

## Winter Catalog

Beginning Wednesday, January 15 - February 19  
Exchange will offer eight 3 and 6-week classes on  
Mondays and Wednesdays.

**Meet the Instructors and Get Help Registering  
at our Open House on Wednesday, December 11**

**10:00 – 11:30 AM | Boulder JCC, Levin Hall | FREE**

Please register in advance for Open House with the  
QR code or URL below:



[boulderjcc.org/openhouse](https://boulderjcc.org/openhouse)

## Do you have a passion for learning?



Check out our wide selection of fascinating in-person classes and meet others like you who love to learn, meet new people and make great connections.

EXCHANGE offers three terms a year with 3–6-week daytime classes and a summer program with (5) 90-minute early evening

*What a delightful instructor! He presented the material in such an interesting way and had excellent suggestions for getting us to write the practice pieces that we did. The info he provided on the theatre in general, on particular plays, on how to write dialogue or set a scene was invaluable.*

Participant ,Fall 2024

lectures. All Classes are held at the Boulder JCC and led by subject matter experts – many professionals, some enthusiasts, all engaging.

Enjoy a great variety of academic subjects as well as health and wellness, cultural topics, hobbies, current and local issues. Tailored for adults 55+ but open to all.

### 2025 Calendar

3- and 6-Week Classes  
10 AM – Noon & 1 – 3 PM

Winter	Jan 15-19
Spring	March 3-19
Fall	Sep 29-Nov 3

### (5) 90-minute Lectures

Summer	May
	June 16 & 30
	July 14 & 21

**No membership! No homework! No grades!**

### Pricing\*

6 week classes	\$65
3 week classes	\$35
90-minute lectures	\$12

\*Financial aid is available

## Interesting + Fun = EXCHANGE

Lifelong learning may improve the quality of your life. Did you know that absorbing new information reduces stress? Gaining knowledge and making new friends brings joy.

***Have you ever thought of teaching your passion?***

If you are interested in teaching a class, or would like more information about EXCHANGE, contact:

**Joy Alice Eisenhauer** (Arts, Culture, and Education Director): [joy.eisenhauer@boulderjcc.org](mailto:joy.eisenhauer@boulderjcc.org)

**Acy Jackson** (Program Coordinator): [acy.jackson@boulderjcc.org](mailto:acy.jackson@boulderjcc.org)

**Reception:** 303-998-1900

# Winter Term At-A-Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>From Monday, January 27 - February 10</p> <p><b>MORNINGS</b> 3 WEEKS   10 AM - 12 PM</p> <p><i>Literature of the Displaced</i></p> <p><b>OR</b></p> <p><i>Introduction to Whole Brain Living</i></p> <p><b>AFTERNOONS</b> 3 WEEKS   1 - 3 PM</p> <p><i>Anthropology 101</i></p> <p><b>OR</b></p> <p><i>Resolving Conflict: Global Peacemaking Practices</i></p>		<p>From Wednesday, January 15 - 29</p> <p><b>MORNINGS</b> 3 WEEKS   10 AM - 12 PM</p> <p><i>Uncovering the Art of Film &amp; Uncovering the Truth</i></p> <p><b>OR</b></p> <p>From Wednesday, January 15 - February 19</p> <p><b>6 WEEKS   10 AM - 12 PM</b> <i>Churchill: One of the Most Compelling Figures</i></p> <p><b>AFTERNOONS</b></p> <p>From Wednesday, January 15 - February 19</p> <p><b>6 WEEKS   1 - 3 PM</b> <i>You Be the Judge: Cases from the Real World of Sentencing</i></p> <p><b>OR</b></p> <p><i>Introduction to Acting for Older Adults – Stage &amp; Life Skills</i></p>		

## *Literature of the Displaced*

**3 WEEKS – MONDAY, JAN 27<sup>TH</sup> – FEB 10<sup>TH</sup> MORNINGS 10:00 AM -12:00 PM**

The twentieth and twenty-first centuries have witnessed an enormous movement of people leaving their countries of origin whether due to wars, famine, religion or poverty. This movement has produced a considerable amount of literature involving the displacement of people. Moving to a new country involves moving into a “foreign” culture and often a new language. Culture shock can be very upsetting both for the migrating people and the receiving country. Generally, “migrants” look to their new homes with hope for a better life and a promising future. Ideally the mingling of cultures and diversity would contribute to understanding other cultures and learning from each other. This is not always the case.

