**AQUATICS, FITNESS & WELLNESS**

**Splash N’ Burn – Water Aerobics (C/S323)**
Enjoy a great workout in this Splash N’ Burn class! Get your heart rate up and keep the impact off your joints in this cardio and strength-training workout! Tone every muscle, while you boost metabolism, and burn fat and calories, using a combination of cardio movements, water weights and the water’s own resistance. This course is designed for both men and women of all ages. Along with a bathing suit appropriate for an hour-long aquatic workout, participants should bring a bottle of water and a towel. Water weights are provided. Early registration is recommended – class size is limited.

8/21-10/2, Saturday (7 sessions)
10/9-11/20, Saturday (7 sessions)

All Sessions:
10:00-11:00 AM
ACM: Gym Pool
Instructor: Kristi Devore, AAAI/ISMA
Course Cost: $28.00
Maryland Senior Course Cost: $28.00

**Therapeutic Aquatic Instruction – Water Aerobics (C/S111)**
Water Aerobics uses the resistance of the water to take pressure off joints while toning and strengthening the muscles. This course is designed to improve the health of seniors and non-seniors, both men and women, through aquatic education and awareness training. Instruction will focus on therapeutic health concepts and practices. Topics include: physical activity and wellness; flexibility using light rhythmic activity; muscle tone and coordination.

9/7-11/23, Tuesday (11 sessions)
No Class 11/9
9/9-11/18, Thursday (11 sessions)
No class 11/25

All sessions:
5:15-6:15 PM (Open Swim: 4:15-5:15 PM)
ACM: Gym Pool
Instructor: Kristi Devore, AAAI/ISMA
Course Cost: $40.00
Maryland Senior Course Cost: $20.00

**Total Body Conditioning (C/S355)**
Total Body Conditioning is the one-hour gift you give yourself. From head to toe, you will know you have experienced a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain a wide variety of challenging exercises from strength training, dance, boxing, pilates and more that will increase strength, tone your muscles especially the core, burn calories and increase your flexibility. Total Body Conditioning is suitable for all fitness levels and modifications will be described for participants with specific limitations. Class format changes daily but includes the essentials; warm up, low impact cardio, strength training and plenty of delightful stretching to improve flexibility, body alignment and general wellness. Please have on hand: water, a yoga mat, a set of 2-5 lb. dumbbells, a core ball, an elastic band and a strap for stretching.

9/13-12/13, Monday (13 sessions)
No class 10/11
9/16-12/16, Thursday (13 sessions)
No class 11/25

All sessions:
4:45-5:45 PM
ACM: Western Region Corrections Training Center, Room 102
Instructor: Phyllis Washington
Course Cost: $45.00
Maryland Senior Course Cost: $45.00
Zumba® (C/S370)
Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. It’s a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. All you will need is a water bottle and a towel.

9/14-11/30, Tuesday (10 sessions)
No class 11/9 & 11/23
5:00-6:00 PM
ACM: Western Region Corrections Training Center, Room 102
Instructor: TBD
Course Cost: $30.00
Maryland Senior Course Cost: $30.00

I’m Full: Remindful Eating Tips to Feel Great & Make Peace with Your Plate (C/S554)
Healthy eating doesn’t have to be overwhelming and doesn’t have to mean giving up your favorite foods. Join Registered Dietitian Nutritionist Theresa Stahl as she teaches from her upcoming book, “I’m Full: Remindful Eating Tips to Feel Great and Make Peace with Your Plate.” Divided into 3 sections, learn tried and true tips based on over 3 decades of experience, on 3 major areas: tips to help you better understand hunger, fullness and mindful eating, tips to help improve your eating skills, and tips to help you worry less and decrease stress eating.

Theresa Stahl, RDN, LDN, FAND is a Registered Dietitian Nutritionist and Fellow of the Academy of Nutrition and Dietetics. She has over 3 decades of nutrition experience in a wide variety of settings, including hospitals, physician offices, health departments, colleges, and corporations. She enjoys writing and speaking to both small and large groups, locally and nationally. She completed the Academy of Nutrition and Dietetics’ Certificate of Training in Adult Weight Management and Certification in Mind-Body Medicine through the Center for Mind-Body Medicine. She is passionate about food issues and serves as vice-chair of the Western Maryland Food Council.

