

Courses are free to Union County residents ages 60+

# SENIOR SCHOLARS

**Summer 2025**

- Art
- Computers & Technology
- Fitness
- Special Interest



[www.ucc.edu/ce-seniors](http://www.ucc.edu/ce-seniors)

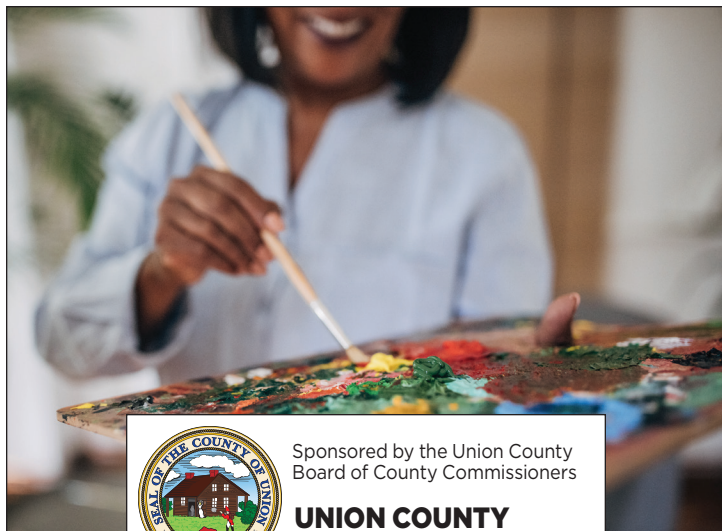


**UNION COUNTY**  
*We're Connected to You!*

Sponsored by the Union County Board of County Commissioners

# SENIOR SCHOLARS

These programs are funded by the Union County Board of County Commissioners for Union County residents who are at least 60 years old. Early enrollment is encouraged due to limited class availability.



## ART 60+

Materials list for all art classes will be emailed to students prior to class start date.

### Acrylic Painting Techniques (12 hrs.)

From "Pinterest-style" pour paintings to palm trees and paint mixing... we do it all! Be creative while exploring different painting techniques. Step-by-step weekly workshops will broaden your knowledge and refine your skills.

**AEAS 158 Sec 012E**  
Scotch Plains Campus  
Th, 6/26 - 8/7  
2:30 - 4:30 pm  
(No class 7/3)

### NEW! All Level Mixed Media (12 hrs.)

Expand your mixed media skills with this hands-on learning environment. Have fun and be creative while experimenting with paint, textural materials and found objects to create beautiful and unique works of art.

**AEAS 057 Sec 001E**  
Scotch Plains Campus  
T, 6/24 - 8/5  
2:30 - 4:30 pm  
(No class 7/1)

### All Level Oil and Acrylic Painting (12 hrs. each session)

In this class you will learn how to "see like an artist" using the basic elements of art. Have fun painting in a supportive and encouraging environment while working at your own pace.

**AEAS 157 Sec 022E**  
Scotch Plains Campus  
T, 6/24 - 8/5  
10:00 am - 12:00 pm  
(No class 7/1)

**AEAS 157 Sec 023E**  
Scotch Plains Campus  
Th, 6/26 - 8/7  
12:00 - 2:00 pm  
(No class 7/3)

### Artist Within: Creative Watercolor Painting (12 hrs.)

Enhance your watercolor painting skills through a variety of assignments that will incorporate the use of watercolor paints, colored pencils, and pen.

**AEAS 004 Sec 004E**  
Scotch Plains Campus  
M, 6/23 - 8/4  
10:00 am - 12:00 pm  
(No class 6/30)

### Artist Within: Life Drawing (12 hrs.)

By drawing real life objects and people, you will enhance your skills at shading, composition, realism and proportion.

**AEAS 080 Sec 011E**  
Scotch Plains Campus  
W, 6/18 - 7/30  
10:00 am - 12:00 pm  
(No class 7/2)

## PROGRAMS...

will be offered in-person or remote live. Please check your schedule once registered as program delivery formats may change.

### Beginning Acrylic Painting (12 hrs.)

Calling all Painters! Are you ready to "dust" off your brushes if time has gone by? Now you can be inspired and let the paint fly! Learn the foundation of painting, develop your own style, be bold and have fun in a creative environment.

**AEAS 156 Sec 032E**  
Scotch Plains Campus  
Th, 6/26 - 8/7  
10:00 am - 12:00 pm  
(No class 7/3)

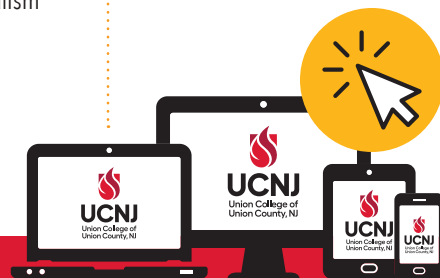
### Mixed Media (12 hrs.)

Have fun, be creative and experiment with paint, textural materials and find objects to create beautiful and unique works of art. You will learn about the basic elements of art through each project within a supportive environment.

**AEAS 058 Sec 041E**  
Scotch Plains Campus  
T, 6/24 - 8/5  
12:00 - 2:00 pm  
(No class 7/1)

## ENROLLMENT is QUICK & EASY!!

Self-enrollment is available through our registration platform. Early enrollment is encouraged as classes fill quickly. To enroll, visit: [www.ucc.edu/ce-seniors](http://www.ucc.edu/ce-seniors)







## PLEASE NOTE:

In-person classes are held at the **Scotch Plains** Campus. Remote live classes are held **online**. Details are provided upon registration and prior to class start date.