How people are received in their new countries often depends upon the culture they are coming from, their level of education, and their ability to provide for themselves. Even in the best of circumstances, communication between cultures requires translation, whether in language or understanding cultural norms. This course focuses on pieces of literature that involve the migration of people and their response to their new cultures as well as their acceptance by that culture. These pieces include the novel *Go, Went, Gone* by Jenny Erpenbeck and selected short stories by Jhumpa Lahiri. The course will combine lectures, discussions, and videos.

### **ABOUT YOUR INSTRUCTOR**



**Penny Haws** has an M.A. in English and taught English in public schools for 11 years. Haws received a Ph.D. in Counseling Psychology and had her own private practice for 24 years. She has a passion for literature, with an emphasis on international fiction, and enjoys travel. Having lived in a university setting for many years, Haws has interacted with teaching professionals from a variety of countries.



## Introduction to Whole Brain Living

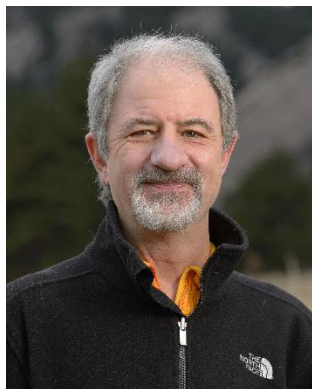
**3 WEEKS—MONDAY, JAN 27<sup>TH</sup>—FEB 10<sup>TH</sup> MORNINGS 10:00AM-12:00PM**

Our brains are cool! Are you curious to understand how your brain can better impact the quality of your life? If so, join us for an interactive learning experience that offers insights into and access to the wisdom found in the critically acclaimed book by Dr. Jill Bolte Taylor, *Whole Brain Living, The Anatomy of Choice and the Four Characters That Drive Our Life*. Taylor is a Harvard-trained and published neuroanatomist whose research specializes in understanding how our brain creates our perception of reality. The material is based on her eight-year recovery from a stroke that resulted in her memoir, *My Stroke of Insight*, which spent 63 weeks on the New York Times nonfiction bestseller list.

Whole Brain Living blends neuroanatomy and psychology to illustrate how we can overcome emotional reactivity to lead more fulfilling and peaceful lives and create healthier relationships.

Through lecture, discussion, mindful exercises and opportunities to playfully engage with the material from Dr. Taylor's books, participants learn new ways to understand their own behavior, and gain insights into ways they can better navigate relationships.

### **ABOUT YOUR INSTRUCTOR AND OTHER GUESTS**



**Rob Schwart** is a Certified Whole Brain Living Coach and is the co-founder and co-executive director of the Give Back Yoga Foundation. **Patricia Karpas** is a longtime media executive and podcast host of the popular show Untangle, where she interviews experts, thought leaders, and authors on topics like neuroscience, brain health, general health and wellness, and more. She is the co-founder of 5-star app, Meditation Studio. **Lori Dube** is a social worker, life coach and Jewish Mindfulness and Meditation facilitator. **Nili Feingold** is a relationship therapist/coach/mentor and a life-cycle event officiator who has worked with children, adolescents, couples and families for 25 years.

## **Anthropology 101**

**3 WEEKS MONDAYS JAN 27<sup>TH</sup> – FEB 10<sup>TH</sup> AFTERNOONS 1:00 – 3:00 PM**

Anthropology 101 is a brief dive into how Cultural Anthropologists search for answers about the human condition. Why do people behave as they do and why is there so much variety cross-culturally?

How does this work? Cultural Anthropologists create intimate knowledge of people by spending extended time with them as they live their lives. Our class examines and discusses studies that emerged from that fieldwork in places like Guatemala, Botswana, India, and New Guinea (to name a few) showing how people adapted to their environment, history, and culture. Short accessible articles and on-line videos help all this come to life.

To get a taste of what it's like to be an anthropologist, our class develops small research projects in corners of our own world. The class is lecture and conversation augmented by small group discussions. Specific topics include Kinship and the Family, Making a Living, Religion, Food and Diet, Social Inequality, and Gender.

I was inspired to teach this class because so many people want an insider's view of our fast-changing world. If you have never taken an anthropology course or want a refresher, now's your chance.

### **ABOUT YOUR INSTRUCTOR**



**Dr. Tracy Bachrach Ehlers** is Associate Professor Emerita of Anthropology at the University of Denver specialized in the study of underdevelopment, women, and gender relations. Ehlers is the author of two books: *Silent Looms – Women and Production in a Guatemala Town* and *Sugar's Life in the Hood – The Story of a Former Welfare Mother*. She was a recipient of a Fulbright Fellowship to Costa Rica where she taught at the National University and studied women's microenterprises. Towards the end of her DU academic career, she founded and ran Women Work Together, a nonprofit organization in Guatemala designed to encourage rural indigenous families to educate their daughters.

