



## **FITNESS & WELLNESS**

### **Maintaining a Healthy Weight in America (C/S609)**

Join instructor Brent Simpson as he guides four, 1-hour classes through discussions on the “Standard American Diet”, and maintaining a healthy weight while living in the greatest yet unhealthiest country in the world. He will weigh in on food culture in America, changing one’s mindset about food, exercise, time restricted eating, and certain food principles that are a must to maintain a healthy lifestyle in the USA.



2/6-2/27, Tuesday (4 sessions)

5:00-6:00 PM

ACM: CE Bldg.

Instructor: Brent Simpson

Course Cost: \$40.00

Maryland Senior Course Cost: \$35.00

### **Energy Fusion (C/S601)**

**Too cold for outdoor cardio? Join us to HIIT it in the comfort of your own home. Zoom this cardio/strength core class and maintain, even improve your fitness!**

It’s counterintuitive right? Expend energy to increase your energy? Join us and see for yourself!

Exhilarating and invigorating cardio intervals use body weight and dumbbells to increase body metabolism, strength and improve mood. Get your mind set on High Intensity but Low Impact Intervals and join an amazing community of fun, energized and like-minded folks that want to live their best life. Recent research shows that building muscle and developing strength is one of the most beneficial things you can do for your health and wellness, regardless of your fitness goals or age. Class includes warm up, intervals, resistance training, cool down and flexibility work. This class is designed to complement Thursday’s Core Fitness class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, water, and dumbbells 2-5 lbs.

When asked about their motivation for participating in class, participants said:

*“I have been taking the classes for a number of years. I know that I am physically stronger and the classes have improved my overall health. My physician told me to keep doing whatever I’ve been doing! I love the classes!” SW*

*“These classes helped me physically and emotionally. The workouts change frequently which keeps the classes fresh” CD*

*“I have truly benefited from taking Phyllis’s classes over the years. I have participated in person and via Zoom. She has genuine care and concern for each individual and wants to make sure that everyone gets the most out of their individual workout during class. This class gives you a complete workout from start to finish!” -BW*

2/5-5/13, Monday (14 sessions)

No class 3/4

4:45-5:45 PM

ACM: Online Instructor: Phyllis Washington, AFPA Personal Trainer, Pilates Level 3 Instructor, Group Fitness and Aqua Fitness Certifications

Course Cost: \$56.00

Maryland Senior Course Cost: \$56.00

**Core Fitness (C/S602)**

Accelerate your metabolism and build essential muscle for balance, strength and flexibility. Small group resistance training with a focus on Strength, Core Work and Stretching utilizing dumbbells (light and medium), core ball, bands and bodyweight. Join an energetic group that puts in the effort to realize the significant rewards of feeling strong, flexible and capable. Muscle strength is essential for safely navigating daily life and remaining independent as we age. If you are interested in increasing your metabolism, strength, core strength and flexibility and developing a more positive body image and mood, we will be happy to add you to the class!

This class is designed to complement Monday's ENERGY FUSION class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, yoga strap, water, core ball, dumbbells and a resistance band. **This class will be offered in person or online.**

Here are some comments from current participants:

*"My muscle strength and flexibility are better than ever"* SW

*"My doctor told me whatever I was doing, keep it up"* DK

*"Phyllis is very knowledgeable, supportive and is a great motivator!"* CD

*"I have truly benefited from taking Phyllis's classes over the years. I have participated in person and via Zoom. She has genuine care and concern for each individual and wants to make sure that everyone gets the most out of their individual workout during class. This class gives you a complete workout from start to finish!"* -BW

2/8-5/23, Thursday (14 sessions)

No class 2/29 & 3/28

4:45-5:45 PM

ACM: Online or In person -Western Region Correctional Training Bldg., Room 102  
Instructor: Phyllis Washington, AFPA Personal Trainer, Pilates Level 3 Instructor, Group Fitness and Aqua Fitness Certifications

Course Cost: \$56.00

Maryland Senior Course Cost: \$56.00

**Beginner Flow Yoga (CHE 807)**

Slow-paced class using a variety of gentle stretching, strengthening, and balancing poses, along with a focus on breathing to increase circulation and reduce stress. Most classes will have a combination of meditation, breath work, and reclined/seated/standing positions.

1/22-4/8, Monday (12 sessions)

9:30-10:30 AM

Or

1/23-4/9, Tuesday (12 sessions)

5:30-6:30 PM

ACM: 208 Tech Bldg.

