

RKC NEWSLETTER

Fall Newsletter Roberta Kuhn Center Dubuque, IA October, 2011

CLASSES BEGIN: ENROLLMENT GROWS

The Tuesday after Labor Day welcomed eager students returning to classes, or joining in for the first time, at the Roberta Kuhn Center. Friends reconnected and new friends were made as the classes moved from week to week. This year, registration for the various classes reached approximately 735 participants. There are people who participate in more than one class; the highest number for one person is five classes: one each day.

There are approximately 140 BVM Sisters from Mount Carmel who join with others from the Dubuqueland area for classes. It is a lively and diverse population at RKC. Women and men come from towns ranging from Hazel Green to Peosta, Galena to Bellevue as well as East Dubuque to Earlville. Each person is searching out a life-giving activity at this stage of her or his life. The course offerings attempt to provide something for everyone.

Healthy living is not forgotten in the course offerings. Yoga classes are growing in popularity and the Arthritis Aquatics beginning class creates a waiting list for earnest participants. Only one class, "Act Out: Speech and Drama" closed for lack of students—maybe next year.

TEA AND EXHIBIT: MAY 2011

It is important to share a report of the exciting annual Tea and Exhibit held last May. The event is the traditional culminating activity of the RKC program. Each class provides a display of one type or another indicating the work of the past year. The displays are located in St. Joseph Hall to delight visitors from Mount Carmel, off campus guests and

the RKC participants. Tasty refreshments donated by participants enhanced the spirit of the day.

Displays included spectacular quilts, DVD line dancing and lively poster board depictions of class work. The classrooms also held art work of various styles and computer demonstrations. The entire area exuded creativity and intellectual knowledge as reflected in life-long learning. Words of praise and gratitude floated through the rooms affirming the RKC program and its participants.

*Mile by mile, life's a trial.
Yard by yard, it's not so hard.
Inch by inch, it's a cinch.
--Proverb*

AN INTERESTING OBSERVATION

Writer Sylvia Townsend Warner states:

I think as one grows older one is appallingly exposed to wearing life instead of living it. Habit, physical deterioration and a slower digestion of our experience, all tend to make one look on one's dear life as a garment, a dressing gown, a raincoat, a uniform, buttoned on with recurrent daily tasks...For myself I found one remedy, and this is to undertake something difficult, something new, to re-root myself in my own true faculties...For in such moments, life is not just a thing one wears, it is a thing one does and is.

--The Second Half of Life: Opening the Eight Gates of Wisdom.

ITEMS TO REMEMBER

Again, when the Dubuque school system closes for weather related issues, RKC also cancels class. If the schools have a late start, RKC classes are held as usual. During bad weather, it is your choice to come to class or to remain home.

Fall classes end November 18, 2011 and continue February 6, 2012.

Arthritis Aquatics classes conclude November 17, 2011 and begin February 6, 2012.

RETURN YOUR SWIPE CARD TO THE CONTAINER IN THE HALLWAY IF YOU ARE NOT RETURNING TO CLASS IN FEBRUARY.

AWARDS AT THE COUNTY FAIR

RKC participants were listed among the awards presented at the July Dubuque County Fair. Mary Lou Bradley won "Best of Show" in sewing for her Christmas table topper. Carole Kleis won "Best of Show" in quilting. These two women also won ribbons in sewing, quilting, gardening and baking: busy women!

Many blue and red ribbons in sewing and quilting were also achieved by Bonnie Mauer, Georgia Goebel and Peggy Schuster. The class started its "Pillowcase Project" that entails making pillowcases for the women shelters in Dubuque.

REST IN PEACE

Judith Marie Ochs
Lurana Cranny, BVM
Mildred (Millie) Betts
Retha Palmer
Mary Curfman
Eileen Dugan, BVM
Lou Marie Fideler, BVM

Edward Frentress, husband of Joan who made the wonderful quilt hangers in the RKC classrooms and other unnamed RKC friends and participants.

EVALUATION: ARTHRITIS AQUATICS CLASS

Last spring members of the Arthritis Aquatics classes received an evaluation form about their pool exercise. Some of the questions were: "Why did you register for this program?" "Were your expectations met?" If yes, how? If no, why not? Other questions related to the quality of the instructors, recommending the program to others and the use of the swipe card for entrance into the building.

The form also included questions related to the improvement of body functions as a result of the aquatics program. The participants' response to the various questions fell from "Strongly Agree" to "Somewhat agree." It was a helpful instrument to evaluate the merits of the program. The data affirmed the committed and professional instruction offered by the instructors.

VOLUNTEERING AT MOUNT CARMEL

There remains a need for volunteers at Mount Carmel who are able to push wheelchairs to Roberta Kuhn Classes or to the Wellness Center. Other opportunities for service also are available; the sisters would be grateful for your help. If interested contact Angele Lutgen, BVM, 556 3240.

FROM THE DIRECTOR

October finds the Roberta Kuhn Center humming with classes in motion, students familiar with locations, and swipe card issues a minimum. After the busy registration days of July and August and the beginning of classes, the steady progress of the program is peaceful and enjoyable. I find there is a rhythm to my work at the center and I enjoy it.

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