

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

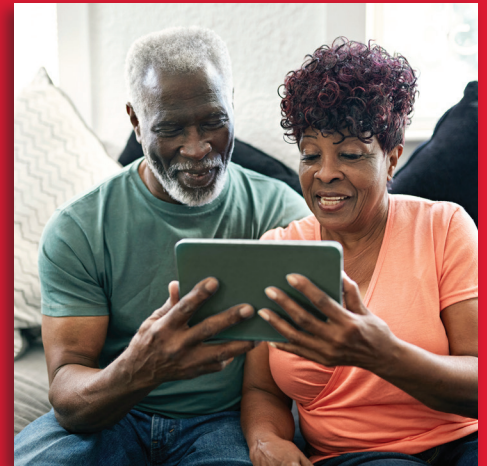


UNION COUNTY
We're Connected to You!



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


UCNJ
Union College of
Union County, NJ



Summer 2024 | 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.



ART 60+

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

New! Drawing Wildlife and People with Pencil and Color Pencils (12 hrs.)

Through a variety of assignments, we will focus on wildlife and people. You will develop your drawing skills using pencil and color pencils.

AEAS 060 Sec 001E - Scotch Plains
M, 6/17 - 7/29
10 am - 12 pm
(No class 7/1)

New! Artist Within: The Elements of Drawing for Seniors 60+ (12 hrs.)

Through a variety of assignments, you will develop your drawing and observation skills as you learn different techniques, using the pencil, pen, and color pencil.

AEAS 065 Sec 001E - Scotch Plains
W, 6/19 - 7/31
10 am - 12 pm
(No class 7/3)

ENROLLMENT is EASY!

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



Beginning Acrylic Painting (12 hrs.)

Calling all Painters! 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, be bold and have fun in a creative environment.

AEAS 156 Sec 031E - Scotch Plains
Th, 6/27 - 8/8
10 am - 12 pm
(No class 7/4)

All Level Oil and Acrylic Painting (12 hrs.)

In this class you will learn how to "see like an artist" using the basic elements of art. Have fun painting in a supportive and encouraging environment while working at your own pace.

AEAS 157 Sec 021E - Scotch Plains
Th, 6/27 - 8/8
12 - 2 pm
(No class 7/4)

COMPUTER/TECHNOLOGY

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 011E - Remote Live
T, 6/18
10 am - 1 pm

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 011E - Remote Live
T, 7/23
10 am - 1 pm

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.



Acrylic Painting Techniques (12 hrs.)

From "Pinterest-style" pour paintings to palm trees and paint mixing... we do it all! Be creative while exploring different painting techniques. Step-by-step weekly workshops will broaden your knowledge and refine your skills.

AEAS 158 Sec 011E - Scotch Plains
Th, 6/27 - 8/8
2 - 4 pm
(No class 7/4)



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 011E - Remote Live
T, 7/9
10 am - 1 pm

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 011E - Remote Live
T, 6/25
10 am - 1 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 101E - Remote Live
T, 7/30
10 am - 1 pm

"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 011E - Remote Live
T, 7/16
10 am - 1 pm

FITNESS

Chair/Barre (12 hrs.)

AEES 536 Sec 021E - Remote Live
T, Th, 6/18 - 8/1
8 - 9 am
(No class 7/2, 7/4)

Self-Defense - Practical and Effective (9 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 041E - Scotch Plains
W, 6/19 - 7/31
12:00 - 1:30 pm
(No class 7/3)

Strength Training (7 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 021E - Scotch Plains
T, 6/18 - 8/6
9 - 10 am
(No class 7/2)



Yang Style Tai Chi (12 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 021E - Scotch Plains
M, W, 7/8 - 8/7
10:30 - 11:45 am

Yoga (13 hrs.)

AEES 080 Sec 021E - Scotch Plains
M, Th, 6/17 - 8/8
9 - 10 am
(No class 7/1, 7/4, 7/8)



PROGRAMS...

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

SPECIAL INTEREST

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 021E - Scotch Plains
M, 6/17 - 7/29
12 - 2 pm
(No class 7/1)



www.ucc.edu/ce-seniors
ENROLL TODAY!



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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.