

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


UNION
COLLEGE
of Union County, NJ



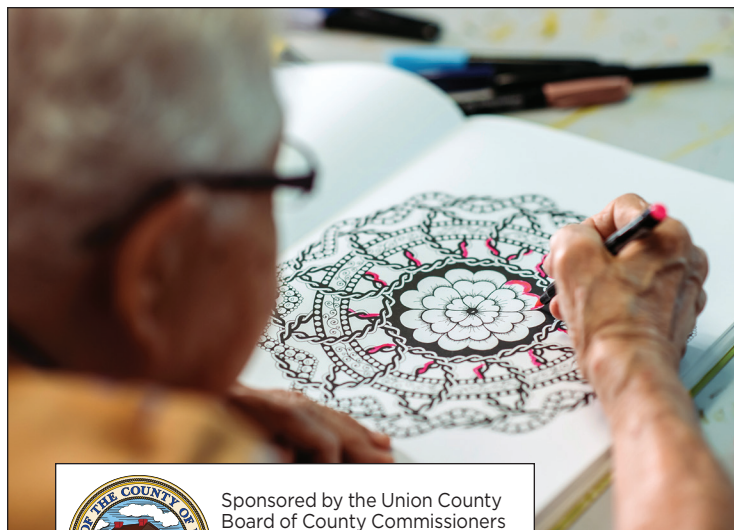
Fall 2023 | www.ucc.edu/ce-seniors

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

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.

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

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

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

AEAS 070 Sec 010E – Scotch Plains
W, 10/11 – 11/29
10 am – 12 pm
(No class 11/22)

NEW! Artist Within: Life Drawing (14 hrs)

Learn to draw portraits, the human body, proportion, symmetry, and action.

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

AEAS 080 Sec 010E – Scotch Plains
F, 10/13 – 12/1
12 – 2 pm
(No class 11/24)

NEW! 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 030E – Scotch Plains
M, 10/9 – 11/20
9:30 – 11:30 am

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/TECHNOLOGY

Computer, Tablet and Smartphone Bootcamp (8 hrs)

This course will leave students with a better understanding of how all of their devices work – together and separately. Students from beginner to intermediate will learn how to get the most out of the technology on hand today.

AECS A17 Sec 003E – Remote Live
T, Th, 10/3 – 10/5
11 am – 1 pm and 3 – 5 pm

Photo Digitizing and Archiving (8 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 070E – Remote Live
T, Th, 10/10 – 10/12
11 am – 1 pm and 3 – 5 pm

Google Apps 1 (8 hrs)

Do you realize you have a Google account? If you use Gmail, you do!

One login gives you access to powerful free apps like Gmail, Google Drive, Google Docs, Google Sheets, and Google Calendar for your computer, tablet, or smartphone. We will explore the free software that allows us to communicate, save and store files, and manage our time.

AECS 080 Sec 060E – Remote Live
T, Th, 10/24 – 10/26
11 am – 1 pm and 3 – 5 pm

Google Apps 2 (8 hrs)

What else can you do with a Google Account? Let's discover more free apps from Google.

Your Google account gives you access to lots of apps designed to keep you organized and in-touch. We will review Gmail and Google Drive basics and explore other Google apps like Google Photos, Google Meet, and more for computers, tablets, and smartphones.

AECS 090 Sec 060E – Remote Live
T, Th, 10/31 – 11/2
11 am – 1 pm and 3 – 5 pm

NEW! Let's Play with Tech (8 hrs)

We will explore apps, games and sites that let you unleash your creative side, or simply relax and have fun. Students will learn about Canva - a free-to-use online graphic design tool for computers, tablets, or smartphones. We will also dive into AI Art where words create images, Spotify for music, and "brain games" like Words with Friends and Wordle.

AECS 095 Sec 010E - Remote Live
T, Th, 11/7- 11/9
11 am - 1 pm and 3 - 5 pm



Senior Scholars courses are free to Union County residents 60 years of age or older.

Enrollment is EASY!

Self-enrollment is available through our registration platform.

TO ENROLL, VISIT
www.ucc.edu/ce-seniors



NEW! 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 010E - Scotch Plains
T, 10/3 - 12/5
9 - 10 am

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

AEES 092 Sec 001E - Scotch Plains
M, W, 10/16 - 11/8
10:30 - 11:45 am



FITNESS

Zumba (10 hrs)

AEES 531 Sec 070E - Remote Live
S, 10/7 - 12/16
9 - 10 am
(No class 11/25)

Yoga (10 hrs each session)

AEES 080 Sec 120E - Scotch Plains
M, F, 10/2 - 11/6
9 - 10 am

AEES 080 Sec 130E - Scotch Plains
M, F, 11/13 - 12/18
9 - 10 am
(No class 11/24)

Chair/Barre (10 hrs each session)

AEES 536 Sec 120E - Remote Live
T, Th, 10/3 - 11/2
8 - 9 am

AEES 536 Sec 130E - Remote Live
T, Th, 11/7 - 12/12
8 - 9 am
(No class 11/23)

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 030E - Scotch Plains
W, 10/11 - 11/29
12:00 - 1:30 pm
(No class 11/22)



ENROLL TODAY!

www.ucc.edu/ce-seniors

SPECIAL INTEREST

NEW! 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 010E - Scotch Plains
Th, 10/12 - 11/30
2:30 - 4:30 pm
(No class 11/23)

NEW! 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 010E - Scotch Plains
F, 10/13 - 12/1
10 am - 12 pm
(No class 11/24)

NEW! 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 010E - Scotch Plains
T, 10/17 - 11/21
10:30 am - 12:00 pm



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