



Exchange Winter Catalog



9 Classes from January 14 – February 18

6-week classes on Wednesdays, January 14 - February 18

3-week classes on Mondays, January 26 - February 9

(1) 3-week class on Wednesdays, February 4 - 18

Open House
Wednesday, December 10
10 - 11:30 am
Coffee and Bagels

Meet the Instructors
Get Registered for Winter Classes
PLEASE register for our Open House! Need
Help? Contact amiliasupport@boulderjcc.org



Class registration for Winter Term Opens on December 10 at 11:30 am

About EXCHANGE: A Hub for Learning

We offer three terms per year with 3-week and 6-week daytime classes. In the summer we host (5) 90-minute early evening lectures. All classes are held at the Boulder JCC and led by subject matter experts – many professionals – all enthusiasts and very engaging.

Enjoy a wide variety of academic and practical subjects including health, science, arts, cultural topics, hobbies, current and local issues. Tailored for adults 55+ but **open to all**.

Pricing*

6-week classes	\$68
3-week classes	\$36
90-minute lectures	\$12

***Financial aid is available**

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

*“Keep it going!
The intellectual and creative stimulation, the sociability, the sense of community it engenders, and the friendly, attractive setting makes this a perfect program for seniors.”*

Participant
Fall 2024

We Can Help You Teach Your Passions

We can assist you in developing a course!

Contacts:

Joy Alice Eisenhauer | Boulder JCC Arts Program Director | joy.eisenhauer@boulderjcc.org

Call the Boulder JCC | **303-998-1900**

Check out the following selection of in-person classes.

Meet people like you who love to learn and make new connections.

Winter at-a-Glance

6 weeks on Wednesdays January 14- February 18 \$68	
MORNINGS 10 am - 12 pm	AFTERNOONS 1 - 3 pm
<p><i>Eisenhower's Era in America</i> Instructor: Professor Robert Haws OR <i>Ukulele - A Musical Journey Through the 20th Century and Beyond</i> Instructor: Marie Lim</p>	<p><i>Digging for Roots When the World Is Breaking Branches</i> Instructor: Ellen Kowitt OR <i>Anthropology 102: Exploring a Controversial Amazonian Tribe</i> Instructor: Tracy Ehlers</p>
3 weeks on Wednesdays February 4, 11, & 18 \$36	
MORNINGS 10 am - 12 pm	
<p><i>Orchestral Building Blocks: Core Elements of Musical Composition</i> Instructor: Dr. Fernanda Nieto</p>	
3 weeks on Mondays January 26 - February 9 \$36	
MORNINGS 10 am - 12 pm	AFTERNOONS 1 - 3 pm
<p><i>Five Great Artists from Spain's Golden Age</i> Instructor: Marcie Gorman Smith OR <i>Aging Well: Living With Your Whole Brain</i> Instructors: Rob Schware and Lori Dube</p>	<p><i>Fiddler on the Roof: Context and Creation</i> Instructors: Sarah Nowak and Rabbi Marc Soloway OR <i>Unearthing the History and Future of Mining in Colorado</i> Instructor: Krishna P. Sinha</p>



Please register for the Open House on Wednesday December 10, from 10 - 11:30 am. Enjoy Coffee and Bagels!

Bring your iPad, laptop, or smart phone to the Open House. We will help you get established on the new registration system, Amilia.

COURSE DESCRIPTIONS

6 weeks on Wednesday Mornings | 10 am - 12 pm | January 14 – February 18

Eisenhower's Era in America

From the conclusion of the Second World War in 1945 through the 1950s, Dwight Eisenhower was the most dominant person in American public life. His acclaim as a military hero brought him world-wide attention in the years after the war. In each year between 1951 and 1960, the Gallup poll identified "Ike" as the most admired man in the world.

The purpose of this six-week course is to examine the many ways Eisenhower helped American domestic and international affairs during his fame. The course materials will include a mixture of lectures, discussions, and video presentations. We use William Hitchcock's book, *The Age of Eisenhower: America and the World in the 1950s*, as our text. Weekly reading suggestions are no more than fifty pages per week. At the conclusion of the six-week assessment of Eisenhower's post-war career, we end with a greater appreciation of the contours of his contributions to global events during this period.

