

FALL 2026 SENIOR SCHOLARS

COURSES ARE FREE TO UNION COUNTY RESIDENTS AGES 60+



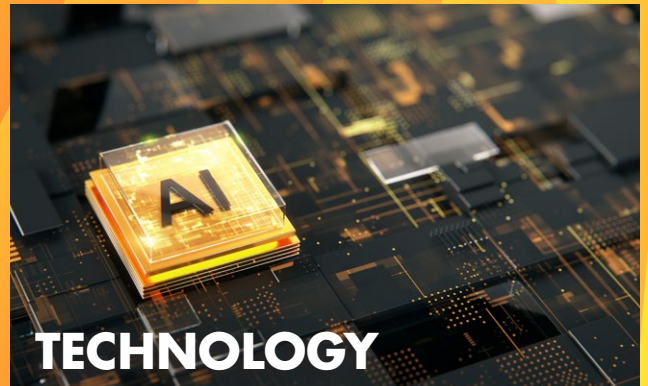
ARTS & LEISURE



HEALTH & FITNESS



SPECIAL INTEREST



TECHNOLOGY

WWW.UCC.EDU/CE-SENIORS



UCNJ
Union College of
Union County, NJ

ART CLASSES

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

All Level Oil and Acrylic Painting (12 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 build your own style.

***Prerequisite:** Beginner Acrylic Painting

AEAS 157 Sec 027E
Scotch Plains Campus
T, 10/13 – 11/17
9:00 – 11:00 am

Artist Within: Creative Watercolor Painting (10 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 008E
Scotch Plains Campus
W, 10/7 – 11/4
10:00 am – 12:00 pm

Beginning Acrylic Painting (12 hrs.)

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, explore various techniques, brushes, paint mixing and application while creating your own masterpiece!

AEAS 156 Sec 035E
Scotch Plains Campus
T, 10/13 – 11/17
1:30 – 3:30 pm

Color Theory (12 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 037 Sec 002E
Scotch Plains Campus
T, 10/13 – 11/17
11:00 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.

Artist Within: Life Drawing (10 hrs.)

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

AEAS 080 Sec 015E
Scotch Plains Campus
F, 10/9 – 11/6
10:00 am – 12:00 pm



UNION COUNTY
We're Connected to You!

Sponsored by the Union County Board of County Commissioners

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.

Fall 2026 Courses

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The Writer Within: Creative or Memoir	5
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Click for course information

ART CLASSES CONTINUED

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

Mixed Media (12 hrs.)

Have fun, be creative and experiment with paint, ink and collage materials to create beautiful and unique works of art. You will learn about composition, color theory and application through each project.

AEAS 058 Sec 043E
Scotch Plains Campus
 Th, 10/15 – 11/19
 11:00 am – 1:00 pm

Pastels...Your Way (12 hrs.)

Develop your creative eye and refine your technique to create vibrant, rich compositions in your choice of soft or oil pastels. This class is for students who have a basic understanding of the medium.

AEAS 091 Sec 003E
Scotch Plains Campus
 Th, 10/15 – 11/19
 9:00 – 11:00 am

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

COMPUTER / CYBERSECURITY / TECHNOLOGY

Artificial Intelligence as Your Personal Assistant (3 hrs.)

This course introduces artificial intelligence as a practical assistant for everyday life. Participants will learn how to use AI for communication and writing, such as creating emails and letters, as well as for research and decision-making, including comparing tools and planning trips or events. The course also covers using AI for personal organization, such as recipe ideas, gifts, and hobbies, while teaching safe practices, including what not to share and how to recognize inaccurate information.

AECS 101 Sec 002E
Remote Live, Th, 10/29
 10:00 am – 1:00 pm

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 004E
Remote Live, Th, 9/24
 10:00 am – 1:00 pm

NEW! Digital Skills for Today & Tomorrow (3 hrs.)

This course helps seniors build essential digital skills to stay safe, independent, and connected in an increasingly digital world. Topics include evaluating online information, recognizing AI-powered scams and fraud, navigating health portals and telehealth, accessing government and essential services online, protecting digital accounts and privacy, and using online banking and digital payments safely.

AECS 016 Sec 001E
Remote Live, Th, 11/19
 10:00 am – 1:00 pm

Intro to 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 019E
Remote Live, Th, 10/8
 10:00 am – 1:00 pm

Lighten Your Digital Load (3 hrs.)

Stop drowning in tabs and start taking control of your tech. If your current digital "filing system" is just a long list of unread emails and twenty open windows, it's time for a reset. This workshop gives you the tools to automate your inbox and organize your web browser. Learn how to make your computer do the heavy lifting for you.

AECS 085 Sec 003E
Remote Live, Th, 12/10
 10:00 am – 1:00 pm

FITNESS & YOGA CLASSES

Students can register for in-person or remote live sessions for Yoga and Strength Training. Once you register, you cannot change your selection to another section as space is limited.