Instructor: Katy Smith

Course Cost: \$85.00

Maryland Senior Course Cost: \$85.00

**Tai Chi Chih (CHE224)**

Tai Chi Chih is a form of Chi Kung consisting of 19 movements and one pose. The practice is based on traditional Chinese medicine techniques focused on circulating and balancing internal energy (chi), and was developed by Justin Stone, a Tai Chi Chuan master, as a simple yet effective method for Westerners to learn and participate in the practice without benefit of years of study with a master. Individuals practice Tai Chi Chih throughout the United States and many other countries of the world and are taught the standardized form by accredited teachers who renew their training on a regular basis. This simple technique is easy and enjoyable to learn for people of all ages, including those who must perform it while seated. The beautiful flowing movements are relaxing, and are reported to reduce stress; regulate blood pressure; increase focus and concentration; improve balance, strength and circulation; improve immunity; and increase energy levels.

3/25-4/17, Mon. & Wed. (6 sessions)

No class 4/8 & 4/10

5:30-6:45 PM

ACM: Frostburg City Place

Instructor: Suanne Lewis

Course Cost: \$55.00

Maryland Senior Course Cost: \$55.00

**Yin and Restore (CHE230)**

This class is perfect for someone new to yoga or someone looking for a way to experience a relaxing yoga class with benefits! Yin yoga incorporates traditional yoga poses that are held for longer than in most yoga classes. These poses are mostly done seated or lying down. The result is a more relaxed style of yoga that focuses on the connective tissues of the body, promoting long term joint health. Restorative yoga poses are supported by props and held for an extended period of time. These poses will help melt your stress away at the end of the day!

2/1-4/18, Thursday (10 sessions)

No class 2/15 or 3/28

5:30-6:30 PM

ACM: 208 Tech Bldg.

Instructor: Cindy Zumbun

Course Cost: \$75.00

Maryland Senior Course Cost: \$75.00

**ARTS & CRAFTS****Colored Pencil Exploration: An Adventure in a New Media (C/S144)**

Explore the art of colored pencils with Instructor Donna Housel, Beginners will learn the basics of creating colored pencil art, such as shading through layering, materials, and how to use them including solvents, and blenders that are on the market today as well as demonstrations and guidance on how to create art with colored pencil art. Students are required to provide their own supplies and bring them starting with the first class. Supplies include: a set of **Prismacolor Colored pencils minimum set of 24 pencils (with an estimated cost of \$17, the optional larger set is also available, and contains up to 150 pencils), Stonehenge white paper (estimated cost \$17), (I use this paper as it takes many layers of colored pencil and holds up well.)** a good pencil sharpener (recommend Rapesco 64 Desk Top estimated cost \$20), this sharpener gives you an excellent point for fine colored pencil works. Advanced students who have previously completed beginning-level studies may choose to participate in independent studies and will be responsible for their own supplies, projects/ references.

Advanced students will receive individualized feedback and critique from the instructor but will work primarily independently.

2/20-4/16, Tuesday (9 sessions)

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Donna Housel

Course Cost: \$45.00

Maryland Senior Course Cost: \$20.00



## Decorative Painting – Independent Study (C/S396)

This studio-style art class is designed to provide students the opportunity to practice the fine art of Tole Painting. Students join other tole painters to work on new projects, old projects and already started projects with a goal to finish at least one project upon completion of the class. The general theme of this course is contemporary decorative tole painting using both patterns and free hand designed. **Although tole is the French term referring to painting on tin surfaces, the students may paint on a variety of surfaces using oil, watercolor, acrylics or other mediums. Students should bring their own supplies for this course.**



2/14-5/1, Wednesday (12 sessions)

9:00 AM-12:00 PM

ACM: WM Works

Course Cost: \$49.00

Maryland Senior Course Cost: \$49.00

## Exploring Pastels (C/S089)

Calling all Artists! Soft pastels give a vivid, luminous appearance. Students will explore the paintings of some master pastel painters like Chase, John Henry Twachtman, and Odilon Redon to name a few.

