

Roberta Kuhn Center



Enrichment Opportunities for those 55 or Older



Sponsored by
Sisters of Charity, BVM
1150 Carmel Drive
Dubuque, IA 52003

Roberta Kuhn Center

The center 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. It is located in the lower level of the Motherhouse on the property of the Sisters of Charity, BVM, 1150 Carmel Dr., Dubuque, Iowa.

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 and enrichment, to stimulate the mind, body and spirit.

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. The sisters have been part of Dubuque for 168 years; the service provided for older adults is a thank you to the citizens of the city.

Program

The classes offer opportunities for growth, enrichment and socialization. **They are organized in two sessions, fall and spring: Sept. 6–Nov. 18, 2011, and Feb. 6–May 13, 2012. Classes begin in the fall and the same class registration continues through spring.** The classrooms are located in the Lower Level of the Motherhouse. Classroom location is listed after the course description in the brochure.

Presenters

There is a mixture of talented and enthusiastic retired teachers, nurses, college faculty, administrators and experienced craft instructors who are volunteer faculty waiting to share their expertise and knowledge with you. Many of them are long-time presenters in the program and a few others are new this year. The faculty is a well prepared, committed group of educators. Their energy and commitment is appreciated by RKC participants.

Parking

All participants enter the property at the end of South Grandview using the west drive behind the buildings. Arthritis Aquatics and Yoga class park in Lot 1 across from the Caritas receiving door; this door is the entrance of the building. Classes located in the Lower Level of the Motherhouse use Lot 2. The entrance is marked: Robert Kuhn Center. There is a ramp for easier access. **Access cards for the buildings will be provided for both the Caritas and RKC door for registered participants at the RKC/Deerfield Door area Monday, Aug. 29, through Friday, Sept. 2, between 10 a.m.–12 noon and 1–3 p.m.**

Cost

\$15 registration fee; cost for supplies varies per class.

Courses

American History of the United States from 1775–Continuing

The course will study the evolution of an American foreign policy based on the totally untried concept of a republican form of national government. This experiment in government threatened long-established monarchies whose effort then was aimed at causing this dangerous concept in government to fail; years continued, the country grew, and the rest is history! Handout. Jean Byrne, BVM; *Monday, 9:15–10:15 a.m.; Classroom 11, LL Motherhouse; \$15 registration.*

An Artist's Choice

In this "do it yourself" class there is no formal instruction. Suggestions and encouragement will be offered by the instructor and class participants. Choose your own subject, bring your materials and enjoy working with others in a relaxed and friendly environment. Pat DaCosta, BVM; *Tuesday, 9:30–11 a.m.; Art Room/Classroom 13, LL Motherhouse; \$15 registration.*

Art Class with Graphite

Discover all the techniques you need to know to create beautiful drawings using black graphite pencils. Just bring your desire to learn, to imagine and to enjoy each moment. Limit 15. Vivian Wilson, BVM; *Monday, 9:30–11:30 a.m.; Art Room, LL Motherhouse; \$15 registration; \$25 supplies.*

Bridge

Open and recreational bridge is facilitated by Sue Rink, BVM and Jean Beste, BVM. Beginning Bridge will be taught the first session with the registration of 8 or more interested students. Enjoy the cards, enjoy the company! *Monday, 1–3:30 p.m.; St. Joseph Hall, LL Motherhouse; \$15 registration; beginners \$20, includes book.*

BVM Pioneers Continuing

Who were the BVMs who began schools in frontier settlements along the rivers, the railroad tracks and the stagecoach trails? Who were the women who opened academies and two colleges? Who were the women who dealt with the hierarchy at challenging moments

of our history? What was their legacy that attracted over 4,000 women to join the BVM congregation? Archive stories provide the answers. Kathryn Lawlor, BVM; *Tuesday, 9:15–10:15 a.m.; St. Joseph Hall, LL Motherhouse; \$15 registration.*

Computer Classes

Beginning Computer I: This course is for people with very little or no experience with the computer. Learn the basics of computer vocabulary and mechanics in opening/closing programs. The class provides an introduction to word processing skills and how to organize, save and retrieve files. Limit 8. Judy Callahan, BVM; *Wednesday, 9:15–10:15 a.m.; Computer room, LL Motherhouse; \$15 registration; \$25 supplies.*