About your instructor:

Robert Haws taught American History at the University of Mississippi for 42 years. He studied history at the University of Nebraska and Law at Yale Law School. He taught American Constitutional History at Moscow State University as a Fulbright Lecturer in the spring of 1994 and taught Comparative Constitutionalism for the Program in Democracy and Civil Society at the University of Osnabrück in Germany from 2010 to 2013.

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Ukulele - a Musical Journey Through the 20th Century and Beyond

We are currently in the 3rd wave of the ukulele's popularity in the USA. Millions of people worldwide have picked up this lovely little instrument and discovered the power it has to bring people together to appreciate music and fellowship. Ever since the Portuguese immigrants arrived on the shores of Hawaii in 1879, people have found joy in its music.

Discover these three waves of ukulele popularity while learning to play this amazing string instrument. We explore the music of the 20th and 21st centuries through the lens of the ukulele and look at the most influential players of their time.

Participants will acquire basic chords and strum patterns and use them to play a variety of tunes taken from the genres of folk, tin pan alley, blues, rock and roll and pop. We also explore the music theory behind popular chord progressions. Please bring your own ukulele to class as we only have a few to borrow.

About your instructor:

Marie Lim is a multi-instrumentalist musician and music educator. She loves to bring people together to play music. A former Kindermusik instructor, she taught preschool music and movement classes for over 20 years. Marie picked up the ukulele 8 years ago and found so much joy in playing and singing with others that that she wanted to help others learn to play it. She is a James Hill Ukulele Initiative Level 3 certified ukulele instructor and has been

teaching beginner and intermediate levels for five years. She is a former member of the Kinetic Ukulele Ensemble in Connecticut. Since moving to Colorado in 2024, she has enjoyed playing with both the Superior and Boulder Ukulele Group. Marie currently teaches ukulele classes at the Superior Community Center.

6 weeks on Wednesdays Afternoons | 1 - 3 pm | January 14 – February 18

Digging for Your Roots When the World Is Breaking Branches

Discovering and sharing your family history can be a powerful way to relate across generations. In times of uncertainty, learning where we come from helps to ground us in who we are. Whether you're just beginning to explore your ancestry or have years of research behind you, this course offers a supportive environment to learn, grow, and uncover the stories that shaped your family's journey.

This class is guided by genealogists from the Jewish Genealogy Society of Colorado and is perfect for all backgrounds. We explore how cultural and historical records can offer deeper insight into identity, migration, and resilience. Each week focuses on a key topic such as basic resources, impact of DNA testing, and sharing your story. See the upcoming Syllabus for complete details. Whether you're curious about your heritage, seeking meaningful connection, or ready to dive into a new project, join us to dig deep and grow strong roots — even in uncertain times.

About your instructors:

Ellen Kowitt is a professional genealogist specializing in American records and Jewish ancestry. She has completed the ProGen Study Program, Gen-Fed, and other advanced institute coursework while accepting clients and volunteering as JewishGen USA Research Division Director. She is a past president of the Jewish Genealogy Society of Colorado. Ellen speaks frequently at international conferences and has taught genealogy with Osher Lifelong Learning Institute (OLLI) at University of Denver. Her published client books include *America's Alligator Family: The David Crystal Story* (2023) and *From Scheinman to Simon* (2024). Ellen will be supported by:

Greg Liverman, PhD uses his chemistry education and experience as a program manager to solve genealogical mysteries with DNA evidence.

Dina Carson is a long-time genealogist, local historian, author, publisher, and speaker, specializing in American research and publishing family histories.

6 weeks on Wednesdays Afternoons | 1 - 3 pm | January 14 – February 18

Anthropology 102: Exploring a Controversial Amazonian Tribe

This course focuses on the Yanomamo, an Amazonian tribe that scholars have been arguing about for decades. The Yanomamo have maintained their distinct cultural identity despite external pressures and dramatic changes in the surrounding world. Understanding their way of life offers valuable insights into human adaptation and the preservation of indigenous cultures.

