

Courses are free to Union County residents ages 60+

Senior Scholars

Senior Scholars
classes fill quickly so
REGISTER EARLY!!


Sponsored by the Union County
Board of County Commissioners



UNION COUNTY
We're Connected to You!



- **Art**
CLASSES
- **Computers**
& TECHNOLOGY
- **Fitness**
COURSES
- **Special Interest**
CLASSES


UCNJ
Union College of
Union County, NJ



Spring 2024 | www.ucc.edu/ce-seniors

Programs will be offered in-person or remote live online. Check your schedule for details.

CRANFORD | SCOTCH PLAINS

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.

Artist Within: Drawing with pencils and color pencils (14 hrs)

Improve your drawing, shading and observational skills through a variety of drawing exercises and assignments.

Bring a sketchpad, 11x14, pencils and color pencils.

AEAS 070 Sec 020E – Scotch Plains
F, 3/8 – 5/3
10 am – 12 pm
(No class 3/15, 3/29)

Artist Within: Landscapes and Wildlife (14 hrs)

Using pencils, color pencils and pastels, develop your artistic skills through a variety of assignments that will concentrate on drawing landscapes and wildlife.

AEAS 075 Sec 010E – Scotch Plains
W, 3/6 – 4/24
12 – 2 pm
(No class 3/13)

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.

Beginner Drawing (12 hrs)

Drawing is a skill based on eye-hand coordination and is the basis for all art. An interest in art, not talent, is the most important tool for learning. Fundamentals including contour line, shape, shading and perspective will all be addressed.

Students will receive individual attention based on their level. Bring a 5B pencil, eraser, and newsprint pad to the first class.

AEAS 001 Sec 050E – Cranford
M, 2/26 – 4/8
9:30 – 11:30 am
(No class 3/11)

Intermediate Drawing (12 hrs)

This class is designed for those with past drawing experience who would like to expand or refresh their drawing skills. Demonstrations, discussions, and critiques will focus on refining values, composition, perspective, and edge quality. A variety of subject matter will be utilized to inspire each student to discover their unique drawing style and interests. Students will work at their own level and will be encouraged to initiate their own personal drawing projects by the conclusion of the course.

Bring a newsprint pad, eraser and 5B pencil to the first class.

AEAS 003 Sec 050E – Cranford
M, 4/15 – 5/20
9:30 – 11:30 am



Mixed Media (14 hrs)

Using Paper Mache techniques, combine household items to create fun sculptures! Let those knick knacks you have not had the heart to throw away be your inspiration!

AEAS 058 Sec 040E – Scotch Plains
M, 3/18 – 4/29
9:30 – 11:30 am

Pastel Beginner (12 hrs)

Enjoy the pure, vibrant color of soft pastel. Explore techniques such as layered color mixing, mark making techniques and deciding when and how to blend color. Gain a solid foundation of composition, color, and values through a variety of subject matter. Each student will be encouraged to discover their own unique, artistic voice in a supportive and creative atmosphere.

Background in drawing preferred.

AEAS 007 Sec 040E – Cranford
M, 2/26 – 4/8
12:30 – 2:30 pm
(No class 3/11)

Intermediate Pastels (12 hrs)

Take your pastels to the next level! This class will include weekly demonstrations, discussion and critiques focusing on nuanced, layered color mixing, creating an expanded range of mark making and blending techniques as well as developing compelling and creative compositions. Subject matter including still life and portraiture will be explored in this class. Students will be encouraged to initiate their own personal projects by the conclusion of the course.

Previous experience in both drawing and pastel are preferred. Bring a newsprint pad and pastels to the first class.

AEAS B07 Sec 060E – Cranford
M, 4/15 – 5/20
12:30 – 2:30 pm

COMPUTER/TECHNOLOGY

New! Canva Tips and Tricks for Beginners (3 hrs)

Canva is a free graphic design platform. You will learn to create visual content for digital use or print. It's user-friendly and doesn't require advanced design skills.

AECS 025 Sec 010E - Remote Live
T, 4/2
1 - 4 pm

New! Digital Translation Tools (3 hrs)

Our global society places us in situations where we may not speak or read the same language, but we need to communicate. We will explore tools that translate websites, conversations, signs, and more.

AECS 105 Sec 010E - Remote Live
Th, 5/2
9 am - 12 pm

New! Google Apps Overview (3 hrs)

Do you know your Gmail account has several free apps for fun and productivity? This workshop will demonstrate how to maximize the use of your Google account.

AECS 035 Sec 010E - Remote Live
Th, 5/9
1 - 4 pm

New! Google Arts and Culture (3 hrs)

Google Arts & Culture is a free online platform for high-resolution images and videos of artworks and cultural artifacts. Let's explore the world virtually!

AECS 045 Sec 010E - Remote Live
T, 4/9
9 am - 12 pm

New! 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 delete and archiving.

AECS 055 Sec 010E - Remote Live
Th, 5/2
1 - 4 pm

New! How to Stay Safe While Shopping or Banking Online (3 hrs)

What should I do if I get a call or email that my account was hacked, suspended, or otherwise compromised? This workshop will teach you tips and tricks to stay safe while shopping online and keep your finances safe.

AECS 065 Sec 010E - Remote Live
T, 4/9
1 - 4 pm

New! 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 010E - Remote Live
Th, 4/25
9 am - 12 pm



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New! Just Google It! (3 hrs)

This workshop will break down the meaning of "Just Google It" and teach you how to use your device's web browser to find and save answers and solutions to your questions.

AECS 010 Sec 010E - Remote Live
T, 3/26
9 am - 12 pm

New! 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 010E - Remote Live
T, 3/26
1 - 4 pm

New! 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 092 Sec 010E - Remote Live
T, 5/9
9 am - 12 pm

New! "Smart" Gardening with Tech (3 hrs)

Whether you're a seasoned or newbie green thumb, this 3-hour workshop will introduce you to the technology that can help us plan an indoor or outdoor garden, improve plant growth, identify pests, and more.