## **Resolving Conflict: Global Peacemaking Practices**

**3 WEEKS MONDAYS JAN 27<sup>TH</sup> – FEB 10<sup>TH</sup> AFTERNOONS 1:00 – 3:00 PM**

Did you know that local community and international conflicts and interventions share many of the same peace and conflict dynamics? Get a unique orientation on peace and conflict basics using a stabilization and peacekeeping operation framework. Adams shares his observations based on years of on-the-ground experience with the United Nations and other international organizations in conflict zones.

Adams guides the class to a better understanding of key peace and conflict dynamics. The class begins with short lectures on different approaches and looking at core intervention components followed by discussions on human dynamics and scale, a war to positive peace continuum, and missing pieces. Learn about constructive balance and a broader perspective toward peace and conflict circumstances, and to a better understanding of peace and conflict basics and peacebuilding possibilities.

This course also introduces you to key concepts: constructive conflict; sustained dialogues; public peace processes; peacekeeping; peacemaking; peacebuilding; the violentization process; a war to sustainable peace continuum; and restorative justice. Discover your own conflict circumstances and how to better discern such dynamics at community, societal, and global levels generally, as human fundamentals apply at all levels. Students will be better able to contribute to a more informed and constructive national discourse and improved human relations.

### **ABOUT YOUR INSTRUCTOR**



**Dr. James Adams** is a Viet Nam veteran with a BA in International Relations. He served in the San Francisco Mayor's Office as Assistant Director of the Mayor's Citizen's Assistance Center. Beginning in 1993, Adams has worked as a humanitarian officer, operations officer, and civil affairs officer in Africa, Kosovo, and Afghanistan with NGOs, IOM, the United Nations, and USAID. Assignments include Head of Office (COP), refugee/internally displaced persons operations, regional coordination, humanitarian civil, and minority affairs, and local governance stabilization and democratization. Adams holds a MSc. And Ph.D. in Conflict Analysis & Resolution. His doctoral field work was done in Bosnia. He is the author of *Analytic Reflections from Conflict Zones: A Cautionary Tale for A Polarizing America and World* (2021). His next book, *Peace and Conflict Basics: Citizens Edition*, is coming out soon.

## ***Uncovering the Art of Film & Uncovering the Truth***

**3 WEEKS – WEDNESDAY JAN 15<sup>TH</sup> – 29<sup>TH</sup> MORNINGS 10:00 AM -12:00 PM**

Star of the silent screen, W. C. Fields called Bert Williams “the funniest man I ever saw and the saddest.” It’s no wonder, since Bert Williams, an African American, nonetheless performed in blackface. As a central figure on America’s vaudeville circuit, Williams sang, danced, and pantomimed in clubs, cabarets, and theaters. He was one of the most famous African American performers in the 1900s. In an age when white vaudeville stage did not welcome black performers, Williams pioneered an important role for black performers who had so profoundly shaped the genre.

This class is an eclectic experience of lecture, discussion, group exercises, and small group discussion. There is an optional field trip as well. We cover the intersection of art and history when it comes to filmmaking. And the specific historical content of our film about Bert Williams and the mask he was forced to wear as he performed in blackface is central to this class. We unveil how film propels artists, filmmakers and audiences to uncover and address their own stories and their truth. Themes include: - Identity and Self Worth as Shaped by Culture – History of Blackface and Implications Past and Present – Film and Storytelling Reflects and Reveals Our Inner Truth – What Lies Beneath Dreams (Hidden Lessons) – Legacy and Its Role in our Present. Join us as we explore a deeper understanding of the power of film to connect us with others’ stories, as well as our own.

### **ABOUT YOUR INSTRUCTOR**



**Michandra Lindsey**, along with her partner are independent filmmakers living in Colorado. They affectionately call their current historical feature film project, *The Story of Nobody*, their third child due to the long period of preparation. Michandra is an executive and spiritual coach, a former television broadcast journalist and a priest. Michandra earned her B.S. in Mass Communication, Broadcast Journalism.



## ***Churchill: One of the Most Compelling Figures***

**NOTE: 6-WEEKS WEDNESDAY JAN 15<sup>TH</sup> – FEB 19<sup>TH</sup> MORNINGS 10:00 AM -12:00 PM**

In the first sentence of his book *Winston's War*, Max Hastings writes, "Churchill was the greatest Englishman and one of the greatest human beings of the twentieth century, indeed of all time." Doubtless, Churchill was one of the most compelling public figures of the twentieth century. We spend six weeks evaluating that assertion.

