



Spring 2026 Catalog

- (3) Three-week classes on Mondays, April 13 - 27**
- (4) Three-week classes on Wednesdays, April 15 - 29**

Exchange Open House
Monday, March 23 | 10 -11:30 AM

Meet the Instructors and
register for Spring Classes

Coffee and bagels will be served!

Need help registering on our new system Amilia? Contact our Amilia support team at amiliasupport@boulderjcc.org.

NOTE: Please write down your username (email) and password for Amilia and bring it with you to the Open House. Bring an ipad, laptop, or smart phone for ease of registration at our Open House.

If you cannot attend our Open House, spring registration opens on Monday, March 23 at 11:30 am

Spring Term At-A-Glance

3 Weeks on Mondays April 13 – 27 \$36	
MORNINGS 10:00 AM – NOON	AFTERNOONS 1:00 – 3:00 PM
<p><i>Music: Old, New, Borrowed, Blue</i></p> <p>Instructors: Dave Fulker and Keith Waters</p>	<p><i>Are Exoplanets Inhabited?</i> Instructor: Jeffrey Linsky</p> <p>OR</p> <p><i>Jewish Film Comedy: Celebrating a Century of Laughter</i> Instructor: Kathryn Bernheimer</p>
3 Weeks on Wednesdays April 15 – 29 \$36	
MORNINGS 10:00 AM – NOON	AFTERNOONS 1:00 – 3:00 PM
<p><i>When Did Parenting Get So Complicated?</i> Instructor: Dr. Kathleen Friend</p> <p>OR</p> <p><i>From Page to Stage: Understanding Great Plays</i> Instructor: Nick Chase</p>	<p><i>Doing Death Better: Perspective and Preparation</i> Instructor: Diane Hullet</p> <p>OR</p> <p><i>Discovering Bhutan: Land of Gross National Happiness</i> Instructor: Janet Ward Schofield</p>

Register for the Spring Open House on Monday, March 23.

If you cannot attend this event, registration opens on Monday, March 23, at 11:30 am.

Don't forget to bring an Ipad, laptop, or smart phone to the Open House - Boulder JCC staff will be available to help get you registered for Spring classes.

To make our programs accessible to all, we are happy to assist anyone with a financial need. Please contact julia.price@boulderjcc.org.

EXCHANGE SPRING CLASS DESCRIPTIONS

MONDAY MORNINGS | April 13 - 27 | 10 am - 12 pm

Music: Old, New, Borrowed, Blue

How do creators keep writing new music and inventing new musical contexts? Hasn't every phrase already been said? Hasn't every chord already been played? In a sense, yes, much in music has been heard before. And yet artists perpetually renew the genre in new contexts and with astoundingly creative forms of reuse.

This course explores how composers, songwriters, and performers have repeated, reused, repurposed, and recycled melodies, phrases, and harmonies—both from their own works and from those of others—from the Renaissance to the present day. Rather than seeing repetition as a limitation, we will examine it as a creative engine that gives music continuity, meaning, and emotional power.

Each class, led by musicians Dave Fulker and Keith Waters, will be richly illustrated with recordings and/or live, in-class performance:

Week One: The early forms of lament as precursors to modern blues patterns.

Week Two: Major composers' reuses of musical material, ranging from church music and carols to folk tunes.

Week Three: The reuse of melodies, harmonies, and direct quotation in film music, popular song, and jazz.

Instructor Information

Dave Fulker was Principal Trumpet for the Boulder Philharmonic Orchestra from 1963-1997 and appeared (often as leader or soloist) with numerous Denver-area groups. His recent work includes (jazz) performances at the Dairy Arts Center, the JCC, and local clubs. In 2016, the Dairy named Dave an Honoree for blending innovation as a jazz/classical performer with an award-winning career in scientific software. Mostly at UCAR/NCAR, this career was underpinned by math degrees from CU. Dave serves on the Boulder Phil Board of Directors and the Advisory Board for CU's College of Music.