Students have the option to take this course in person or online.

9/15-10/27, Wednesdays (6 sessions)
No class 9/22
10:00-11:30 AM
ACM: CE or Online
Instructor: Theresa Stahl, RDN, LDN, FAND
Course Cost: $150.00
Maryland Senior Course Cost: $145.00

Personal enrichment wellness courses have been modified until Spring 2022. These wellness courses will be limited in registration and offerings due to social distancing guidelines. Please contact Christa Snyder at csnyder@allegany.edu for more information.
Beginner Flow Yoga (CHE807)
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.

9/13-11/29 Monday, (12 sessions)
9:30-10:30 AM
Or
9/14-11/30 Tuesday, (12 sessions)
5:30-6:30 PM
Instructor: Katy Smith
ACM: Green Room
Course Cost: $84.00
Maryland Senior Course Cost: $84.00

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.

TBD, Tuesdays (8 sessions)
5:30-6:45 PM
Instructor: Carolyn Clauson-Andrews
ACM: TBD
Course Cost: $64.00
Maryland Senior Course Cost: $64.00

Tai Chi Chih will also be offered at Frostburg City Place with instructor SuAnne Lewis. For more information, please email Christa Snyder at casnyder@allegany.edu.

ARTS & CRAFTS
Capturing the Light w/Lynn Ferris (C/S533)
In her signature watercolor workshop “Capturing the Light”, Lynn will show students how to use light and shadow to design stronger compositions and bring your work to the next level. Light and shadow shouldn’t be afterthoughts in our paintings. In fact, good use of light and shadow is one of the best ways to take a painting from ordinary to extraordinary. Students will gain new skills and confidence. Student level is beginner to intermediate, but some experience with watercolor is needed.

Lynn Ferris, AWS, NWS, TWSA, is a signature member of the American Watercolor Society, National Watercolor Society, and the Transparent Watercolor Society of America. Her work was the subject of a feature article in “Watercolor” magazine, can be seen in “Watercolor Magic” and the prestigious “Splash” series of books published by North Light. Look for Lynn’s instructional articles “The Artist’s Magazine” and “Watercolor Artist” as well as her artist’s profile in the 32nd edition (Fall 2018) of “The Art of Watercolor”

Lynn provides handouts, reference materials, material list and lots of personal attention. Lunch is included in the package. Class is limited to 22 participants. See Lynn’s work at www.LynnFerris.com

10/2, Saturday (1 session)
9:00 AM-4:00 PM
Instructor: Lynn Ferris
ACM: CE Bldg.
Course Cost: $65.00
Maryland Senior Course Cost: $65.00
Colored Pencil Exploration: An Adventure in a New Media (C/S144)
Explore the art of colored pencil with Instructor Donna Housel, founder of the Cumberland chapter of the Colored Pencil Society of America. Beginners will learn basic information such as composition, shading, proportion, style and materials, and will be provided demonstrations and instruction on how to create art with colored pencils. Students are required to provide their own supplies and bring them starting with the first class. Supplies include: set of Prismacolor Colored pencils minimum set of 24 pencils (with estimated cost of $17, optional larger set is also available and contains up to 150 pencils), Stonehenge white paper (estimated cost $17), a good pencil sharpener (recommend Rapesco 64 Desk Top estimated cost $20). The instructor will have a limited number of supplies on hand at a fee of $5 per class.

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.

9/8-11/10, Wednesday (9 sessions)
No class 9/22
3:30-5:30 PM
ACM: CE Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00

Classical Drawing for the Advanced (C/S510)
“Why do we draw?” Because drawing is powerful and is the most basic passageway through which we can access the power of art to express our ideas, feelings, beliefs and truths. For visual artists, an understanding of the elements of pattern, proportions, line, form and volume offers the keys to unlock the doors to successful expression. Whatever mediums an artist chooses, learning to draw will give your work a strong foundation.

Students are required to provide their own supplies starting with the first class. Supplies include: graphite pencils minimally a B, HB and 4B (optional graphite pencil sets are available, e.g. Staedtler estimated cost $12), a pad of 8x11 drawing paper (estimated cost $7), a kneaded eraser (estimated cost $4) and a pencil sharpener (estimated cost $5). The instructor will have a limited number of supplies on hand at a fee of $5 per class.