## COMPUTER / CYBERSECURITY / TECHNOLOGY

### Essential Cybersecurity for Seniors: Protect Your Finances and Stay Safe Online (3 hrs.)

What should you do if you receive a call or email claiming your account has been charged, hacked, suspended, or compromised? This cybersecurity workshop will equip you with essential tips and tricks to stay safe while shopping online and protect your finances from cyber threats. Learn why public Wi-Fi is NOT recommended for secure transactions like banking or shopping and discover how to navigate the internet safely when a secure network isn't available by using cellular data instead of Wi-Fi.

**AECS 066 Sec 003E - Remote Live**  
Th, 7/10  
10:00 am - 1:00 pm

### How to Organize Your Gmail (3 hrs.)

This workshop will let you get the most out of this powerful communication tool. We will discuss Gmail account settings, synching, organizing, and bulk deleting, and archiving.

**AECS 055 Sec 012E - Remote Live**  
Th, 7/17  
10:00 am - 1:00 pm

### Intro to AI (Artificial Intelligence) (3 hrs.)

Let's learn what AI is and what it can do and can't do. You will find ways of how and when to use it. This workshop will introduce you to the foundations of this popular and innovative technology.

**AECS 100 Sec 014E - Remote Live**  
Th, 7/24  
10:00 am - 1:00 pm

### Smartphone and Tablet Basics and Tips for Seniors (3 hrs.)

Whether you're using a tablet or smartphone, you'll learn the capabilities and differences between a phone, tablet, and computer device.

**AECS 015 Sec 012E - Remote Live**  
Th, 7/31  
10:00 am - 1:00 pm

## FITNESS

### Chair/Barre (10 hrs.)

**AEES 536 Sec 026E - Remote Live**  
T, Th, 6/17 - 7/24  
8:00 - 9:00 am  
(No class 7/1, 7/3)

### Yoga (10 hrs.)

**AEES 080 Sec 026E**  
Scotch Plains Campus  
M, W, 7/14 - 8/13  
9:00 - 10:00 am

### Strength Training (5 hrs.)

In a strength training class, you'll be using weights, bands, or your body, in a way that creates resistance. We use resistance to build strength, tone muscle, shed fat, burn calories – and it's all packed into one workout.

As you're lifting weights, you're growing new, stronger bones and muscles which can help you to squat down pick something up, get up from the floor or reach your arms overhead to put something in the overhead bin of an airplane.

**AEES 539 Sec 024E**  
Scotch Plains Campus  
T, 7/15 - 8/12  
9:00 - 10:00 am



**[www.ucc.edu/ce-seniors](http://www.ucc.edu/ce-seniors)**  
**ENROLL TODAY!**

## SPECIAL INTEREST



### **NEW! Colonial Era of the United States: the Birth of a Continent (12 hrs.)**

Journey through the rich and complex history of North America—from the diverse indigenous cultures that thrived across the continent to the bold age of European exploration and conquest. This course dives into the dramatic rise of Spanish and Portuguese empires in Latin America, the foundations of English colonies in the Chesapeake and New England, and the expansion into the Mid-Atlantic. Uncover the evolution of colonial life in the 17th and 18th centuries, the rise of French power in Canada and the Mississippi Valley, and the fierce colonial rivalries that exploded into war. The course culminates with the mounting tensions of the 1760s, setting the stage for revolution. Perfect for history enthusiasts, this course brings early American history to life with compelling narratives and critical insights.

**AEVS 047 Sec 001E**  
**Scotch Plains Campus**  
**W, 6/18 – 7/30**  
**10:00 am – 12:00 pm**  
**(No class 7/2)**

### **NEW! The Golden Age of Science Fiction Films (12 hrs.)**

The decade of the 1950's became known as the "golden age" of science-fiction film. After the horrors of WWII and witnessing the potential apocalyptic vision of the nuclear age, science fiction evolved from what was once a genre comprised of kiddy Saturday matinee serials and adventurous space operas, to a darker, more ominous forewarning of things to come.

This film studies course will include screening classic sci-fi movies of the 1950s along with analytical discussions on the pioneers and themes of a decade in cinema that inspired and warned us to keep watching the skies.

**AEVS 100 Sec 001E**  
**Scotch Plains Campus**  
**W, 6/18 – 7/30**  
**1:00 – 3:00 pm**  
**(No class 7/2)**



### **Let's Knit - Intermediate (9 hrs.)**

During this course, students will learn about pattern reading, gauge and swatching for proper sizing of garments, various stitches, reading stitches and keeping helpful notes. You'll also engage with people who have a similar love for knitting.

**AEAS 032 Sec 002E**  
**Scotch Plains Campus**  
**T, 6/17 – 7/29**  
**10:00 – 11:30 am**  
**(No class 7/1)**



#### **NOTE:**

In-person classes are held at the **Cranford or Scotch Plains Campus**.

Remote live classes are held **online**.

Details are provided upon registration and prior to class start date.



### **The Writer Within: Creative or Memoir (12 hrs.)**

Learn how to craft a better story, either creative or memoir. Assignments will focus on developing characters, plots, conflicts, dialogue, that will add depth to your work. Learn how to outline your work, regardless, if it is fiction or memoir, as well as how to get published.

**AEVS 068 Sec 024E**  
**Scotch Plains Campus**  
**M, 6/23 – 8/4**  
**12:00 – 2:00 pm**  
**(No class 6/30)**

### **NEW! Writer Within: Writing Children's Books and Young Adult Stories (12 hrs.)**

Have an idea for a children's book or young adult novel?

Learn how to develop your characters and story through a variety of writing exercises, bringing them closer to a finished product. Learn also how to submit to an agent or publisher. Publishers are very eager for both.

**AEVS 070 Sec 001E**  
**Scotch Plains Campus**  
**W, 6/18 – 7/30**  
**12:00 – 2:00 pm**  
**(No class 7/2)**



[www.ucc.edu/ce-seniors](http://www.ucc.edu/ce-seniors)

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