After a discussion about materials and methods of applying pastels to paper, we will create one of the master's paintings. Beginning students will receive basic instruction on learning to draw and paint with artist-grade pastels and gain skills and confidence. Master your fear of painting in soft pastels with demonstrations of the many pastel brands, papers, and techniques. Starting with warm-up exercises and using the samples provided. The instructor will provide hands-on instruction and individualized feedback. Students are required to provide their own supplies beginning with the first class. Supplies include a 24-count Prismacolor NuPastel Firm Pastel set, NO OIL PASTELS THAT ARE A COMPLETELY DIFFERENT MEDIUM, ACMI AP approved compliant to ASTM D-4236 Nontoxic standards, and Uart sanded Pastel paper, 9x12, 400 grade, 10-sheet pack. There are many brands of pastel papers available but this course requires a Sanded paper. The estimated cost of supplies is \$50.



Advanced students who have previously completed beginning-level studies may choose to participate in independent studies and will be responsible for their own supplies, projects/ references. Advanced students will receive individualized feedback and critique from the instructor but will work primarily independently.

Donna Housel is the instructor. She is a juried member of the Pastel Society of America.

2/20-4/16, Tuesday (9 sessions)

3:30-5:30 PM

ACM: Humanities Bldg.

Instructor: Donna Housel

Course Cost: \$45.00

Maryland Senior Course Cost: \$20.00

## Crocheting – Special Project: Granny Squares (C/S520)

Join us as we explore the wonderful world of Granny Squares. Students should have a general understanding of basic stitches, especially double crochet.



Supply list:

- Yarn: 2 Skeins of 120 yd. Medium 4 Yarn
- Hook: H (5 mm) or hook recommend for the yarn you are using – Recommended: Susan Bates hooks
- Tapestry Needle
- Scissors
- Optional: Stitch markers, safety pins, or bobby pins

4/16-4/30, Tuesday (3 sessions)

2:00-4:00 PM

ACM: CE Bldg.

Instructor: Rachel Ritchey

Course Cost: \$29.00

Maryland Senior Course Cost: \$29.00

**Knitting for Beginners (C/S171)**

Learn to knit or refresh your skills!

The class project will be a series of dishcloths utilizing a number of stitch patterns. Students will learn the basic stitches and how to read a pattern, and by the end of the course will be ready to launch into more complex work. Supply list: Size 7 or 8 knitting needles and cotton yarn in worsted weight, four or five balls, in your choice of colors. Patterns will be provided by the instructor. Register early; class size limited to 8 students.



3/4-4/8, Monday (6 sessions)

10:00 AM-12:00 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50.00

Maryland Senior Course Cost: \$20.00

**Intermediate Knitting – Socks (C/S387)**

Why knit socks? Hand knit socks

are warm, cozy, customizable and unique. You can make socks using some of the wonderful colorful yarns and will have footwear that is truly one of a kind! And best of all, they are not as hard as you may think! If you can knit, purl, cast on and bind off, you can learn to make socks, too! We will talk about working socks from the top down and from the toe up. You will need about 4 ounces of worsted weight wool or acrylic yarn, and size 7 needles (either a set of double point needles or two circular needles or one 40 inch long circular needle), or whatever size will give you a gauge of 5 stitches to the inch with your yarn. Don't know what that is? We'll talk about it during the first session. The sock knitting techniques we will talk about can also be used in many different types of knitting projects. Instructor will provide the patterns.



4/22-5/20, Monday (5 sessions)

5:30-7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50.00

Maryland Senior Course Cost: \$20.00

**Sewing: Crafting Your Own Tote Bag (C/S603)**

Welcome back to the world of sewing! If you've got a solid grasp on the basics and are eager to expand your sewing horizons, this class is tailor-made for you. Get ready to elevate your skills and take on a new sewing project. Students will learn the skills needed to work from home to create a stylish and functional tote bag!

Students will need to bring something to trace the pattern on for the first day of class.



4/17 & 4/24, Wednesday (2 sessions)

5:30-7:30 PM

ACM: CE Bldg.

Instructor: Deb Savage

Course Cost: \$29.00

Maryland Senior Course Cost: \$29.00

**Watercolor Paint and Sip (C/S371)**

Don't think you are an artist? This hands-on class is designed for those with little or no background in art. This is all about fun! Paint along with the instructor as she walks you through each step of a painting. You will come away from this session with a finished painting, matted and ready to be framed! Don't be afraid to try something new, come and experiment with other "first timers"! Snacks and non-alcoholic drinks will be provided. Make it a social event and bring a friend! All supplies will be provided. You may see Bobbi's work at [www.dubins.com](http://www.dubins.com). If you have any questions, please contact Allissa Tomlinson at [atomlinson@allegany.edu](mailto:atomlinson@allegany.edu).

