

RKC NEWSLETTER

Spring 2017

From the Director's Desk

Things are in full swing here in the Roberta Kuhn Center as we move into our final month of the spring semester. The weather was cooperative and with the exception of our mid-March snow storm (thankfully not as much as was predicted) we have only missed one day due to weather. While sickness has taken its toll on instructors and participants, it has been a good semester, with lots of camaraderie and learning in our interactions with each other.

As we progress through another semester, it is hard to believe we are at the point already to begin preparing for next fall. I am in the process of meeting with instructors, reviewing the year and discussing their plans for next year. We are always open to suggestions from our community for potential instructors and potential class topics. It often does take a little time to find the right fit of instructor and topic, but the work is ongoing and input is always welcome. Karen

Creative Writing Class Reflections...

Instructor Bill Dall reflects on the value of taking time to rediscover and continue on our paths as learners. His poem, "**Lifelong Learning**" highlights these opportunities.

Praise knowledge—that glorious gift,
Inclined to melt away unless lovingly gathered,
Weaved, embedded in the mind's latticework—
Ever-expanding as we journey through life.

We wander the walkways of wisdom, snatching fruit
From the trees of awareness—never for folly, but for
The pure goodness and satisfaction of scholarship,
Our cherished memories carefully nurtured.

We paint layers of learning on the landscapes
Of our intellect, eureka moments of understanding
Blessing us like birthing stars that erupt
Into being in the nebulae of our mindfulness.

Ideas and insights elate and amaze us.
"So that's why King Lear prefers Cordelia."
Or "Blair's the tall man in the far right of that
Old Carpenter painting of Lincoln's cabinet."

We realize we'll never put finishing touches
On the masterpiece of our mind's impressions;
The palette of our humanity is too modest.
But oh, such supreme joy in our attempts!

What a wonderful reflection on the opportunities open to us at any time, but especially during our experiences in a program such as the Roberta Kuhn Center. Some resources that may further the inquiry and that encourage us in our quest for knowledge are:
<https://ed4online.com/blog/8-benefits-lifelong-learning>

<https://www.diygenius.com/100-self-education-resources-for-lifelong-learners/>

And a few books,
Learning Later, Living Greater: The Secret for Making the Most of Your After 50 Years by Nancy Merz Nordstrom

The Blue Zones by Dan Buettner

IMPORTANT DATES

- April 10-14** Spring Break for classroom and yoga classes
- April 13/14** Last day for Aquatics classes
- May 3 1-3pm** Set Up for RKC Social/Open House, St. Joseph Hall
- May 4 1-3pm** RKC Social/Open House for sisters & staff
- May 5 1-3pm** RKC Social/Open House for family & friends
- May 1-5** Last week RKC classes for Spring semester
- Early July** 2017-18 RKC brochures mailed
- Sept 5-8** First week of classroom classes for 2017-18
- Sept 11-15** First week of Aquatics & yoga classes

In Memory...

Veronica Grennan, BVM
Therese Miller, BVM
John Thomas Hackett, BVM
Claire Marie McLevy, BVM
Anna Priester, BVM
Frances Ann Schaeffer, BVM
Mary Frances Shafer, BVM
Vincentia Kaferstein, BVM
Gracita Daly, BVM
Louise Szkodzinski, BVM
Rosemary Shaughnessy, BVM
Kathleen Doherty, BVM
Mary Janita Curoe, BVM
Margaret Mollan, BVM
Margaret Haas, BVM
Therese Mary Waughon, BVM
Elaine Wojcik, BVM
Janice Kemp, RKC participant
Doug Schlesier, supporter of RKC
Donna Sue Peck, supporter of RKC
Ruthie Berendes, RKC participant
Virginia "Lois" Neyens, former RKC participant
Jean Voelker, former RKC participant

And other unnamed BVMs, RKC participants and their loved ones

A special thank you to the family of Janice Kemp for their generous donation in memory of Janice, a participant in various Roberta Kuhn Center art classes.

The RKC Community Continues to Contribute to the BVM Hunger Fund

On behalf of the Green Team at Mt. Carmel, a heartfelt thank you to everyone who has been diligently bringing in their beauty and oral care recyclables to our collection boxes. To date, the Hunger fund has received \$600.24. The money collected is then used to support women and children across the world, and the recycled items are saved from our landfills. If you would like to be part of this effort, save the indicated empty items and deposit them here at Mt. Carmel in the designated boxes near the Aquatics and Yoga entrance or outside classroom 10 in the Roberta Kuhn Center hallway. List of accepted items →

Farewell with Gratitude...

As life calls us in different directions, we thankfully acknowledge the contributions of the following instructors as they move on to other endeavors.

Jerry Beckman-*Psychology of Aging and Positive Aging Seminar*

Michael Boyd-*Intermediate & Advanced Family History*

Lueann Bregman-*Spanish for Adult Learners*

Marvell Eagleson-*French for Fun and Travel*

Helen Garvey, BVM & Mary Martens, BVM-*Reading for Enjoyment*

Vince Meis-*Great Discussions*

Sue Rink, BVM-*Bridge*

We are in the process of finalizing instructors for existing classes and a few new offerings. Watch for the 2017-18 registration brochure which will be mailed the week of July 4th for further information.

For the safety of us all, please be diligent about our 15mph speed limit on campus and be aware of pedestrians, especially as the weather warms!

ORAL CARE:

Toothpaste tubes and caps

Toothbrushes

Outer packaging of toothpaste and toothbrushes

Floss containers and their packaging

BEAUTY BRIGADE:

Hair Care---

shampoo bottles and caps

conditioner bottles and caps

hair gel tubes and caps

hair spray bottles (NON aerosol)

hair styling products jars and caps

permanent solution bottles

Skin Care---

lip balm tubes

lotion bottles and tubes

body wash bottles

soap dispensers

shaving foam tubes (NO cans)

Cosmetics---

lipstick tubes

lip gloss tubes/lip liner pencils

mascara tubes

eye shadow cases and tubes

powder cases

eyeliner cases/pencils