaths in our yards, what do we know of him? This class will introduce you to St. Francis through Franciscan art, music, and literature. You will learn how scholars sift through manuscripts from the medieval period to discover the historical St. Francis and how to read this literature to uncover Francis' personality and spirituality. As a bonus, we will look at the directions Francis gave his lay followers with an eye toward discovering the Franciscan inspiration behind the BVM Foundress, Mary Frances Clarke. The book *Francis: The Saint of Assisi: A Novel* written by the instructor is recommended and will be used throughout the course. Instructor Joan Mueller, OSC; Monday 2–3:30 p.m.

Ecological Spirituality Book Discussion

Join us as we embark on a semester long study of the book *Ecological Spirituality* written by Diarmuid O'Murchu. This book offers us a look at Earth's interconnectedness and gives voice to the concerns of a spirituality that sees human holiness detached from the physical world. We will discuss how this separation has led to many popular dualisms dividing us today and delve into the term "eco-spirituality" as we seek to find the sacred here on Earth. O'Murchu is an Irish priest of the Sacred Heart Missionary Order and a social psychologist. Facilitators Marci Blum, OSF and Karen Kane-Herber; Tuesday 1–2:15 p.m.

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. This class is for those who have some experience with the French language. Students are encouraged to purchase *French in 10 Minutes a Day—8th edition* by Kristine Kershul, ISBN 978–1–931873–29–1. Instructor Lorrie Etheredge; Tuesday 11 a.m.–noon.

The Great War and Its Lost Generation

This class will combine presentations, documentary film, and participant sharing. It will be built around two rhythms. The first will focus on the political, social, military, and cultural dynamics of WWI, specifically the years 1917–1919. We will discuss the unfulfilled promises which will lead to WWII, a generation later. The second rhythm is more personal and invites reflection and connections to the so-called "lost generation" who lived through, fought in, protested, and died in this war. Class members will be invited to share stories of loved ones from their parents' and grandparents' generations who were affected by the Great War as a way to honor them. It is not necessary to have taken the class in the fall to join us this spring. Instructor Norm Freund, Wednesday 2:15–3:30 p.m.

Great Discussions: World Issues Today (Zoom)

This class focuses on important foreign policy issues facing our nation. Using the *Great Decisions 2025 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 “American Foreign Policy at a Crossroads,” “U.S. Changing Leadership of the World Economy,” “U.S. China Relations,” and “International Cooperation on Climate Change.” Class discussions are supplemented with guests and media presentations. Zoom details will be communicated in early February. Facilitated by Ron Burds and Jim Herring. Wednesday 11 a.m.–noon.

- * Suggested, but optional, *2025 Great Decisions Book of Issues* available for \$35 for new students. Please indicate on the registration form and include book payment 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.

Junk Journals

Join us on a sustainable creative journey where each participant will construct a handmade journal containing whatever the creator wants to include. This is a great way to combine personal ephemera that we value yet isn’t being enjoyed as it could be. We will create a cover and 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 the opportunity to be clever with assorted bits and bobs. Each class will include instruction on techniques as well as work time to create. Participants are 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. New students only please. Instructor Cindy Caraway; Wednesday 9:30–11:30 a.m.

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. Instructor Bob Dunn; Wednesday 1–2 p.m.

Mat Yoga

Try this gentle yoga class designed for people over 55 and great for the 60+ set! Yoga stretches and breathing build strength, flexibility, focus, and balance. Relaxation practices relieve tension and stress. Pick the level that fits your needs. Each session meets for five weeks. Instructor Deb May with co-instructor Nancy Thompson. Please clearly indicate which level, day (in the case of Intermediate) and which session(s) you'd like on the registration form.

Beginner level for those who are new to yoga. This class focuses on the fundamentals.

Monday 11–11:45 a.m.

Session 2 only: March 24–April 28

Intermediate level for those with intermediate to advanced experience.

Monday 9:30–10:30 a.m.

Session 1: Feb. 17–March 17

Session 2: March 24–April 28

Tuesday 9:30–10:30 a.m.

Session 1: Feb. 18–March 18

Session 2: March 25–April 29

Meditation Through Music Imagery

In a developing spirituality, there are many spiritual practices including various forms of meditation. The unconscious mind holds wonders of spiritual insight. One approach to accessing the secrets and gifts of the unconscious is to use music imagery, journaling, artistic expression, and sharing. You are invited to join with others in a contemplative experience which only requires a capacity for silence and reflection. The instructor, a retreat and prayer facilitator and spiritual director for over 30 years, has practiced this approach for many years. Instructor Marilyn Wilson, BVM; Monday Feb. 17, Feb. 24, March 10, March 24, March 31, April 7, April 28; 10:45–11:45 a.m.