4/13, Saturday (1 session)

11:00 AM-2:00 PM

ACM: CE Bldg.

Instructor: Bobbi Dubins

Course Cost: \$35.00

Maryland Senior Course Cost: \$35.00

**Oil Pastel II (C/S439)**

All levels of expertise are welcome. We work and learn in an easy-going, positive atmosphere. Starting with the basics, we will visit different strokes, learn the differences in various pastels, learn why the levels of hardness and pigment percentages are important, to blend or not to blend. We will visit color theory and composition. Going from very simple to more complicated paintings as the 9 weeks' progress.



Instructor Donna L. Godlove is an active member of the Arts Councils in the following counties: Garrett and Washington, MD, and Berkeley, WV. She is the owner-operator of Mountain Heather Studios, a member of the Maryland Pastel Society, PPAL, CPPS and the Maryland Art Council. She is a multi-award winning artist and has had solo exhibitions at the Washington County Arts Council, Allegany County Arts Council, the Fairfax Coffee House Gallery, and the Culinaire Cafe.

Needed supplies: Brand of choice Oil pastels- at least 24 colors. **(Recommended:** Mungyo soft oil pastels for artists (black box only), or Van Gogh or any semi soft brand of oil pastels. **I do not recommend** Sennelier or Holbein professional: they are much too soft for beginners); Arches oil paper – at least 9x12 tablet; other papers will be made available at cost, Solid Paper Stumps (not the hollow ones); baby wipes/ paper towels; two sheets of sandpaper 300/400grit; D'Army spray fixative designed for Oil Pastels

3/14-5/16, Thursday (9 sessions)

No class 3/28

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Donna Godlove

Course Cost: \$40.00

Maryland Senior Course Cost: \$20.00

**Introduction to “Bob Ross” Painting (C/S942)**

Students will learn Ross' patented wet-on-wet painting technique and will leave the class with their own completed 16 X 20” painting on canvas. Now you can learn to paint just like this iconic artist did on a television show that aired for 25 years and 500 episodes. Classes are especially suited for beginners; students need no previous experience to attend. The price of the class includes all the materials you will need.

Landscape

3/9, Saturday (1 session)

4/27, Saturday (1 session)

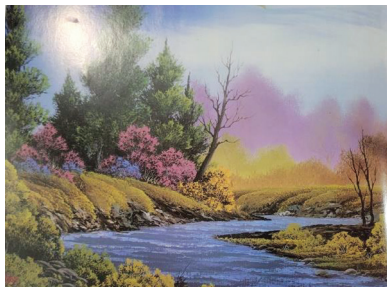
9:00 AM-1:00 PM

ACM: CE Bldg.

Instructor: Dee Sullivan

Course Cost: \$90.00 (supplies included)

Maryland Senior Course Cost: \$90.00 (supplies included)



Picture for the 3/9 class



Picture for the 4/27 class

*Personal Enrichment & Wellness***Quilting (C/S077)**

For Spring 2024, the quilting class will be using the pattern "Hunter's Star" by Calico Carriage Quilt Designs. The pattern is available online or check with your local quilt store to see if they are able to order it for you. Time permitting, we will work on some additional small impromptu projects and techniques.

2/27-4/16, Tuesday (8 sessions)

9:30-11:30 AM

OR

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Pamela Frye

Course Cost: \$29.00

Maryland Senior Course Cost: \$29.00

**CULTURAL DEVELOPMENT****Fallingwater Guided House Tour (C/S466)**

In 1935, architect Frank Lloyd Wright designed Fallingwater, a house atop a waterfall in Pennsylvania. Completed in 1937, Fallingwater blends seamlessly with the landscape, fully expressing Wright's concept of "organic architecture." Board the Culture Coach and travel to the landscape that inspired America's greatest architect. While there you will tour the building that National Geographic Traveler magazine named as one of its "50 Places of a Lifetime." You will become aware of the rhythmic interplay between interior and exterior space by the numerous terraces, open-air walkways and unexpected views of the trees and water as you move through the house on this guided experience. The tour will feature all of the major rooms of the house and lasts approximately one hour after which you are welcome to walk the exterior grounds. **Following the tour you will enjoy time to explore the grounds and eat lunch at the cafe.** *Be prepared for extended walking, climbing, and standing. Limited handicap accessibility. Please contact us for accessibility information.*

The last day to register for this trip is 4/1/24.