Our investigation includes debatable fieldwork ethics, slash and burn agriculture, complex kin relations, the shortage of women, hallucinogens, constant warfare, and the

invasion of Yanomamo land by gold miners and settlers. Short, accessible articles and on-line videos will support and illustrate the topics. Note: Everyone – not just students from Anthropology 101 - may take this class. If you are curious about cultural anthropology, this is for you.

About your instructor:

Tracy Bachrach Ehlers is Associate Professor Emerita of Anthropology at the University of Denver specializing in the study of underdevelopment, Latin America, 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. Toward the end of her DU academic career, she founded and ran Women Work Together, a non-profit organization in Guatemala designed to encourage rural indigenous families to educate their daughters.

3 weeks on Wednesdays Mornings | 10 am - 12 pm | Feb 4,11, & 18

Orchestral Building Blocks: Core Elements of Musical Composition

The fundamental elements of musical composition are Melody and Rhythm, Harmony and Harmonic Structure, and Form and Organizational Structure. In this class we gain an understanding on how these transform our listening experience. We hear how composers create memorable melodies and use form to create an emotional arc. We delve into the architectural world of harmony – the vertical dimension of music that gives depth, tension, and emotional color to melodic lines. We explore how these *orchestral building blocks* have evolved in response to cultural, social, and aesthetic shifts across history.

Are you curious about how composers use harmony to shape musical forms and expression? Do you know how chords interact, resolve, and create motion? Ever wondered how composers organize musical ideas across time to create tension, release, expectation, and resolution? From binary and ternary forms to rondos, sonatas, and through-composed works, we examine how structural choices reflect artistic intention and storytelling.

Class materials include a listening guide and a curated playlist. EXCHANGE attendees will also be invited to a FREE open rehearsal and a private group discussion with conductor Michael Buttermann, as well as discounted tickets to the Boulder Philharmonic's performance on March 22, 2026.

About your instructor:

Dr. Fernanda Nieto was born in Mendoza, Argentina, where she received her undergraduate degree in Piano Performance. She completed her Masters Degree in Piano Performance and Pedagogy at Ohio University and her Doctor of Musical Arts in Piano Performance at the University of Colorado at Boulder. In 2009, the College Music Society awarded her with the Yamaha In-Residence Fellowship, which allowed her to develop an engagement program with the objective of promoting the diversity of Argentinean music. In 2021 she received the Teacher Enrichment Award by the Music Teachers National Association.

3 Weeks on Monday Mornings | 10 am - 12 pm | January 26 – February 9

Five Great Artists from Spain's Golden Age

After the conquest of Al-Andalus (Muslim Spain) and the expulsion of the Jews, the Christian kingdoms of Spain united under the Catholic Monarchs, King Ferdinand II of Aragon and Queen Isabella I of Castile, into a single state. This era saw a boom in literature and the arts in Spain. Spanish artists studied under and were influenced by many of the great renaissance Italian, Venetian and Flemish painters.

Five Spanish painters who rose to prominence during this Baroque period were: El Greco, Velazquez, Ribera, Zurbarán and Murillo. At first glance, their work looks like Christian tributes, but as we dig deep into their artistry, we discover so much more.

We examine these artists in historical context -- how the political, cultural and religious shifts in Spain from the late 1200's-1600's impacted their subjects as well as their techniques. We explore the relationship these artists had with their Renaissance predecessors and how these Golden Age heroes influenced the next century of European art. This class is mostly lecture using slides and videos. If you are curious about this period, this regional and/or have a passion for art, come and learn and contribute to the discussion.

About your instructor:

Marcie Gorman Smith has a passion for travel and a passion for art. In her most recent five-week trip to Spain she frequented many museums and gained an appreciation for Spain's masters of the Golden Age. While Renaissance and Baroque are not her favorite periods of art, she gathered a great deal of information that might change your mind about this period. Before retiring, Smith was a marketing executive working for companies such as Warner Brothers Records and Polaroid, and for non-profit organizations focused on education and adult learning. She is one of the founding EXCHANGE Program committee members and has also worked and has taught classes with the Osher Lifelong Learning Institute (OLLI) through University of Denver. Smith holds a BS in Marketing, and minor in Art History and has extensive education in Marketing disciplines and Leadership.

