

Courses are free to Union County residents ages 60+

# SENIOR SCHOLARS

## Fall 2025

- Art
- Computers & Technology
- Fitness
- Special Interest



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

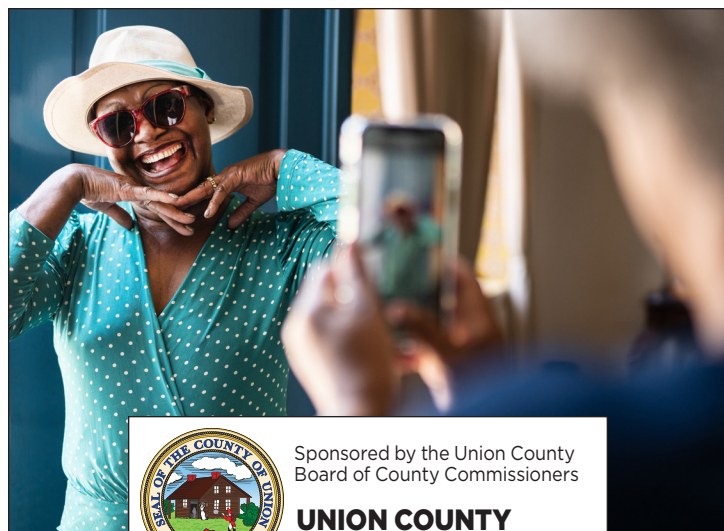


**UNION COUNTY**  
*We're Connected to You!*

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.



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## ART 60+

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

### All Level Oil and Acrylic Painting (18 hrs.)

Calling all painters\*... this is your creative time! Enjoy painting in a supportive environment while working at your own pace. Refine your skills, fine-tune your technique and develop your style.

\*Prerequisite: Beginner Painting

**AEAS 157 Sec 024E**  
Scotch Plains Campus  
T, 10/21 - 12/2  
2:00 - 5:00 pm  
(No class 11/25)

### 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 005E**  
Scotch Plains Campus  
W, 10/8 - 11/12  
10:00 am - 12:00 pm

### 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 012E**  
F, 10/10 - 11/14  
Scotch Plains Campus  
10:00 am - 12:00 pm

### NEW! Beginner iPhone Photography (12 hrs.)

Improve your photos from SNAPSHOTS into GREAT SHOTS! Instruction, techniques, and insight goes beyond the camera manual to teach you how to develop your creative eye and create better photos. You will also learn how to edit, print, matte, and frame to make your photos "show-ready".

**AEAS 035 Sec 001E**  
Scotch Plains Campus  
T, 10/21 - 12/2  
9:00 - 11:00 am  
(No class 11/25)

### NEW! Color Theory with Oil and Acrylic Painting (15 hrs.)

Learn the wonderful world of color with this foundational, hands-on course. Color theory concepts will be introduced, then reinforced through fun projects that will broaden your knowledge of color-mixing, understanding color interactions, and paint application.

**AEAS 036 Sec 001E**  
Scotch Plains Campus  
T, 10/21 - 12/2  
11:00 am - 1:30 pm  
(No class 11/25)



## ALL PROGRAMS

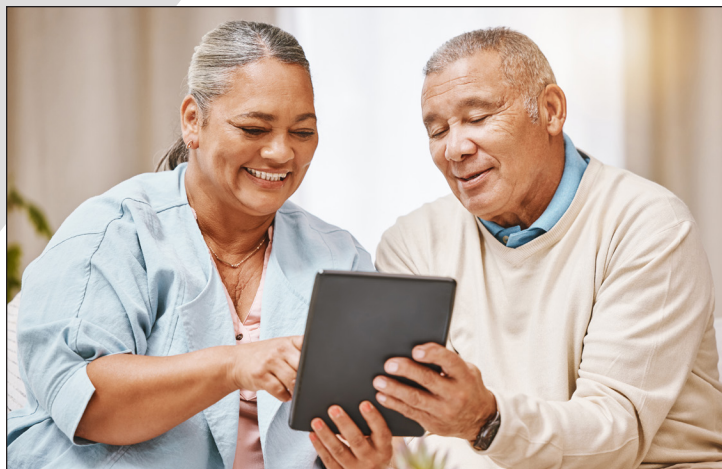
will be offered in-person or remote live. Please check your schedule once registered as program delivery formats may change.



**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)**



## COMPUTER / CYBERSECURITY / TECHNOLOGY

### NEW! Boost Your Tech Confidence (3 hrs.)

Navigating devices can be a challenge. In this workshop, students will learn how to find lost files and emails, save favorite websites, and recover recently closed browser windows. We'll cover these and other helpful tips based on the most common tech questions from older adults. An open tech support Q&A will follow the workshop.

**AECS 067 Sec 001E - Remote Live**  
Th, 11/6  
10:00 am - 1:00pm

### 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 004E - Remote Live**  
Th, 11/13  
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 016E- Remote Live**  
Th, 11/20  
10:00 am - 1:00 pm



### PLEASE NOTE:

In-person classes are held at the **Scotch Plains Campus: 1776 Raritan Road, Scotch Plains, NJ 07076-2977**. Remote live classes are held **online**. Details are provided upon registration and prior to class start date.

### Photo Archiving and Digitizing (3 hrs.)

Are your precious family photos sitting in a box, fading, and collecting dust? Do you have a flatbed scanner or a smart phone? Learn how to create electronic versions of your photos, where to store and how to share them.