5/18, Saturday (1 session)

8:30 AM-4:00 PM

Total Trip Cost: \$45.00

Maryland Senior Trip Cost: \$45.00

Includes worry-free round-trip transportation aboard the comfortable Culture Coach, and admission to the tour (Lunch cost not included).

**Shades of Ireland**

**With Optional 3-Night London Pre**

**Tour Extension With Optional 3-Night**

**Edinburgh Post Tour Extension**

**September 19 – September 28, 2024**

**10 Days • 13 Meals**



Highlights: Dublin, Irish Evening, Choice on Tour: Dublin City Bus or Walking Tour, Kilkenny, Waterford, Choice on Tour: Waterford Crystal Factory or Waterford Medieval Museum and Wine Vault, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay.

Pricing if booked by 3/19/24:

- Double \$4,029pp
- Single \$4,729pp
- Triple \$3,999pp
- Final payment due: 7/21/24

*Included in Price: Round Trip Air from Washington Dulles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Pick up to and from Allegany College of Maryland, Not Included in Price: Cancellation Waiver and Insurance of \$449 per person.*

**For more information visit:**

<https://gateway.gocollette.com/link/1191751>



RECREATIONAL

Culinary Courses

**CENTER FOR CONTINUING EDUCATION • ALLEGANY COLLEGE OF MARYLAND**  
 IN PARTNERSHIP WITH THE SCHOOL OF HOSPITALITY, TOURISM AND CULINARY ARTS

*is pleased to offer another delicious series of educational and entertaining recreational cooking classes.*

Each class will be taught in a single evening by a professional local chef or culinary expert. The courses will feature specialties of the guest chef and will focus on learning proper cooking techniques in a relaxed atmosphere. All courses will offer hands-on experience in the Culinaire's state-of-the-art professional teaching facility at the **Gateway Center, 112 Baltimore Street, Cumberland**. At the end of each class, you will not only have acquired valuable new cooking skills, but you'll also have time to enjoy the fruits, appetizers, entrees, desserts...and beverages of your labor!

In select courses, alcohol will be served during the cuisine preparation. *To register for these select classes, you must be 21.* For most courses, class size is limited to 12 and early registration is recommended. **These courses appear in date order.**

### **Craft A Brew (C/S637)**

This class is designed for anyone wanting to brush up on their brewing. New brewers will find this class especially beneficial, as it covers everything from descriptions and examples of equipment, to a demonstration on how to brew beer. Part of the class entails a brief discussion of the history and style guidelines of specific beer styles.

1/20 & 1/21, Saturday & Sunday (2 sessions)  
 9:00 AM-5:00 PM  
 Instructors: David Heller & Kory Hunter  
 Course Cost: \$149.00  
 Maryland Senior Course Cost: \$149.00

### **Introduction to Bread Baking (C/S638)**

Join Payton in this course you will be knowledge of bread basics and will develop the skills to bake at home!

Everyone will leave with a loaf to enjoy at home!

1/25, Thursday (1 session)  
 5:00-7:00 PM  
 Instructor: Payton Hedrick  
 Course Cost: \$59.00  
 Maryland Senior Course Cost: \$59.00



*Personal Enrichment & Wellness***Diabetic Delights (C/S639)**

Please join Tina for an educational instructional class just in time for Valentine's Day. This class will educate and help people with diabetes to still enjoy tasty delights made especially for them, by them.

Students will receive a recipe modified for you and talk about what changes made the recipes diabetic.

Please note: Tina is not a Dietician or Nutritionist. Tina enjoys creating modified recipes for special needs.

2/7, Wednesday (1 session)  
5:30-7:00 PM

Instructor: Tina Bell

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Intro to Fine Dining: How to Cook Like a Gourmet Chef (C/S640)**

Discover unique recipes with Payton redefine the way you look at food. In this class, we will explore the world of garnishes, intricate French techniques, high end Seafood dishes, handmade pasta and more!

NOTE: You must be age 21 or older to enroll in this course

2/21, Wednesday (1 session)  
5:00-7:00 PM

Instructors: Payton Hedrick

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**Canapes and Tea Sandwiches (C/S641)**

Calling all Tea Party Enthusiast! Savory canape and mini sandwiches are very important when you plan a small party at home for your friends or small menu for Hi tea or even large Banqueting. You can have various basis when you plan your savory canapes and tea sandwiches.

