Courses are free to Union County residents ages 60+

Senior Scholars

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 2025 | www.ucc.edu/ce-seniors

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

CRANFORD | SCOTCH PLAINS

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.

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 002E
Scotch Plains Campus
W, 3/5 – 4/23
10:00 am – 12:00 pm
(No class 3/12)

Artist Within: The Elements of Drawing (14 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 003E
Scotch Plains Campus
F, 3/7 – 5/2
10:00 am – 12:00 pm
(No class 3/14, 4/18)

NEW! Life Drawing (18 hrs.)

Developing your artistic "eye" is the basis for all art. Drawing will also help you to see and enjoy the visual world around you more fully. This class is based on learning to observe carefully and record what you see regardless of the subject matter. An interest in art, not talent, is the most important tool for learning. Fundamentals including contour line, edges, values and perspective will be addressed while working from life. Students will receive individual, and group feedback based on their needs and interests. All levels of experience are welcome.

AEAS 010 Sec 001E – Cranford Campus
M, 2/24 – 4/7
9:00 am – 12:00 pm
(No class 3/10)

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**
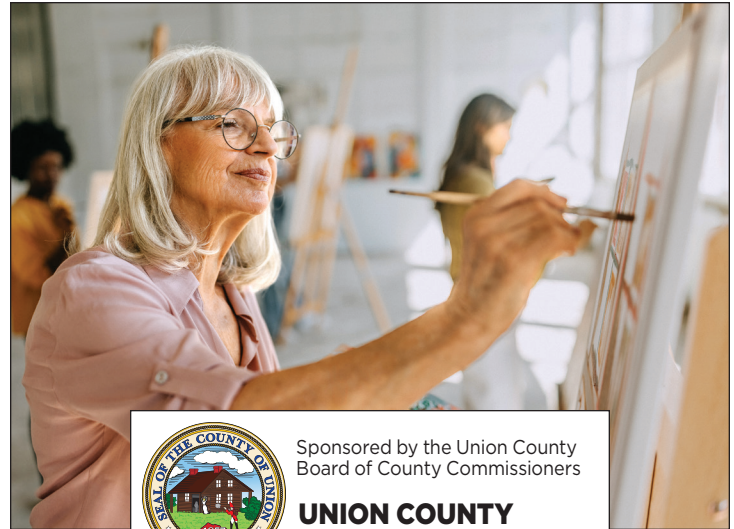
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COMPUTER / CYBERSECURITY / TECHNOLOGY

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 013E – Remote Live
Th, 4/3
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 002E – Remote Live
Th, 4/10
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 013E – Remote Live
Th, 4/17
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 103E – Remote Live
Th, 4/24
10:00 am – 1:00 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 012E – Remote Live
Th, 5/1
10:00 am – 1:00 pm

Staying Safe in Cyberspace: Password Management (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 075 Sec 013E – Remote Live
Th, 5/8
10:00 am – 1:00 pm

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

FITNESS

Chair/Barre (10 hrs. each session)

AEES 536 Sec 024E – Remote Live
T, Th, 2/25 – 4/3
8:00 am – 9:00 am
(No class 3/11, 3/13)

AEES 536 Sec 025E – Remote Live
T, Th, 4/8 – 5/8
8:00 am – 9:00 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 023E
Scotch Plains Campus
T, 2/25 – 5/6
9:00 am – 10:00 am
(No class 3/11)

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 023E
Scotch Plains Campus
M, F, 3/24 – 4/11
10:30 am – 11:45 am

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 002E
Scotch Plains Campus
M, F, 4/21 – 5/23
10:30 am – 11:45 am

Yoga (10 hrs. each session)

AEES 080 Sec 024E
Scotch Plains Campus
M, F, 2/24 – 4/4
9:00 am – 10:00 am
(No class 3/10, 3/14)

AEES 080 Sec 025E
Scotch Plains Campus
M, F, 4/7 – 5/12
9:00 am – 10:00 am
(No class 4/18)

Zumba (10 hrs.)

AEES 531 Sec 072E – Remote Live
S, 3/22 – 5/31
9:00 am – 10:00 am
(No class 4/19)

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.

SPECIAL INTEREST

NEW! Basic Income Tax Return Preparation – Federal Form 1040 (8 hrs.)

Have you ever considered preparing your own tax return? This class will equip you with the knowledge you'll need to prepare basic Federal tax return for individuals. Learn what is new for 2025.

Targeted for beginners but can be taken by anybody. The course will cover instructor-led step-by-step instructions on how to prepare a typical tax return.

AEVS 120 Sec 001E
Scotch Plains Campus
F, 2/28 – 3/21
12:30 pm – 2:30 pm

Conversational French Part 1 (9 hrs.)

Learn the basics of the French language with the tools necessary to carry on conversations in real life situations. Develop reading, listening, and speaking skills.

AELS B60 Sec 052E
Scotch Plains Campus
M, 3/24 – 4/28
3:00 pm – 4:30 pm

Emotional Wellness (9 hrs.)

This weekly workshop lead by Diane Lang will be held every Monday and cover the following topics: Living for today – Aging with Intention Series; Learn to Let Go and Accept; Embracing Change in an Ever-Changing World; Setting Boundaries and Building Positive Relationships; Negativity Detox – Shifting to Positive and Mindfully Happy – Waking Up to Life.

AEVS 088 Sec 052E – Remote Live
W, 4/16 – 5/21
3:00 pm – 4:30 pm

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 004E
Scotch Plains Campus
T, 2/25 – 4/8
9:00 am – 10:30 am
(No class 3/11)

NEW! 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 stitches and keeping helpful notes. You'll also engage with people who have a similar love for knitting.

AEAS 032 Sec 001E
Scotch Plains Campus
T, 2/25 – 4/8
10:30 am – 12:00 pm
(No class 3/11)

NEW! The American Civil War, 1861–1865: A Nation Divided (12 hrs.)

Explore the turbulent years of the American Civil War, a conflict that reshaped the United States and defined its future. This course offers an in-depth examination of the causes, events, and consequences of the war. Beginning with the escalating sectional tensions and the nation's drift towards disaster, you'll delve into the onset of war and the first year of fighting. The course covers the shifting tides of battle, the diplomatic clashes that shaped the conflict, and the efforts to sustain the war on both sides.

AEVS 045 Sec 001E
Scotch Plains Campus
W, 3/5 – 4/16
10:00 am – 12:00 pm
(No class 3/12)

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 023E
Scotch Plains Campus
W, 3/5 – 4/23
12:00 pm – 2:00 pm
(No class 3/12)

The Writer Within: Poet and Poems (14 hrs.)

Read and write poems, analyze, and discuss poets, poems, and song lyrics. Learn how to craft a variety of poems, establish a motif, and utilize imagery and symbolism to create an effective poem.

AEVS 066 Sec 021E
Scotch Plains Campus
F, 3/7 – 5/2
12:00 pm – 2:00 pm
(No class 3/14, 4/18)

Guests at the Union County 2024 Senior Art Exhibit, held at the UCNJ Scotch Plains Campus, applaud the announcement that UCNJ has been named a finalist for the $1 million 2025 Aspen Prize. This prestigious recognition honors the top 10 high-achieving community colleges from across the country.

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