Beginning Computer II: This course is for those who have some understanding of the basics of the computer, word processing skills, and how to save and retrieve files. The class offers in-depth practice using word processing skills, guided by an online tutorial with some instructor assistance in class. Limit 10. Judy Callahan, BVM; *Wednesday, 10:30–11:30 a.m.; Computer room, LL Motherhouse; \$15 registration; \$25 supplies.*

Adventures on the Internet: For those with computer skills, this class offers various topics to expand internet use: Intro to the Internet, Using Google, Google Earth, online catalogs, medical help, social networks, YouTube, search techniques, electronic cards, urban legends, maps and driving directions, system restore tutorials and the Hunger Site. Come see what is happening on the internet! Limit 10. Joan Newhart, BVM; *Monday, 9:15–10:15 a.m.; Computer room, LL Motherhouse; \$15 registration; \$25 supplies.*

PhotoShop Elements – Introduction

Prerequisite: Comfortable with computers, file management, and a working knowledge of the internet.

This class is intended for those who want to learn the basics of photo editing. Participants will be introduced to the PSE and the three editing formats included in the program. Time will be

spent learning to edit photos that are provided, with encouragement to practice independently.

Participants will also learn how to upload photos to their home computer, and learn ways to share their work via the internet. Limit 12. Sandy Clark; *Thursday, 9:15–11:15 a.m.; Computer room, LL Motherhouse; \$15 registration; supplies \$25.*

PhotoShop Elements III

This class is intended for those participants who have completed 2 or 3 semesters of PhotoShop Elements.

This year we will continue to explore more advanced editing techniques and continue to learn about the creative aspects of the program. We will invite local professionals in the field of photography, production, publishing and acquisition as guest instructors. We will also step outside the classroom to find and photograph the treasures found in the tri-state area. Limit 12. Sandy Clark; *Thursday, 1–3 p.m.; Computer room, LL Motherhouse; \$15 registration; \$25 supplies.*

Cribbage

Open cribbage is available for participants to play whether pros or beginners; instructions are provided for beginners. Bring a partner or find one when you come. It is an afternoon of fun and challenge with a great group of people. Coordinators, Betty and Tony Boland; *Friday, 1–2:30 p.m.; Art room, Classroom 13, LL Motherhouse; \$15 registration.*

Crochet/Knitting

This class includes all skill levels of crocheting and knitting: lessons and practice for beginners, space available for intermediate and advanced participants. Assistance will be provided in pattern reading; patterns, talents and ideas will be shared among participants while enjoying good company and conversation. Instructors, Rose Marie Davidsaver and Rosie Dietzel; *Tuesday, 1–3 p.m.; Art room, Classroom 13, LL Motherhouse; \$15 registration.*

Games: Stretch Your Mind/ Play for Fun

Are you a game-y person? Come join us! Stretch your mind and enjoy

friendly games of cards, board games, puzzles, etc. Have fun while socializing in cooperative learning and teaching of games. Since bridge and cribbage are offered in other courses, they are not included. Judy Callahan, BVM and Joanne Schneider, BVM; *Wednesday, 1–2:30 p.m.; St. Joseph Hall, LL Motherhouse; \$15 registration; \$15 supplies*

Gentle Yoga for the Young at Heart

You can do Yoga! Try this gentle yoga class, designed for people over 55; great for the 60-70 set! Basic yoga stretches and breathing will be used to build strength, flexibility and balance. Relaxation practices included to help relieve tension and stress. Well-known Dubuque instructor, Deb May; *Tuesday, 11:30 a.m.–12:30 p.m. (begins promptly); Studio, Caritas Center; 6–14 participants; select either or both five-week sessions: Sept. 13–Oct. 11 and Oct. 18–Nov. 22; \$35 each session.*

Great Discussions: World Issues Today

This class will function as a discussion group that will focus on important foreign policy issues facing our nation. Using the Great Decisions 2010 manual prepared by the Foreign Policy Association, participants will discuss topics in a balanced, civil and educative setting. Topics include: Rebuilding of Haiti, the Horn of Africa, the Financial Crisis and many other pertinent issues. Come to contribute, listen and gain awareness of issues in the news. A team of presenters coordinated by Dave Roberts will facilitate the class discussions, with occasional guests and media presentations. *Wednesday, 10:45–11:45 a.m.; Classroom 11; \$15 registration; \$20 suggested booklet of issues available at the first session.*