2/28, Wednesday (1 session)  
5:00-7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Cookie Decorating 101 (C/S542)**

Do you want to learn how to make incredible decorated cookies? Join Debbie Imler as she teaches you the basics to the art of sugar cookie decorating. Each student will take home a dozen cookies.

3/4, Monday (1 session)  
5:00-7:00 PM

Instructor: Debbie Imler

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00



**Girls' Night Out (C/S224)**

Join Deb Swope, Deb Buchanan, and Kurt Hoffman in this fun filled night to teach you the secrets on wine pairing with our beginner course. This course is packed with valuable knowledge and will elevate your wine knowledge.

NOTE: You must be age 21 or older to enroll in this course

3/7, Thursday (1 session)

5:00-7:00 PM

Instructors: Debbie Swope, Deb Buchanan & Kurt Hoffman

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**Home Cookery Course (C/S642)**

Payton Hedrick will introduce you to a new way of thinking about cooking at home! In this course we will be learning about the essential home-cooking tools and equipment, how to choose the best quality ingredients, learn how to use tender and strong herbs for different dishes.

This Course teaches you how to become a discerning shopper whether at the farmers' market or grocery store, learning guidelines for selecting ingredients, including questions to ask vendors and farmers. You will be given the tools to create a wonderful meal, whether for a get together or an intimate meal for your family.

3/20, Wednesday (1 session)

5:00-7:00 PM

Instructors: Payton Hedrick

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Sushi 101 (C/S643)**

Learn the Art of Fresh Sushi. We will enlighten you on the practice of rolling sushi, how it is made, the interplay of ingredients and the artistic presentation.

4/10, Wednesday (1 session)

5:00-7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Intro to Kids Cooking/Baking, Class**

(C/S644)

Join Debbie Swope in a sought-after class that will be a series. Debbie will teach your kids about food safety, proper knife handling, and cross contamination. During this time, your kids will start to create savory dishes and delicious desserts.

Parents must accompany children and children must be 7 or over.

4/30, Tuesday (1 session)

5:00-7:00 PM

Instructors: Debbie Swope

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00



## HISTORY

### **First Person Historical Characters** (C/S351)

Meet the women you've only read about! Discover the lives of famous women of history through first person portrayals. Each 2-hour class period will explore a different character in a different, suitable local venue.



May 9: Rebecca Boone at Evergreen Heritage Center

May 16: Abigail Adams Wilder at Evergreen Heritage Center

May 23: Laura Ingalls Wilder at the Union Grove  
May 30: Judy Garland at Embassy Theatre

5/9-5/30, Thursday (4 sessions)

2:00-4:00 PM

Off Campus

Instructor: Ellen McDaniel-Weissler

Course Cost: \$39.00

Maryland Senior Course Cost: \$39.00

### **Historic Road Development in Allegany County** (C/S305)

This four-week course examines the early development of routes through Allegany County and their modern counterparts with a tour of existing portions of the Braddock Military Road. Week 1-A discussion known Native and early Trader paths leading to Cresap's outpost in Oldtown and Fort Cumberland. With a look at the early routes that followed. Week 2-Early routes, such as Williams Road and the development of Route 40. At look at the road building techniques and how they changed over the years. Week 3-Discussion on alignment changes and the impact of Interstate travel to the area. Week 4-Tour of the Braddock Military Road Site on Big Savage Mountain and discussion of the road building techniques of the British Military in Western Maryland. Attendees will have to provide their own transportation to the site, directions will be Provided. Sturdy walking shoes are required.



3/2-3/23, Saturday (4 sessions)

1:00-2:00 PM

ACM: CE Bldg.

Instructor: Steve Hall

Course Cost: \$ 46.00

Maryland Senior Course Cost: \$41.00

## LIFELONG LEARNING

Join Allegany Center of Lifelong Learning (ALLCOLL) and enjoy access to 25 or more events held at Allegany College of Maryland, as well as weekly roundtable discussions, happy hour, and more! For an annual membership fee of \$30.00, you will enjoy diverse education opportunities with other Allegany County adults. Membership covers classes and events from July 1st through June 30th.



Allegany Center of  
Lifelong Learning

The following classes will be held on Thursdays in the Continuing Education building at 10:00AM in room 8, unless otherwise indicated.

For more information, visit [www.allegany.edu/ce/lifelong-learning](http://www.allegany.edu/ce/lifelong-learning).