Keith Waters is Professor of Music Theory at CU in Boulder. His book, *The Studio Recordings of the Miles Davis Quintet 1965-68*, was published by Oxford University Press in 2011 and has won numerous awards. Keith received a PhD in Music Theory from the Eastman School of Music and a Master of Arts in jazz piano from the New England Conservatory of Music. As a jazz pianist, he has performed with James Moody, Eddie Harris, Bobby Hutcherson, Sheila Jordan, and Chris Connor. Keith continues to record and perform throughout the United States, Europe, and Russia.

MONDAY AFTERNOONS | April 13 - 27 | 1 - 3 pm

Are Exoplanets Inhabited?

More than 6,000 planets in our universe, called exoplanets, have now been identified orbiting around stars other than our sun. This course, from CU's Jeffrey Linksy, describes how exoplanets are discovered and the techniques used to study their properties. Observations with the Hubble Space Telescope and the James Webb Space Telescope are now determining which planets have rocky surfaces and oceans like the Earth and which are more like the gas giant Jupiter.

Whether an exoplanet can sustain life forms depends on its distance from the star, the presence of water on or near the exoplanet's surface, and the properties of the star. We discuss the pros and cons of habitability and predict which types of stars could have inhabited exoplanets, and we consider the probability of life forms on these exoplanets. The class consists of lecture and discussion.

Instructor Information

Jeffrey Linksy is Professor Emeritus in CU's Astrophysical and Planetary Sciences Department, a Fellow Adjoint of JILA (a joint institute of CU and the National Institute of Standards and Technology), and a Fellow of the American Astronomical Society (AAS). He is the author of *Host Stars and Their Effects on Exoplanet Atmospheres*, which provides an important foundation for future scientists. At JILA, Linksy's research involves the analysis of high-resolution stellar spectra to measure the physical properties of stars, the atmospheres of exoplanets, gas in the local interstellar medium, and the abundance of deuterium in the galaxy.

MONDAY AFTERNOONS | April 13 - 27 | 1 - 3 pm

Jewish Film Comedy: Celebrating a Century of Laughter

From the Marx Brothers to Mel Brooks, from Woody Allen to the Coen Brothers, Jewish comedy geniuses have left an indelible mark on American cinema. This class, with film history author and film festival organizer Kathryn Bernheimer, examines the rich history of Jewish comedy and delves into questions such as "What constitutes Jewish humor?"

This exploration of how Jews have made us laugh over the last 100 years features film clips presented in class and a syllabus of suggested films to watch at home. Bring a list of your own favorite films and a sense of humor!

Instructor Information

Kathryn Bernheimer is the former film critic for the Boulder Daily Camera, the founding director of the Boulder Jewish Film Festival, and the author of two books of film criticisms: "The Fifty Greatest Jewish Movies" and "The 50 Funniest Films of All Time."

WEDNESDAY MORNINGS | April 15 - 29 | 10 am - 12 pm

When Did Parenting Get So Complicated?

You raised your children, survived the teenage years, and somehow got them launched into adulthood. So why does talking with them now sometimes feel like walking through an emotional minefield?

This course, led by psychiatrist Kathleen Friend, is for grandparents and parents of adult children who love their adult children deeply but feel confused, hurt, or sidelined by shifting roles, different parenting styles, unspoken expectations, or the dreaded “unsolicited advice” moment. (You meant to help. They heard criticism.)

With warmth, insight, and a touch of humor, this course helps you understand what’s really going on beneath the surface, learn how to communicate without triggering defensiveness, and reconnect in ways that feel authentic, respectful, and loving. You gain practical tools to strengthen trust, navigate boundaries, and stay meaningfully involved—without biting your tongue or walking on eggshells.

Instructor Information

Dr. Kathleen Friend is a psychiatrist with decades of experience supporting families. Integrative Psychiatry of the Rockies is her practice in Boulder focusing on functional medicine and natural solutions for mental health issues. She is also the author of *The Greatness Chair*, a beloved book that helps children and adults alike recognize their unique gifts. Drawing from her work in psychiatry, parent coaching, and public speaking, Dr. Friend brings both practical skills and heartfelt wisdom to her teaching. As a mother and grandmother herself, she understands the joys and challenges of the role, and she is passionate about helping grandparents nurture strong, loving connections across generations.

