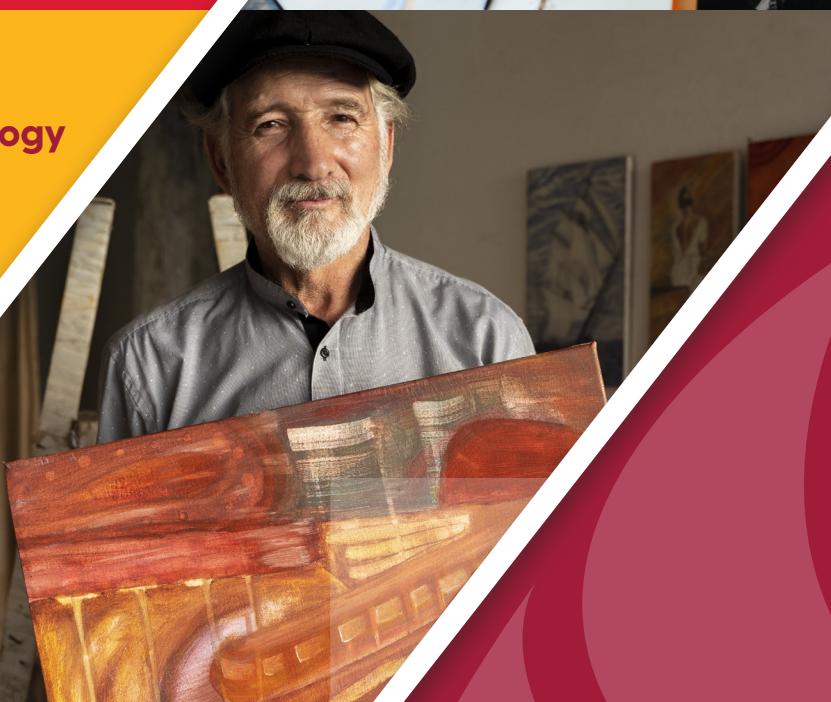


Courses are free to Union County residents ages 60+

SENIOR SCHOLARS

Spring 2026

- Art
- Computers & Technology
- Fitness
- Special Interest



Union College of
Union County, NJ

www.ucc.edu/ce-seniors

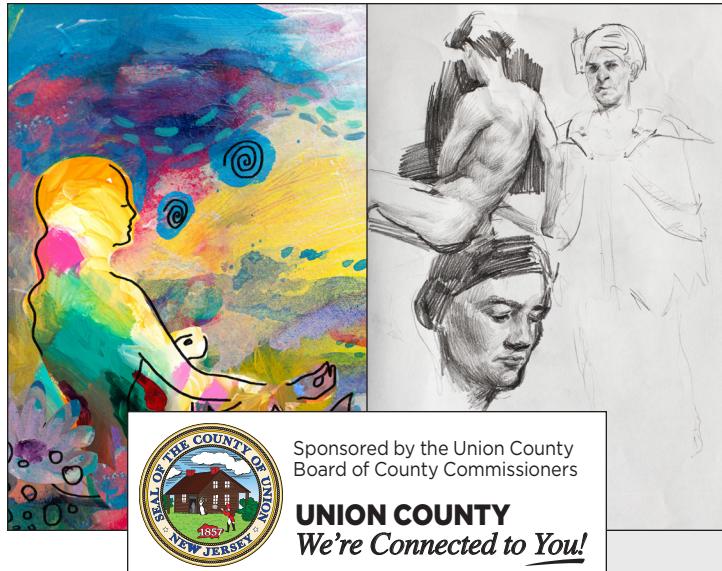


UNION COUNTY
We're Connected to You!

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.

All Level Oil and Acrylic Painting (14 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.

Come ready with a Spring Inspired Still Life or Landscape, 8x10" color print, your painting supplies, and a 11x14" pre-stretched canvas for the first day to start painting. .