### **February 8 – Martha Macgill**

**Subject:** Community Café, A Place of Plenty

**Description:** A new concept for Cumberland – a pay-as-you-can restaurant that will serve lunch time meals in a welcoming environment. The Cafe, located in central Cumberland, is a partner in *One World, Everybody Eats* and will be the first of its kind in Maryland.

### **February 15 – Brian Plitnik**

**Subject:** Haydn, Mozart, and Beethoven: The Shifting Patronage of the Arts During the Classical Era

**Description:** Three very well-known 18th century composers experienced three very different vocational paths. As well as examining the fascinating lives of these three composers, this session will explore the societal changes that gradually drove composers away from careers of aristocratic servitude.

**February 22 – Jason Bennett, Allegany County Administrator**

**Subject:** What's Happening in Allegany County  
**Description:** Join County Administrator Jason Bennett to learn about current and future plans and goals for Allegany County.

**February 29 – Raquel Ketterman and Andrew Cowan**

**Subject:** What's New in Recycling  
**Description:** Recycling for Everyone. Breaking down the rules and recommendations for recycling in Allegany County and/or the City of Cumberland; for the best recycling experience possible.

**March 7 – Janice Keene**

**Subject:** Evergreen Heritage Center's Education and Economic Impact in the Community  
**Description:** The Evergreen Heritage Center Foundation is leveraging their 131-acre property to provide impactful, award-winning educational programs to over 12,000 students annually while also focusing on economic development through Heritage tourism. This includes three museums and a five-mile nature trail.

**March 14 - Chuck Dicken**

**Subject:** The 40th Anniversary of WFWM Public Radio: Its History and Its Future  
**Description:** Station Director Chuck Dicken will discuss the history of WFWM, public radio from Frostburg State University. He will also talk about the role of public radio in the Western Maryland region.

**March 21 – Ashli Workman**

**Subject:** The Tourism Economy is Mountain Maryland  
**Description:** Tourism supports 3,600 jobs in Allegany County, MD, generating \$168 million in visitor spending and \$48 million in tourism tax revenues annually. Learn about our growing tourism industry and why tourism is the driving force behind quality of life.

**March 28 – No Session, Spring Break****April 4 – Bob Kazary**

**Subject:** Solving the Perfect Mystery  
**Description:** Bob and Sharon Kazary will discuss writing and publishing a mystery, including the elements needed to create a satisfying and rewarding mystery story.

**April 11 – Sean O'Donnell, Postmaster**

**Subject:** Delivering for America  
**Description:** Learn about the United States Postal Service's strategic plan to improve mail service, Delivering For America from Cumberland's Postmaster. Also learn about the achievements that the Cumberland Post Office has gained.

**April 18 – Steve French**

**Subject:** McNeill's Rangers Raid on Cumberland  
**Description:** Author Steve French will speak about the February 21, 1865 raid in which two Union generals were captured and taken to the Confederacy.

**April 25 – Diane Loibel**

**Subject:** Everything You Need to Know About the Upcoming 2024 Presidential Election Cycle  
**Description:** Election 101 will explain when the elections will be held, what your options are for voting in 2024, what voting equipment is used and how Maryland's elections are kept safe. Additional information will be presented about how you can volunteer as a voter registration volunteer or work the polls on Election Day.

**May 2 – Sierra Fairbanks**

**Subject:** Mt. Maryland Search and Rescue  
**Description:** Mountain Maryland Search & Rescue teams' partner with local law enforcement and first responders to find missing and endangered people. Learn about their canine team and the work that they do.

**May 9 – Courtney McKay Jensen**

**Subject:** The Junior Chamber of Commerce in Maryland  
**Description:** Learn about the Western Maryland Jaycees (Junior Chamber of Commerce) and their mission to empower young individuals, their commitment to community service and the exciting events that they host to create positive change in the area.

*Personal Enrichment & Wellness***LUNCH & LEARN****Lunch & Learn (PRO090)**

Allegheny College of Maryland Foundation in partnership with Allegheny College of Maryland Center for Continuing Education and Workforce Development is pleased to offer the series as our way of saying thanks...

**LUNCH & LEARN**

12:00 - 1:00 PM  
Culinaire Café  
Gateway Center  
Downtown Cumberland Mall

*Spring 2024*

**WHO SHOULD ATTEND?** Any interested member of our community. Courses are limited to 35 seats. Please register early. Each course includes a free lunch at the Gateway Center and a seminar offered by area professionals.