AECS 115 Sec 010E - Remote Live
Th, 5/16
9 am - 12 pm



PROGRAMS...

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

SENIOR SCHOLARS

COMPUTER/TECH

New! Smartphone and Tablet Basics and Tips (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 010E - Remote Live
T, 4/2
9 am - 12 pm

Spreadsheet Essentials (3 hrs)

Spreadsheets are a great tool for managing home or business finances and calculating, analyzing, and sorting data. Learn the basics and some time-saving tips and tricks. This workshop will help you to create a simple spreadsheet in Excel or Google Sheets.

AECS 050 Sec 070E - Remote Live
Th, 4/25
1 - 4 pm

New! Stay Healthy with Technology (3 hrs)

Fitness apps are one way we can map, track, and reach our health and wellness targets. Learn about apps and sites that can help you plan and execute workouts. Stay motivated by tracking nutrition and activity!

AECS 110 Sec 010E - Remote Live
Th, 5/16
9 am - 12 pm



FITNESS

Chair/Barre (10 hrs each session)

AEES 536 Sec 140E - Remote Live
T, Th, 2/27 - 3/28
8 - 9 am

AEES 536 Sec 150E - Remote Live
T, Th, 4/2 - 5/2
8 - 9 am

Self-Defense - Practical and Effective (10.5 hrs)

Learn how to utilize practical, simple, and effective self-defense techniques in which to protect yourself. Develop better balance, strength, flexibility, and confidence, while also understanding the philosophy behind applying these self-defense techniques.

AEES 100 Sec 040E - Scotch Plains
F, 3/8 - 5/3
12:00 - 1:30 pm
(No class 3/15, 3/29)

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 020E - Scotch Plains
T, 2/27 - 5/7
9 - 10 am
(No class 3/12)

Yang Style Tai Chi (10 hrs each session)

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. As a form, it can be used to build strength, and flexibility, and is versatile enough to accommodate all skill levels.

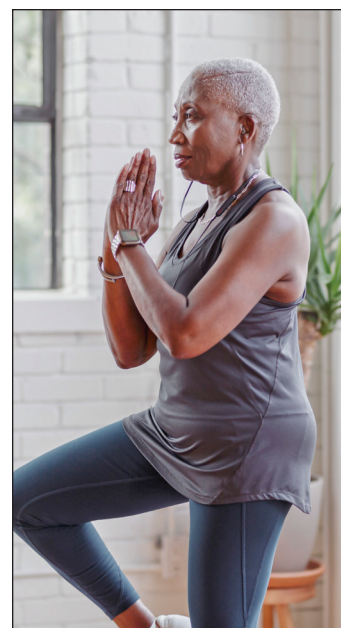
AEES 092 Sec 010E - Scotch Plains
M, F, 3/4 - 4/8
10:30 - 11:45 am
(No class 3/11, 3/15, 3/29)

AEES 092 Sec 020E - Scotch Plains
M, F, 4/15 - 5/10
10:30 - 11:45 am

Yoga (10 hrs each session)

AEES 080 Sec 140E - Scotch Plains
M, F, 2/26 - 4/8
9 - 10 am
(No class 3/11, 3/15, 3/29)

AEES 080 Sec 150E - Scotch Plains
M, F, 4/15 - 5/17
9 - 10 am



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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.

AEIS C60 Sec 020E - Scotch Plains
F, 3/1 - 4/26
2 - 4 pm
(No class 3/15, 3/29)

Writer Within: Fiction and Non-Fiction (14 hrs)

If you enjoy writing short stories, memoir, poetry; this course will help you develop your writing skills as you learn to create memorable characters, dialogue, plots, and themes.

AEVS 065 Sec 020E - Scotch Plains
W, 3/6 - 4/24
10 am - 12 pm
(No class 3/13)

Living Your Best Life Series (9 hrs)

This 6-week series will help to align your past, present and future self for the purposes of having quality of life. Through the guidance of your instructor, you will learn to recognize, honor, and minimize the stressors of aging while maximizing your physical and emotional well-being. A small portion of the time together will be used to record not only your medical wishes but your emotional, mental, and spiritual wishes as well.

AEVS 075 Sec 020E - Scotch Plains
T, 2/27 - 4/9
10:30 am - 12:00 pm

New! Emotional Wellness (9 hrs)

This weekly workshop lead by Diane Lang will be held every Wednesday and cover the following topics: Who am I - Finding Yourself in Midlife and Beyond; Self-care: Building your Emotional Health Toolbox; Embracing Change and Triumphant over Loss; Stress Less, Savor More and Feel Better; Post Traumatic Growth and Care for the Caregiver.

AEVS 088 Sec 050E - Remote Live
W, 3/13 - 4/17
3:00 - 4:30 pm



New! Great Decisions (6 hrs)

The Foreign Policy Association's Great Decisions program will enable in-depth discussions of current topics of global interest and concern to Americans which guide national foreign policy priorities. This ninety-minute, four-session course on Tuesdays will cover half of the essays in the 2024 *Great Decisions* readings book - Middle East Realignment; Climate Technology and Competition; Science Across Borders; and the US - China Trade Rivalry. While participants are not required to purchase the readings book, reading the essays may provide useful context for the session discussions. For more information, please check the Foreign Policy Association website: www.fpa.org/greatdecisions

AEVS 055 Sec 010E - Remote Live
M, 3/18 - 4/15
3:00 - 4:30 PM
(No class 4/1)



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**Enrollment
is EASY!**

Self-enrollment is available through our registration platform.

TO ENROLL, VISIT
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