*Prerequisite: Beginner Acrylic Painting

AEAS 157 Sec 025E
Scotch Plains Campus
T, 3/17 - 5/5
1:30 - 3:30 pm
(No class 3/31)

Artist Within: Creative Watercolor Painting (14 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 006E
Scotch Plains Campus
F, 3/20 - 5/8
10:00 am - 12:00 pm
(No class 4/3)

Artist Within: Life Drawing (14 hrs.)

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

AEAS 080 Sec 013E
Scotch Plains Campus
F, 3/20 - 5/8
12:00 - 2:00 pm
(No class 4/3)

ALL PROGRAMS

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



Beginning Acrylic Painting (14 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 033E
Scotch Plains Campus
T, 3/17 - 5/5
9:00-11:00 am
(No class 3/31)



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

SENIOR SCHOLARS

ART 60+

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

Beginner iPhone Photography (14 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 002E
Scotch Plains Campus
Th, 3/19 - 5/7
9:00 - 11:00 am
(No class 4/2)



NEW! Pastels... your Way (14 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. Please bring in your own work in progress, or an original Spring Landscape or Still Life photo (4x6" or larger) to work from.

AEAS 091 Sec 001E
Scotch Plains Campus
Th, 3/19 - 5/7
11:00 am - 1:00 pm
(No class 4/2)

NEW! Mixed Media Collage (14 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 056 Sec 001E
Scotch Plains Campus
Th, 3/19 - 5/7
1:30 - 3:30 pm
(No class 4/2)

Proud to be



The Aspen Institute names UCNJ as a top 200 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.



Color Theory with Oil and Acrylic Painting (14 hrs.)

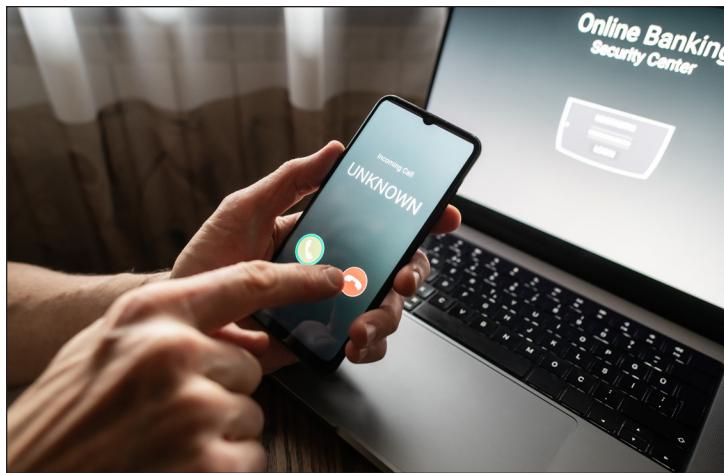
Learn the wonderful world of color with this foundational, hands-on course. Color theory concepts will be introduced, then reinforced through fun projects that will broaden your knowledge of color-mixing, understanding color interactions, and paint application.

AEAS 036 Sec 002E
Scotch Plains Campus
T, 3/17 - 5/5
11:00 am - 1:00 pm
(No class 3/31)

www.ucc.edu/ce-seniors

ENROLL TODAY!

SENIOR SCHOLARS



COMPUTER/CYBERSECURITY/TECHNOLOGY

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 002E - Remote Live
Th, 3/26
10:00 am - 1:00 pm

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 005E - Remote Live
Th, 4/9
10:00 am - 1:00 pm



www.ucc.edu/ce-seniors

ENROLL TODAY!



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.