Mississippi River: Lure & Legacy

This course takes an interdisciplinary look at North America's most prominent river. Participants will read creative nonfiction works focused on authors' personal experiences on the Mississippi and learn about the river's geology, ecology, human history, and culture. Participants are invited (not required) to write their own Sense of Place essay in the creative nonfiction genre blending personal narrative and researched information (or an unresearched short personal memoir) about an outdoors place of importance in their own lives. There will be some optional off-site opportunities to local places pertinent to the topic of this class. Please secure a copy of *Mississippi Solo* by Eddy Harris before the first day of class. Instructor Kevin Koch; Tuesday 12:30–1:45 p.m.

* A second optional book is *Immortal River* by Calvin Fremling. All other readings will be supplied as PDF files.

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 will include the study of an opera and a musical. Pertinent music topics are also included. Guest performers and/or lecturers may be invited to share their expertise. Instructor Nancy Lease; Thursday 11 a.m.–noon.

Peasant Rebellions of the Middle Ages

Studying resistance to power provides valuable insight into any historic period. Peasants are typically presented as powerless, but did have some rights and at times demanded recognition of those rights. Revolts occurred when heroes sought reform or change. This course will delve into the relationship between the classes and the social and economic expectations each held. Join us to probe and discover how competing visions were realized—or not. Instructor Carmen Hernandez; Tuesday 9–10:15 a.m.

Quilter's Circle

While there is no formal instruction or teacher, 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 and encouragement to each other on projects and techniques. Occasional topics may be covered by the group or guest speakers. Thursday 1–3 p.m.

RKC Book Club

We will meet every other week to discuss a book. Five titles will be read over the 10-week semester. Discussion leaders for each book will be members of the class. Participants provide their own books; newcomers are welcome. Books and discussion leaders were picked in October for the spring semester. Monday 10:30 a.m.–noon.

Feb. 24: *Isaac's Storm* by Erik Larson

March 10: *A Gate at the Stairs* by Lorrie Moore

March 24: *Small Things Like These* by Claire Keegan

April 7: *Crossing to Safety* by Wallace Stegner

April 28: *The Keeper of Lost Things* by Ruth Hogan

Where in the World Are We? Global Art Adventures (Zoom)

Come along and enjoy vicariously, “a little bit of everything.” While we won't have to travel with a backpack and a map, nor will we be searching for Carmen Sandiego, we will be taking a few global adventures such as visiting world-renowned museums and cities including Chicago, Los Angeles, and Dubuque. We will discover fanciful and unconventional architecture, examine public art displays including street and chalk art, contemplate the functions of art, and take an historical perspective of female artists over the centuries. Zoom details will be communicated in early February. Instructor Joan Lingen, BVM; Monday 1–2 p.m.

William Shakespeare: The Inside Scoop, Act IV

“Friends, Dubuquers, countrywomen and men, lend me your ears!” As undercover agents, we will dissect four of the Bard's plays and discover how these plays offer unending connections to American life—still today. Along with exploring the author's background, we will analyze, and discuss *MacBeth*, *Measure for Measure*, *The Tempest*, and *King Lear*. 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.” New and returning participants are welcome. Jim Brimeyer; Monday 12:30–1:45 p.m.

Zentangle 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 life. 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.

Zentangle: Beyond the Basics

Take the basics to the next level. We will build our personal library of tangles and dive more deeply into the Zentangle Method. Through the use of black Zentangle tiles, we will expand our tangling design to learn highlighting. We will learn Renaissance tangling and incorporate highlighting and shading and begin to use color in our designs.

Prerequisite: Zentangle Basics. Lorilee Hamel; Wednesday 11 a.m.–noon.

Zentangle Studio

This course is for those who have taken the Zentangle Basics course AND have been inspired to create and pursue their own artistic Zentangle projects (Zentangle Inspired Art). The artists in this course will each be working on their own self-chosen project in a group setting. In the company of the class, the artists can ask questions or seek guidance on their own project, share ideas and new products, and learn about new tangles or processes from each other or from the instructor. Participants will provide their own materials as needed for this individual project. Lorilee Hamel; Wednesday 1–3 p.m.

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

Registration Form

Offerings | Spring 2025

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 level and session for yoga classes and days for Aquatic Exercise.)

1. _____

2. _____

3. _____

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 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.

****Please return entire form; do not cut bottom off.**

Registration deadline is Feb. 3, 2025:

Roberta Kuhn Center
1100 Carmel Drive
Dubuque, IA 52003

Questions: call RKC Director Karen Kane-Herber at 563-582-4155 or email: robertakuhncenter@bvmsisters.org.

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

Return registration by: Feb. 3, 2025