Chair/Barre (10 hrs. each session)

- **AEES 536 Sec 032E**
 Remote Live
 T, Th, 9/29 – 10/29
 8:00 – 9:00 am
- **AEES 536 Sec 033E**
 Remote Live
 T, Th, 11/3 – 12/10
 8:00 – 9:00 am
 (No class 11/24, 11/26)

Yoga (10 hrs. each session)

IN PERSON SESSION:

- **AEES 080 Sec 036E**
 Scotch Plains Campus
 M, F, 9/28 – 10/30, 9:00 – 10:00 am
- **AEES 080 Sec 038E**
 Scotch Plains Campus
 M, F, 11/2 – 12/14, 9:00 – 10:00 am
 (No class 10/23, 11/23, 11/27)

REMOTE LIVE SESSION:

- **AEES 080 Sec 035E**
 Remote Live, M, F, 9/28 – 10/30
 9:00 – 10:00 am
- **AEES 080 Sec 037E**
 Remote Live, M, F, 11/2 – 12/14
 9:00 – 10:00 am
 (No class 10/23, 11/23, 11/27)



The Aspen Institute has named UCNJ as a semifinalist, and top 25 U.S. Community College eligible for the 2027 Aspen Prize. The \$1 million prize honors colleges achieving strong student results, both in college and after graduation.

FITNESS CONTINUED

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.

- **IN PERSON SESSION:**

AEES 539 Sec 031E
Scotch Plains Campus
T, 9/29 – 12/8, 9:00 – 10:00 am
(No class 11/24)

- **REMOTE LIVE SESSION:**

AEES 539 Sec 030E
Remote Live
T, 9/29 – 12/8, 9:00 – 10:00 am
(No Class 11/24)

Yang Style Tai Chi
Chapter 1 & Qi Gong
(12.5 hrs.)

This course will focus on the first Chapter of the Yang Style Tai Chi with a Qi Gong focused light warm up. Both are versatile enough to accommodate all skill levels. Tai Chi is an internal martial art which practices being present by focusing on slow, intentional movements. Qi Gong is similar but is separated into short movements with emphasis on breathing with the motions. Both are low impact exercises which aid in fluidity of motion and overall coordination. Tai Chi movements tend to mimic the movement of water while Qi Gong doesn't adhere to a single element. There will be frequent short breaks to accommodate questions, rest, and hydration. Feel relaxed and refreshed.



AEES 089 Sec 002E
Scotch Plains Campus
M, W, 11/9 – 12/16
10:30 – 11:45 am
(No class 11/23, 11/25)



Denise Sharkey

Union County Senior Art Exhibit

This art show features an impressive level of talent and a broad range of artwork. The exhibition showcases original works by Union County residents age 60 and older, including both professional and non-professional artists.

Many of UCNJ's talented Senior Scholars are represented in the exhibit on display at the Scotch Plains campus.

The Senior Art Exhibit is an annual program, held each spring, organized by the Union County Office of Cultural and Heritage Affairs, a division of the Union County Department of Parks and Recreation.



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SPECIAL INTEREST CLASSES

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 006E
Scotch Plains Campus
T, 10/6 – 11/17
9:00 – 10:30 am
(No class 11/3)

**ALL PROGRAMS**

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

NEW! The Essential Hitchcock, Part I: The British Years to His Rise in Hollywood (15 hrs.)

Explore six essential films from Alfred Hitchcock's early years, tracing his journey from the British film industry to his rise in Hollywood as the "Master of Suspense." Examine Hitchcock's distinctive filmmaking techniques, including mise-en-scène and editing, along with fascinating behind-the-scenes stories. The course will also explore his close relationship with his wife and collaborator, Alma Reville, and his often difficult clashes with Hollywood producer David O. Selznick. Students will discover the origins of classic Hitchcockian themes and techniques, including the "wrong man" scenario, fear of the police, the MacGuffin, Freudian "Mother" issues, repressed homosexuality, and the iconic "Hitchcock blonde."

AEVS 115 Sec 001E
Scotch Plains Campus
W, 10/14 – 11/18
1:00 – 3:30 pm

ENROLLMENT is EASY!

Self-enrollment is available through our registration platform. To enroll, visit: **www.ucc.edu/ce-seniors**

**NEW! The Early Republic Part II (13 hrs.)**

This course continues the study of the Early Republic, beginning with the development of political parties in the 1790s and the presidency of John Adams. Students will examine the critical election of 1800, the presidencies of Thomas Jefferson and James Madison, and the War of 1812, with consideration of the Napoleonic Wars in Europe and their impact on events in the United States.

AEVS 052 Sec 001E
Scotch Plains Campus
F, 10/9 – 11/13
10:00 am – 12:10 pm

The Writer Within: Creative or Memoir (10 hrs.)

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

AEVS 068 Sec 028E
Scotch Plains Campus, W, 10/7 – 11/4
12:00 – 2:00 pm

NEW! Creative Writing: The Music in Us Part II (10 hrs.)

Continue exploring the music and songwriting of some of the most influential artists of all time, including Simon & Garfunkel, Bob Dylan, Carole King, Tom Petty, Roy Orbison, and more. Students will discuss and write about memorable songs while exploring the stories, themes, and emotions behind the music. On the creative side, students will also have the opportunity to write and develop their own lyrics.

AEVS 056 Sec 001E
Scotch Plains Campus, F, 10/9 – 11/6
12:00 – 2:00 pm

Amateur Astronomers, Inc.

promotes an interest in the science of astronomy through events, lectures, and meetings.

Every Friday night informal presentations are held in the William Miller Sperry Observatory at the UCNJ Cranford Campus and, weather permitting, the public is invited to view the night skies through the 24-inch reflector and 10-inch refractor telescopes.



Learn more by visiting **www.asterism.org**

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UCNJ does not discriminate and prohibits discrimination, as required by state and/or federal law, in all programs and activities, including employment and access to its career and technical programs. If you or someone attending with you has a disability and is in need of special accommodations, please contact the Coordinator of Universal Accessibility Services at 908-659-5168.