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 017E - Remote Live
Th, 4/23
10:00 am - 1:00 pm



NEW! 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 001E - Remote Live
Th, 5/7
10:00 am - 1:00 pm

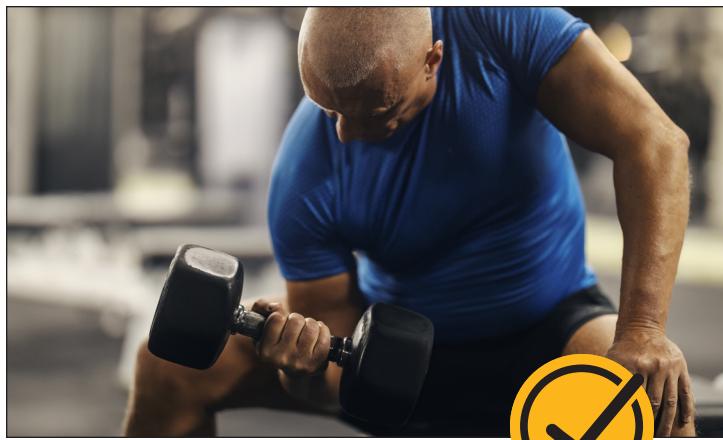
Photo Archiving and Digitizing (3 hrs.)

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 105E - Remote Live
Th, 5/21
10:00 am - 1:00 pm



SENIOR SCHOLARS



PLEASE NOTE: 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.

FITNESS

Chair/Barre (10 hrs. each session)

AEES 536 Sec 029E - Remote Live
T, Th, 2/24 - 4/9
8:00 - 9:00 am
(No class 3/10, 3/12, 3/31, 4/2)

AEES 536 Sec 030E - Remote Live
T, Th, 4/14 - 5/14
8:00 - 9:00 am

Yoga (10 hrs. each session)

AEES 080 Sec 029E
Scotch Plains Campus
M, F, 2/23 - 4/10
9:00 - 10:00 am
(No class 3/9, 3/13, 3/30, 4/3)

AEES 080 Sec 031E
Remote Live
M, F, 2/23 - 4/10
9:00 - 10:00 am
(No class 3/9, 3/13, 3/30, 4/3)

AEES 080 Sec 030E
Scotch Plains Campus
M, F, 4/13 - 5/15
9:00 - 10:00 am

AEES 080 Sec 032E
Remote Live
M, F, 4/13 - 5/15
9:00 - 10:00 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 026E
Scotch Plains Campus
T, 2/24 - 5/12
9:00 - 10:00 am
(No class 3/10, 3/31)

AEES 539 Sec 027E
Remote Live
T, 2/24 - 5/12
9:00 - 10:00 am
(No class 3/10, 3/31)

NEW! Yang Style Tai Chi Chapter 2 & Qi Gong (15 hrs.)

Tai Chi and Qi Gong are gentle, low impact movement practices that support balance, flexibility, and relaxation. Tai Chi uses slow, flowing movements that encourage mindfulness and ease, often compared to the movement of water. Qi Gong focuses on shorter movements and breathing, with some exercises held briefly in comfortable positions.

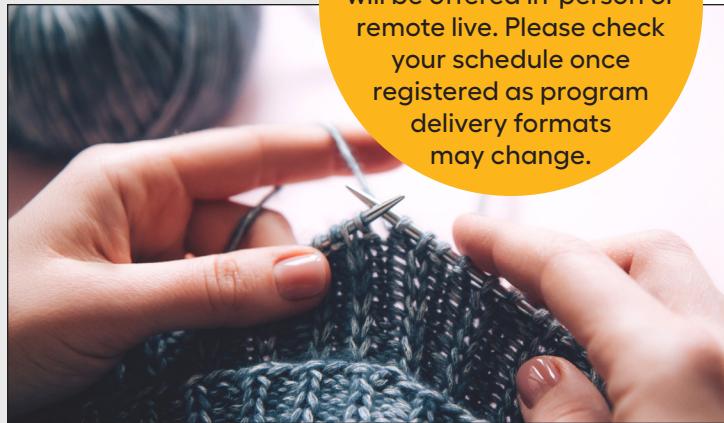
Both practices are suitable for all skill levels and can be adapted to individual needs. Each class begins with a gentle warm up, includes short breaks for questions and hydration, and ends with calming Qi Gong exercises to help you feel relaxed and refreshed.

