

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



Fall 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.



ART 60+

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

NEW! Artist Within: Creative Watercolor Painting (12 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 001E - Scotch Plains
W, 10/23 - 12/4
10:00 am - 12:00 pm
(No class 11/27)

Artist Within: The Elements of Drawing (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 002E - Scotch Plains
F, 10/25 - 12/6
10:00 am - 12:00 pm
(No class 11/29)

Beginner Drawing (12 hrs.)

Drawing is a skill based on eye-hand coordination and 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 051E - Cranford
M, 9/30 - 11/4
9:30 - 11:30 am

Beginner Pastel (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 041E - Cranford
M, 9/30 - 11/4
12:30 - 2:30 pm

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 051E - Cranford
M, 11/11 - 12/16
9:30 - 11:30 am

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 061E - Cranford
M, 11/11 - 12/16
12:30 - 2:30 pm

ENROLLMENT is EASY!

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



COMPUTER / CYBERSECURITY / 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 012E – Remote Live
Th, 10/17
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 001E – Remote Live
Th, 11/7
10:00 am – 1:00 pm

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 012 – Remote Live
Th, 10/31
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 102E – Remote Live
Th, 11/14
10:00 am – 1:00 pm

Smartphone and Tablet Basics and Tips for Seniors (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 011E – Remote Live
Th, 12/5
10:00 am – 1:00 pm

Staying Safe in Cyberspace: Password Management Basics (3 hrs.)

Explore essential cybersecurity strategies for organizing and managing your account passwords. This course will cover best practices for keeping your passwords secure and safeguarding your personal information from cyber threats.

AECS 070 Sec 071E – Remote Live
Th, 10/24
10:00 am – 1:00 pm



FITNESS

Chair/Barre (10 hrs. each session)

AEES 536 Sec 022E – Remote Live
T, Th, 10/8 – 11/7
8:00 – 9:00 am

AEES 536 Sec 023E – Remote Live
T, Th, 11/12 – 12/17
8:00 – 9:00 am
(No class 11/28)

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 022E – Scotch Plains
T, 10/1 – 12/3
9:00 – 10:00 am

Yang Style Tai Chi (7.5 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 022E – Scotch Plains
M, F, 11/25 – 12/13
10:30 – 11:45 am
(No class 11/29)

NEW! Yang Style Tai Chi Chapter 2 (12.5 hrs.)

This course focuses on deepening your understanding of this low impact martial art, emphasizing balance, flexibility, and relaxation. This chapter introduces more advanced techniques while reinforcing foundational movements. Participants will enhance their physical well-being and mental clarity, making Tai Chi an enjoyable and beneficial part of their daily routine.

AEES 093 Sec 001E – Scotch Plains
M, F, 10/21 – 11/22
10:30 – 11:45 am

ENROLL TODAY!

www.ucc.edu/ceregister

SENIOR SCHOLARS

FITNESS (continued)

Yoga (10 hrs. each session)

AEES 080 Sec 022E – Scotch Plains
M, F, 9/30 – 11/1
9:00 – 10:00 am

AEES 080 Sec 023E – Scotch Plains
M, F, 11/4 – 12/9
9:00 – 10:00 am
(No class 11/29)

Zumba (10 hrs.)

AEES 531 Sec 071E – Remote Live
S, 10/5 – 12/14
9:00 – 10:00 am
(No class 11/30)

SPECIAL INTEREST

NEW! American Political History: Past Presidential Elections with Unusual Circumstances and Outcomes (12 hrs.)

This course delves into past U.S. presidential elections that were marked by unusual circumstances and outcomes, offering a fascinating exploration of American political history. The course will cover the pivotal elections of 1800, 1824, 1840, 1860, 1912, 1924, 1948, 1968, and 1992. Each of these elections had unique elements that significantly influenced the nation's political landscape. From the contentious tie in the election of 1800 to the surprise victory in 1948, and the influence of third-party candidates in 1912 and 1992, this course will provide insight into how these events shaped the trajectory of U.S. politics.

AEVS 044 Sec 001E – Scotch Plains
M, 10/7 – 11/11
12:00 – 2:00 pm

NEW! Bob Dylan: Exploring His Legacy (12 hrs.)

Discover Bob Dylan as we delve into his music and poetry through a variety of creative writing and poetry sessions, along with discussions focused on a man who profoundly influenced music history.

AEVS 057 Sec 001E – Scotch Plains
F, 10/25 – 12/6
12:00 – 2:00 pm
(No class 11/29)

Emotional Wellness (9 hrs.)

This weekly workshop lead by Diane Lang will be held every Monday and cover the following topics: Body-Mind-Soul: Healing the "Whole" you; Healthy Relationships with your Adult Kids; Care for the Caregiver; Beating the Winter Blues; Stop Taking it Personally and Dealing with Holiday Stress.

AEVS 088 Sec 051E – Remote Live
M, 10/28 – 12/2
3:00 – 4:30 pm



Great Decisions (12 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 online interactive course will cover the eight essays in the 2024 Great Decisions reading book – Middle East Realignment; Climate Technology and Competition; Science Across Borders; the US – China Trade Rivalry; NATO's Future; Understanding Indonesia; The High Seas Treaty; and Pandemic Preparedness. While participants are not required to purchase the reading book, reading the essays may provide useful context for the session discussions. This course will incorporate the background experiences of all class participants. For more information, please check the Foreign Policy Association website: www.fpa.org/great_decisions

AEVS 055 Sec 011E – Remote Live
T, 10/22 – 12/17
3:00 – 4:30 pm
(No class 11/19)

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 003E – Scotch Plains
T, 10/29 – 12/10
9:00 – 10:30 am
(No class 11/5)

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 022E – Scotch Plains
W, 10/23 – 12/4
12:00 – 2:00 pm
(No class 11/27)

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.





The Aspen Institute named UCNJ as a finalist for the \$1 million 2025 Aspen Prize. This signature recognition celebrates 10 high-achieving community colleges from across the country.



www.ucc.edu/ce-seniors