His career spans nearly seven decades, but the defining years of his public life remain the years of the Second World War. That conflict was the central event of the twentieth century, and we still live in its long shadow. Of the major leaders of the belligerents, only Winston Churchill survived to write his version of events. Franklin Roosevelt died just short of final victory, Josef Stalin survived but was a paranoid psychopath, Hitler died by his own hand, Benito Mussolini was murdered by Italian partisans and Hideki Tojo was executed as a war criminal. To a far greater extent than we often realize, our understanding of those events is frequently Churchill's understanding. He was determined to shape the events of 1939-1945 and, more importantly, dominate the historical understanding of those events.

Through lectures, power-points, videos and weekly readings, the class decides whether Hastings' assertion is deserving.

### **ABOUT YOUR INSTRUCTOR**



**Dr. Robert Haws** taught American history at the University of Mississippi for forty-two years. In the spring of 1994, he taught American Constitutional history at Moscow State University as a Fulbright scholar. Also, he taught Comparative Constitutionalism for a program dealing with democracy and civil society in the summers of 2010-2013 for the University of Osnabruck, Germany.

## ***You Be the Judge: Cases from the Real World of Sentencing***

**6 WEEKS – WEDNESDAY JAN 15<sup>TH</sup> - FEB 19<sup>TH</sup> AFTERNOONS 1:00-3:00 PM**

Learn about the criminal justice system in Colorado and the challenges involved with imposing sentences. In each session, Judge Bailin presents the class with an actual case and provides all the information a judge would have before sentencing. This includes descriptions of the options available to a judge and the challenges presented by the sentencing process. Class members engage in a discussion about the possible sentences and make an individual decision regarding the sentence. Judge Bailin then reveals the actual sentence and explains the reasons for her decision.

Through this process, participants become aware of the many factors that can go into a sentence and achieve a better understanding of the sentencing process.

The first session will include a general presentation of the criminal justice system in Colorado as well as a case study; otherwise, each session will be a stand-alone case study. Participants who miss the first session will receive a written explanation of the Colorado criminal justice system upon request.

### **ABOUT YOUR INSTRUCTOR**



**The Honorable Roxanne Bailin** was the former Chief Judge of the State Courts of the Twentieth Judicial District for the last fifteen years of her 30+ years on the bench. As Chief Judge, she administered the courts and probation, developed programming to create effective rehabilitative sentencing for adults and juveniles, and ensured that Boulder sentencing practices were supported by research and best practices.

# *Introduction to Acting for Older Adults – Stage & Life Skills*

**6 WEEKS—WEDNESDAY JAN 15TH - FEB 19 AFTERNOONS 1:00-3:00PM**

Can you imagine yourself on stage? Would you like to move, speak, and feel like another person? To play for the pure fun of it? Specifically geared toward older adults, this class will teach you the fundamentals of acting. Classes are a mix of play, gentle movements, vocal exercises, and deep insights into the actor's craft in a supportive and non-judgmental environment. Memorization is not required.

VIVA's world-class teachers prepare you for the stage and show how acting tools are useful in your personal life. Loosen up with theater games, practice movements that can free your expressive self, find your own distinctive voice, and learn to develop characters. Increase your confidence and connect with like-minded others.

This is a special opportunity for older adults (even those with disabilities) to participate in the arts. Whether you have experience in theatre or not, we can accommodate you! This class serves as a teaser for VIVA's more comprehensive Theater Lab, scheduled in the spring of 2025, which will culminate in actual performances. If you have a passion for the arts but have shied away from trying it, come play with others like you.

## **ABOUT YOUR INSTRUCTORS**



**Anne Sandoe** is an actor, director, and teacher who has been in the theater since age six. She has taught acting and voice for more than thirty years, including at UNC, San Francisco State University, and Wright State University in Ohio. Sandoe has performed with the Colorado, Oregon, Alabama, Virginia, and Antioch Shakespeare Festivals, and locally at BETC, the Catamounts, Longmont Theater Company, the Arvada Center, Coal Creek Theatre. Carolyn Arras, a former principal ballerina with the Royal Opera Ballet of London and a skilled teacher of

movement for Parkinson's patients. **Margaret Jansen**, whose lineage of 'the natural voice' comes directly from the amazing Kristen Linklater, the foremost voice teacher of the last century.