AEES 094 Sec 001E
Scotch Plains Campus
M, F, 4/6 - 5/15
10:30 - 11:45 am



ALL PROGRAMS

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



SPECIAL INTEREST

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 006E - Scotch Plains Campus
T, 3/17 - 4/28, 9:00 - 10:30 am
(No class 3/31)

Let's Knit - Intermediate (9 hrs.)

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

AEAS 032 Sec 004E - Scotch Plains Campus
T, 3/17 - 4/28, 10:30 am - 12:00 pm
(No class 3/31)

SENIOR SCHOLARS



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.



SPECIAL INTEREST

NEW! American New Wave: How the Baby Boomers Changed Hollywood (18 hrs.)

From the drug-infused odyssey of EASY RIDER to the violent MEAN STREETS of New York City, the landscape of American cinema rapidly changed in the late sixties and throughout the 1970s. During a time of political upheaval and the death of the old studio system from the Golden Age, the rise of a new group of filmmakers, known as "The Film School Generation", would give birth to a new cinematic movement of rebellion and cynicism. Inspired by international cinema, especially the auteurs of the French New Wave, the baby boomer generation of directors, writers and actors were about to conquer the movies by leading the most revolutionary era in cinema that would last from 1967-1982.

In this course we will explore the early work of such essential directors as Scorsese, Coppola, Bogdanovich, Lucas plus several other influential figures of the American New Wave.

AEVS 110 Sec 001E - Scotch Plains Campus

W, 3/18 - 5/13, 1:00 - 3:15 pm

(No class 4/1)

ENROLLMENT is EASY!

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



NEW! The French and Indian War and the Revolutionary War (13 hrs.)

This course examines life in British Colonial America during the seventeenth and eighteenth centuries. It also explores French colonization in North America, particularly in Canada, and the imperial conflicts between Britain and France and their respective colonies. Special attention is given to the French and Indian War (1756-1763) and its consequences. The course analyzes the growing political, economic, and social tensions between the British colonies and Great Britain during the 1760s and 1770s, culminating in the North American War of Independence (1775-1783). If time permits, the course concludes with an overview of the postwar period of the 1780s, leading to the Constitutional Convention and the drafting and signing of the United States Constitution.

AEVS 049 Sec 001E - Scotch Plains Campus

F, 4/10 - 5/15, 10:00 am - 12:10 pm



The Writer Within: Creative or Memoir (14 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 026E - Scotch Plains Campus

W, 3/18 - 5/6, 12:00 - 2:00 pm

(No class 4/1)

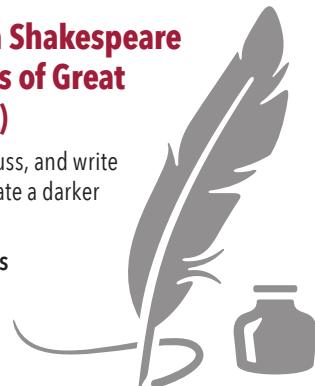
NEW! The Writer Within: From Shakespeare to Stephen King: The Elements of Great Psychological Writing (14 hrs.)

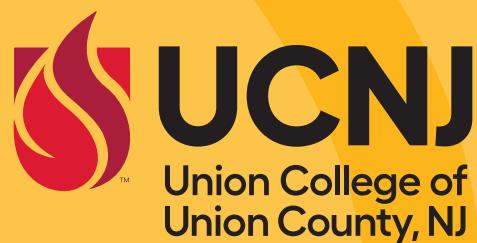
From Shakespeare to King, we will read, discuss, and write while delving deeper into characters that create a darker and more intriguing reading experience.

AEVS 085 Sec 001E - Scotch Plains Campus

W, 3/18 - 5/6, 10:00 am - 12:00 pm

(No class 4/1)





www.ucc.edu/ce-seniors