**AECS 091 Sec 104E - Remote Live**  
Th, 12/4  
10:00 am - 1:00 pm

### Staying Safe in Cyberspace: Password Management (3 hrs.)

Let's discuss some strategies for organizing and keeping track of account passwords, and best practices for keeping them and your information safe.

**AECS 075 Sec 014E - Remote Live**  
Th, 12/11  
10:00 am - 1:00 pm

*Proud to be*



The Aspen Institute named UCNJ as a finalist for the \$1 million 2025 Aspen Prize. This signature recognition celebrates 10 high-achieving community colleges from across the country.



# SENIOR SCHOLARS

## FITNESS

### Chair/Barre (10 hrs. each session)

AEES 536 Sec 027E - Remote Live  
T, Th, 9/30 - 10/30  
8:00 - 9:00 am

AEES 536 Sec 028E - Remote Live  
T, Th, 11/4 - 12/11  
8:00 - 9:00 am  
(No class 11/25, 11/27)

### Yoga (10 hrs. each session)

AEES 080 Sec 027E  
Scotch Plains Campus  
M, F, 9/29 - 10/31  
9:00 - 10:00 am

AEES 080 Sec 028E  
Scotch Plains Campus  
M, F, 11/3 - 12/12  
9:00 - 10:00 am  
(No class 11/24, 11/28)



### Yang Style Tai Chi (10 hrs.)

Tai Chi is an internal martial art which practices being present by focusing on slow, intentional movements. This low impact form of exercise focuses on balance and fluidity to improve overall coordination. It can be used to build strength, and flexibility, and is versatile enough to accommodate all skill levels.

AEES 092 Sec 024E  
Scotch Plains Campus  
M, F, 10/6 - 11/7  
10:30 - 11:45 am

### Strength Training (10 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.

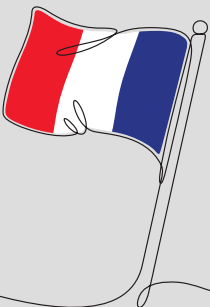
AEES 539 Sec 025E  
Scotch Plains Campus  
T, 9/30 - 12/9  
9:00 - 10:00 am  
(No class 11/25)

## SPECIAL INTEREST

### Conversational French Part 2 (14 hrs.)

You will be able to have a meaningful conversation. Practice true-life situations like going to: a restaurant, a store, or the mall, booking a hotel, having phone conversations, and sending emails.

AEES C60 Sec 021E - Remote Live  
Th, 10/9 - 11/20  
3:00 - 5:00 pm



### Let's Knit (9 hrs.)

Calling all knitters and those who would like to learn... join us for Let's Knit. During this course, students will learn about knitting, types and weights of fibers, various stitches, how to read and understand patterns, how to fix mistakes and sew pieces together and how to take accurate measurements when making garments. Student materials required include: one pair size U.S. 8, 9" long knitting needles (preferably bamboo, metal needles can be slippery) and two skeins of category 4 medium knitting worsted in two bright colors.

AEAS 031 Sec 005E  
Scotch Plains Campus  
T, 10/7 - 11/18  
9:00 - 10:30 am  
(No class 11/4)

### 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 003E  
Scotch Plains Campus  
T, 10/7 - 11/18  
10:30 am - 12:00 pm  
(No class 11/4)



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**ENROLL TODAY!**



## NOTE:

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**1776 Raritan Rd. Scotch Plains, NJ 07076-2977**

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## SPECIAL INTEREST

### NEW! Film Noir: Cinema in the Shadows (16 hrs.)

City streets, dark shadows, criminals, private eyes, femme fatales and venetian blinds. Film Noir, more of a style than a genre, has influenced cinema ever since French critics gave it a name. In this course we'll be exploring the style, writers, directors, and actors of this subversive "genre" which started in the early 1940s and ended in the late 1950s, in American Cinema. Influenced by hard-boiled detective fiction along with German expressionism and ignited by the cynicism and anxiety born from the second World War, Film Noir subversively dealt with salacious subject matter and immoral characters during the time of the Hays Code. Film noir became a term for a style unique all into its own and inspired by the "Neo-Noir" films of today. Some of the movies we will be covering and screening are *The Maltese Falcon*, *Kiss Me Deadly*, *In A Lonely Place*, *The Big Sleep*, *Double Indemnity*, *The Killers*, and *Touch of Evil* as well as other influential films of the period.

**AEVS 105 Sec 001E**  
**Scotch Plains Campus**  
**W, 10/8 - 12/3**  
**1:00 - 3:00 pm**  
**(No class 11/26)**



### NEW! The British Colonial Era and the War of Independence (13 hrs.)

Step back in time and experience the dramatic events that shaped the birth of a nation. This course continues our summer exploration of North America's early history, diving into the rise of English and Dutch colonies in the 17th century and the growth of the English colonies through the 18th century. Discover the rivalry between Britain and France for control of the continent, culminating in the pivotal French and Indian War. Then, trace the escalating tensions between Britain and its colonies—over taxes, authority, and independence—that erupted into the Revolutionary War of 1775–1783. Join us as we uncover the struggles, triumphs, and transformative moments that forged the United States from a collection of colonies into an independent nation.

**AEVS 048 Sec 001E**  
**Scotch Plains Campus**  
**T, 9/30 - 11/4**  
**9:30 - 11:40 am**

### 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 025E**  
**Scotch Plains Campus**  
**W, 10/8 - 11/12**  
**12:00 - 2:00 pm**

### 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 002E**  
**Scotch Plains Campus**  
**F, 10/10 - 11/14**  
**12:00 - 2:00 pm**



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