Great Partners in the Bible

This class will explore the many varieties of partners found in the Bible, such as David and Abigail, Judith and Holofernes, Midwives Shiphrah and Pauh, and Paul's partners in ministry with Prisca and Syntyche. Class participants will make new Biblical friends as well as with each other. Bring your Bible. Patricia McNamara, BVM; *Friday, 9:15–10:15 a.m.; Room 13, LL Motherhouse; \$15 registration.*

Line Dancing

Dancing is a fun way to exercise while helping to keep an active mind and body. Dances choreographed in this class for beginner and intermediate line dancers. The space is small so we will limit this class to 18. Peg Hennagir and Ann Shaw; *Wednesday, 9–10:30 a.m.; St. Joseph Hall, LL Motherhouse; \$15 registration.*

Music Medley

Each semester we will view an opera, a musical, a vocal or instrumental performance. We will also do an overview of one opera in the “The Met: Live in DH” series: Don Giovanni (fall) and La Traviata (spring). Other topics may include: Civil War music; music for films; bird songs; Shaker music; off-beat music curios; etc. **Prerequisite:** the desire to explore and enjoy music. Bertha Fox, BVM; *Friday, 9:15–10:15 a.m.; St. Joseph Hall, LL Motherhouse; \$15 registration; \$10 supplies.*

Poetry Appreciation: A Real Treat

What to do with a poem? Rhyme or no rhyme: Does it matter? Has your desire always been to take the puzzle out of poetry? Or can you leave the “puzzle” in and still love it? Whether you are afraid of poems or love them, this class might be good for you! Join us as we read and talk about a poem or two a week. Limit 15. Pat Nolan, BVM; *Wednesday, 10:15–11:30 a.m.; Classroom 10, LL Motherhouse; \$15 registration; \$10 supplies.*

Quilters’ Workshop

Participants will receive demonstrations of various techniques, patterns and ideas in the area of quilting; handouts will be provided. Some experience with quilting is required. Several machines are available, but it is better if you can bring your own machine. Georgia Goebel; *Thursday, 9 a.m.–3 p.m.; demonstrations at 10 a.m. and 1 p.m.; Classrooms 10 and 13, LL Motherhouse; \$15 registration; \$10 supplies.*

Reading for Enjoyment

This session is a stimulating opportunity to double your reading enjoyment. Join the group of “reader-discussers,” including fiction and nonfiction books, three or four books per semester. The ideas and opinions of each participant are valued in a friendly atmosphere.

Facilitated by Janet Chidley and Laura Hoffmann; *Monday, 1–2 p.m.; Classroom 11, LL Motherhouse; \$15 registration.*

Rubber-Stamp Art

This class sparks your creativity through designing hand-stamped cards. Each class includes rubber-stamping or paper art ideas and allows time for independent work. Limit 14. Coordinated by Caroline Moody; *Wednesday 9:30–11:30 a.m.; LL Motherhouse; \$15 registration; \$15 supplies.*

Short Story: A Reading Experience

Stories are the stuff of life; our lives are the stuff of stories. We will read and discuss one short story per class. Come and join the conversation! Limit 15. Pat Nolan, BVM; *Thursday, 1–2 p.m.; Art room, LL Motherhouse; \$15 registration; \$10 supplies.*

Spanish for Adult Learners

Challenge yourself to learn the basics, or refresh your previous acquaintance with Spanish. Enjoy the satisfaction of watching and listening to native speakers in a “telenovela” episode, and then practice speaking Spanish yourself in a supportive class environment. Work toward building vocabulary, and toward understanding and using the language in practical situations. Minimum of 6 for class offering. Mary Martens, BVM; *Tuesday, 10:45–11:45 a.m.; Classroom 15, LL Motherhouse; \$15 registration; \$15 workbook at class, if needed.*

Act Out: Speech and Drama

The goal of the class is to enjoy performing before class members. The course will include choral readings, impromptu speeches and dramatizations. Short plays and skits will be read aloud in class with members taking character parts. A “class trip” may include going to Bell Tower Theater or another local play. Judy Callahan, BVM; *Tuesday, 10:30–11:45 a.m.; St. Joseph Hall, LL Motherhouse; \$15 registration; \$15 supplies.*