WEDNESDAY MORNINGS | April 15 - 29 | 10 am - 12 pm

From Page to Stage: Understanding Great Plays

Have you ever left the theater deeply moved (or strangely unmoved) and wondered why? What makes one play resonate while another falls flat?

In this engaging theater appreciation course with Local Theater’s Nick Chase, participants explore how playwrights shape powerful dramatic experiences. Together we read and discuss three plays spanning different eras: a contemporary work, a late 19th/early 20th century play, and a classical piece of dramatic literature. Each week, we unpack one play, examining how dramatists use the essential tools of the form (character, plot, structure, language, and theme) to create meaning and impact.

Designed for theater lovers of all experience levels, this course offers practical insight into how plays work, deepening your enjoyment of both reading and seeing theater.

Instructor Information

Nick Chase is Co-Artistic Director of Boulder's Local Theater Company (LTC), an organization dedicated to the discovery, development, and production of new plays. Nick has helped to develop more than 60 scripts that have gone on to be produced in Boulder and across the country. He also co-created and directed twenty-seven "episodes" of the critically acclaimed series *Shells*, produced and performed at New York City's The Public Theater. Nick recently directed the critically acclaimed LTC play *Bad Books* at the Dairy Arts Center.

MONDAY AFTERNOONS | April 13 - 27 | 1 - 3 pm

Doing Death Better: Perspective and Preparation

Join doula and educator Diane Hullet for an exploration to broaden our perspectives on death, grief, and the systems that shape end-of-life experiences. Through TED Talk videos, discussion questions, and reflective writing, we explore how our world has changed in caring for the aging and the dying.

In Week 1, we reflect on personal experiences of loss to better understand grief and its impact. In Week 2, we reduce fear through knowledge—learning about hospice, MAiD, VSED, and practical tools that help clarify preferences and next steps. By Week 3, participants articulate their intentions for their end of life and develop a concrete plan for meaningful conversations with the people they love. Sharing current resources and practical information and tools, we work to reduce fear through knowledge

Instructor Information

Diane Hullet was drawn in 2020 to the work of death and dying through personal and collective experiences of loss. She founded Best Life Best Death to serve as a death doula, end-of-life educator, and podcast host, helping others navigate the profound journey of mortality. With over three decades of teaching experience, Diane approaches these sensitive topics with both heart and insight, inviting honest and meaningful conversations about life's final stages.

WEDNESDAY AFTERNOONS | April 15 - 29 | 1 - 3 pm

Discovering Bhutan: Land of Gross National Happiness

This class, with author and teacher Janet Ward Schofield, provides a close-up look at an extraordinary place, the remote Himalayan kingdom of Bhutan, renowned for its sustainable environmental policies, unique culture and holistic development philosophy called Gross National Happiness (GNH). Topics include Bhutan's history, remarkable natural environment, Buddhist and animist religions, and education system, and how these impact the country's culture and current functioning. Core aspects of Bhutanese identity (devotion to the monarchy, respect for authority, and deep connection to extended family and community) and gender roles and marital practices are discussed, as are current domestic issues impacting Bhutan's future.

The many ways in which Bhutan challenges Western assumptions and ways of life are examined. Specifically, the sharp contrast between American and Bhutanese cultures provides stimulating material for discussion. Powerpoint lectures, illustrated by vivid photos, are the primary teaching approach, supplemented by substantial time for questions and discussion. Suggested reading will be provided and is optional.

Instructor Information

Janet Ward Schofield, a prize-winning teacher and researcher with an AB, MA and PhD from Harvard University, was a social psychologist at the University of Pittsburgh before spending a decade (2009-2019) helping to establish and develop Bhutan's first private college. Her research has been featured on radio and TV in the US, Europe and Bhutan and she has given invited talks on five continents. Her new book, *Discovering Bhutan*, describes Bhutan's rich environment and culture as well as the adventures she and her husband had there as two of the fewer than half a dozen Americans ever allowed to live and work in Bhutan for so long.