The Gateway Center is located just off Maryland I-68 on the Downtown Cumberland Mall, 112 Baltimore Street and is held in the 2nd floor conference room. For more information or to register, please contact Allegheny College of Maryland at 301-784-5341.

\* PLEASE NOTE: Due to limited seating, if you register and later can't attend, please be generous and call 301-784-5341 to remove your name from the list so others may attend in your place.

**Spring 2024**

<b>April 4</b>	Brandon Hoover, Esq. Law Office of Donald S. Goldbloom and Professor of Political Science, Director of Criminal Justice and Legal Studies	<b>"The Basics of Wills and Estates"</b>
<b>April 25</b>	Brian Kelly Wells Fargo Advisors	<b>"Retirement Income"</b>

**PERSONAL IMPROVEMENT****An Introduction to Voiceovers (C/S536)**

Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? Explore the growing remote voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and the tools you'll need to find success. Your instructor will take notes as you read a real script in this one-on-one video chat setting,

and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90- minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

*Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).*

Offered in partnership with Voices For All, LLC  
Course Cost: \$49.00  
Maryland Senior Course Cost: \$49.00

**RECREATION & PASTIMES****Instant Guitar for Hopelessly Busy People**  
(C/S571)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class is limited to 15 students. For ages 13+.

Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

4/16, Tuesday (1 session)

6:30-9:00 PM

ACM: Online

Instructor: Craig Coffman

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Instant Piano for Hopelessly Busy People**  
(C/S572)

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid “counting”
- How to simplify over 12,000 complex chords

4/15, Monday (1 session)

6:30-9:30 PM

Online

Instructor: Craig Coffman

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00



## LIKE us on Facebook!

Search *ACM CE Personal Enrichment*

and stay up to date with all our latest courses and events!

## SAFETY

### MD Wear and Carry Permit Training (C/S875)

This 2-day training is required for anyone applying for the initial MD Wear & Carry Permit. The course includes classroom instruction on state firearm law, home firearm safety, handgun mechanisms and operation, and a component that requires the student to demonstrate the ability to safely fire a handgun. Students will also learn about application requirements and process.



Students must be 18 years of age to enroll and must bring a firearm and ammunition for the range portion of the class. (Firearm and ammunition must be locked in trunk of vehicle in separate lock boxes until student arrives at the range.) *There will be an additional charge for on-site fingerprinting.* Please note that successful completion of the course does not fully qualify one to be eligible for an MD Wear & Carry permit; an application must be submitted, reviewed, and awarded by the State of Maryland.

Call 301-784-5365 for dates or  
check our webpage

<https://services.allegany.edu/ce/?course=C/S875>

All sessions:

Saturday & Sunday (2 sessions)

9:00 AM-5:00 PM

Location: Savage Mountain Firearms, Frostburg, MD

Instructor: John Sagal

Course Cost: \$195.00

Maryland Senior Course Cost: \$185.00

## WORLD LANGUAGES

### Sign Language, Beginning (Signed English) (C/S525)

This Signed English class is an introductory Sign Language class in the principles of manual communication where sentence structure is emphasized and a sign is executed for every word in a sentence. The goal of this course is to make students comfortable communicating and practicing with deaf persons; including the workplace, social gatherings, and emergencies. In addition, the overall objective is to further integrate the deaf into general society by helping to increase the number of hearing persons who know Signed English. This course will also familiarize students with what deafness means to the deaf person, the family, and the community. Deborah Dilbon, the instructor, has a profound hearing loss and is legally deaf. Deborah has a BS in Criminal Justice and has studied Signed English for many years.

2/7-3/27, Wednesday (8 sessions)

6:00-7:30 PM

ACM: CE Bldg.

Instructor: Deborah Dilbon

Course Cost: \$41.00 (includes material fee)

Maryland Senior Course Cost: \$26.00



### Sign Language, Intermediate (C/S526)

This is an intermediate course in the principles and practices of manual communication. Beginning Sign Language is a pre-requisite for taking this course. Students will need to purchase the book "Talking with your Hands, Listening with your Eyes" by Gabriel Grayson and bring it to the first night of class. This book can be purchased online and at your local bookstore.

2/7-3/27, Wednesday

(8 sessions)

7:30-9:00 PM

ACM: CE Bldg.

Instructor: Deborah Dilbon

Course Cost: \$30.00

Maryland Senior

Course Cost: \$15.00