The Cosmic Story and the Contemplative Attitude

The lens for our cosmic exploration this year is an evolutionary worldview and a reflective attitude. In this course we will consider what mystics and sages through the years have intuited about

reality, in conjunction with what contemporary science continues to reveal about our universe. Who knows where our insights and curiosity supported by the tools of varied media will lead! Harriet Holles, BVM; *Thursday, 9:15–10:15 a.m.; Classroom 11, LL Motherhouse; \$15 registration; \$10 supplies.*

Who Do You Think You Are?

Every person has a unique story to tell, informed in part by the ancestors who came before. In this class we will explore ways to learn not just our ancestors' names, but more about their lives. Starting with internet searching using wifi internet in class and basic vital record and census record examination, we will learn where and how to search for information. We will examine family stories, rumors and discuss how to get the most out of records. When we come up against brick walls, we'll learn ways to surmount them. Limit 20. Barbara

Schenck; *Thursday, 9:15–10:15 a.m.; Art room, LL Motherhouse; \$15 registration; \$10 supplies.*

Who Do You Think You Are? II

This class is designed for experienced participants who are in the process of discovering their family history. We will examine the usefulness of military, land and court records. We'll discuss the value of cluster genealogy and of studying social history and migration patterns. We will also talk about repositories like the Family History Library and the National Archives. There will be formal instruction, class interaction and time for personal work and a wifi internet connection. If you're working on your family history and want to explore new possibilities and old records while getting plenty of moral support, join us. Limit 15. Barbara Schenck; *Thursday, 10:30–11:30 a.m.; Art room, LL Motherhouse; \$15 registration; \$10 supplies.*

Arthritis Aquatics

Sept. 12 to Nov. 17, 2011–20 sessions
Feb. 6 to April 12, 2012–20 sessions

Monday and Wednesday	8–9 a.m.	Previous Participants
Monday and Wednesday	9–10 a.m.	Previous Participants
Monday and Wednesday	10–11 a.m.	Previous Participants
Monday and Wednesday	11 a.m.–noon	Beginners

Iyla Ant, Janet LoBianco, Connie Booth, Dorothy Schlueter

Tuesday and Thursday	8–9 a.m.	Previous Participants
Tuesday and Thursday	9–10 a.m.	Previous Participants
Tuesday and Thursday	10–11 a.m.	Previous Participants
Tuesday and Thursday	11 a.m.–noon	Beginners

Janet Hefel, Betty Takes, Ruth Turnis, Cinda Welu

Exercise is in four-foot deep, approximately 90 degree water in the Caritas Center pool two days weekly. A physician's approval, waiver form and emergency information sheet is required for each participant; do bring a towel, swimwear and water shoes (required).

Each class is limited to 12 participants (10 for beginners' class); only four unexcused absences per session will be permitted. Classes continue from one session to the next; registration covers the continuous program. The cost is \$35 per fall and spring session. The waiver form and emergency information sheet will be mailed to you after your registration is received and you are assigned to a class. Previous participants will be assigned to a class according to their request, if possible. Access cards are provided for entrance to the building; note the time schedule at the front of brochure.

Return registration by
August 24, 2011 to:

Roberta Kuhn Center
1150 Carmel Drive
Dubuque, Iowa 52003

Registration Form

Program Offerings | 2011–2012

(Please Print)

Name _____

Street Address _____

City _____ State _____ Zip _____

Telephone (day) _____

E-mail _____

Previous participant? Yes No

Name of class	Day	Time
1. _____		
2. _____		
3. _____		
4. _____		

Upon receipt of your registration form you will automatically be placed in the classes you wish unless you are notified otherwise. **Access cards are provided for entrance to the building; note the time schedule at the front of this brochure.** For more information, call the Roberta Kuhn Center at 563.582.4155 or e-mail: robertakuhncenter@bvmcong.org, Carolyn Farrell, BVM, Director.

Please make checks payable to **Roberta Kuhn Center** or pay fee at class.

Check is enclosed: Amount \$ _____

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Dubuque, Iowa 52003



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

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