3 Weeks on Monday Mornings | 10 am - 12 pm | January 26 – February 9

Aging Well: Living With Your Whole Brain

Whole Brain Living, based on Dr. Jill Bolte Taylor's evidence-based research and personal stroke experience, reveals that we each have four distinct "characters" within us, stemming from different brain areas. These characters represent different ways we process information and interact with the world.

In this interactive course, we teach you to recognize what's happening with your thoughts and emotions as we age. Discover how to understand your internal characters, break free from habitual emotional reactions, and make conscious choices aligned with who we want to be. As we age, established patterns become more entrenched, and the brain slowly regresses. By recognizing which brain characters drive your responses, we can better adapt to change, reduce stress, and deepen self-awareness. We gain practical strategies to navigate our fears and triggers, cultivate self-compassion, and enhance our relationships by better

understanding others' emotional landscapes. We learn powerful positive strategies that can contribute to better brain health. and slows the shrinking of brain centers.

About your instructors:

Rob Schwart, PhD, was part of the first batch of coaches trained in Whole Brain Living. He is the Co-Founder and Executive Director of the Give Back Yoga Foundation, his second career. His first career was working as a senior manager at the World Bank in Washington, DC. He has worked with leaders in both nonprofit and corporate sectors. He has been offering workshops on Whole Brain Living for the past three years.

Lori Dube is a social worker, life coach and Mindfulness and Meditation facilitator.

3 weeks on Monday Afternoons | 1 - 3 pm | January 26 - February 9

Fiddler on the Roof: Context and Creation

There is no other musical that has captured the curiosity of the world than *Fiddler on the Roof*. It has been a part of the Jewish American zeitgeist since its premier on Broadway in 1964. The narrative is based on a series of stories by Sholem Aleichem written in Yiddish between 1894 and 1914.

How much do we really know about the historical context and creation of this musical? While much of the tale was based about Aleichem's own upbringing near Kyiv, what do we know about the goings on in Imperial Russia at turn of the century? The upcoming *Fiddler* performance at The Dairy runs from Jan. 15-26, and stars Rabbi Marc Soloway Join us for a deep dive into the history and artistry of this most beloved story and gain a deeper understanding of how it relates to today.

About your instructors:

Sarah Nowak is the director of the Etz Chaim School at Nevei Kodesh and has been directing theater for nearly 20 years. She is the director of the upcoming performance.

Rabbi Marc Soloway is the Spiritual Leader since 2004 at Congregation Bonai Shalom in Boulder. He was an actor/storyteller/complementary health practitioner in the UK, and he has narrated two PBS documentaries about Jewish communities in Ukraine. He is excited to be returning to the stage as Tevye in this collaborative production of *Fiddler*!

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Unearthing the History and Future of Mining of Colorado

Mining is essential to the future of our planet, providing the raw materials needed for infrastructure, technology, and the transition to sustainable energy systems. In this course we consider the significance of mining in Colorado through its history, origin, changing practices, and subsequent developments. These include the 19th century gold rush and silver boom, coal and uranium mining, and the impacts of mining on native American communities.

We also learn about more recent growth in the mining industry, both nationally and globally, and the current state of Colorado mining and its impacts on economic, social and cultural developments. As a step towards the future, we visualize the outlook and prospects for mining and projected/anticipated contributions to national resources and the local economy.

Lastly, we look at the environmental and health impacts and the future improvements considered necessary to sustain growth and positive outcomes for this important industry.

About your instructor:

Krishna P. Sinha has a Ph.D. in geotechnical engineering and bachelor's/master's degrees in civil engineering from India. He has over 50 years of experience in consulting, teaching, and research and development domestically, and in South America, Asia, Africa, and Europe. Krishna has worked on a wide spectrum of analytical, computational, experimental, design & development, field-operational, and safety projects in mining, petroleum, drilling production, wastewater treatment.

New Easier Registration System with Amilia!!!

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Wednesday, December 10**

**Boulder JCC Staff and EXCHANGE Committee Members will help you to
get set up on *Amilia* – the new and easy registration system.**

Remember to bring your iPad, laptop, or smart phone for ease of registration!