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.

9/8-11/10, Wednesday (9 sessions)
No class 9/22
6:00-8:00 PM
ACM: CE Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00
Personal Enrichment & Wellness

Crazy Quilt (C/S560)
A crazy quilt is a patchwork using a variety of fabrics and embellishments. It can be made by hand, machine or a combination of both. We will explore three ways to construct your project. If you have a crazy quilt to share, please bring it. Supplies: paper and fabric scissors, fabric scraps, glue stick and an assortment of ribbons, beads, embroidery floss (with needle), anything works.

Irene (Renee) Kiddy is an award winning quilter with experience in applique, piecing, embroidery and crazy quilts.

9/9, Thursday (1 session)
9:00 AM-12:00 PM
ACM: CE Building
Instructor: Irene Kiddy
Course Cost: $26.00
Maryland Senior Course Cost: $26.00

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 through the use of 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.

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.

9/7-11/9, Tuesday (9 sessions)
No class 9/21
3:30-5:30 PM
ACM: Humanities Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00

Exploring Pastels (C/S089)
Calling all Artists! Pastel paintings give a vivid, luminous appearance. Beginning students will receive basic instruction on learning to draw and paint with artist grade pastels and gain skills and confidence. Topics covered in class will be shading, proportion and style, pastel types, papers and surfaces. Students will explore painting landscapes, still life and other subjects. Master your fear of painting starting with warm-up exercises working toward larger paintings using loose, bold strokes and colors while avoiding rubbing and blending. 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 Prismacolor NuPastel Firm Pastel set, 24 count estimated cost $18 (optional larger sets are available) and Uart sanded Pastel paper, 9x12, 400 grade, 10 sheet pack estimated cost $30. The instructor will have a limited number of supplies on hand at a fee of $5 per class.

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.

9/7-11/9, Tuesday (9 sessions)
No class 9/21
3:30-5:30 PM
ACM: Humanities Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00
Crocheting II: Working in the Round (C/S519)
All you need is magic… a magic ring, that is. This semester we will be learning to work in the round by crocheting hats in a variety of sizes and styles. We will crochet hats from the top down and from the rim up. Participants will have the option to donate hats to local organizations for newborns or cancer patients.

Students should have a general understanding of basic stitches (sl st, sc, hdc, and dc), which will be reviewed at the beginning of the course. We will also learn a few new stitches.

Supply list:
• Yarn: 2 Skeins of approx. 300 yd. Medium 4 Yarn – Recommended: light colored acrylic or acrylic blend yarn for learning
• Hook: J (6mm) or K (6.5 mm), or hook recommended for the yarn you are using
• Tapestry Needle
• Scissors
• Stitch markers or bobby pins

11/30-12/16, Tuesday & Thursday (6 sessions)
9:00-11:00 AM
ACM: CE Building
Instructor: Rachel Ritchey
Course Cost: $45.00
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. Participants are encouraged to bring a packed lunch. The price of the class includes all the materials you will need. Students who have their own supplies can select the lower course cost.

10/30, Saturday (1 session)
9:00 AM-4:00 PM
ACM: CE Building
Instructor: Dee Sullivan
Course Cost: $90.00 (supplies included)
Maryland Senior Course Cost: $85.00 (supplies included)
Course Cost: $70.00 (supplies not included)
Maryland Senior Course Cost: $65.00 (supplies not included)
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 to read a pattern and by the end of the course, be ready to launch into more complex work – even knitting sweaters! Supply List: Size 7 or 8 knitting needles, and worsted weight cotton yarn, four or five balls, in your choice of colors. Patterns will be provided by the instructor. Register early; class size limited to 8 students.

9/13-10/18, Monday (6 sessions)
5:30-7:30 PM
ACM: CE Building
Instructor: Minou Shelton
Course Cost: $50.00
Maryland Senior Course Cost: $20.00

Intermediate Knitting: Sweaters (C/S172)
Have you longed to knit a sweater but didn’t know if you had the skills? Not sure how to read a pattern? What is gauge and why is it important? All that shaping and sewing, and how do you make button bands anyway? What if you want to add a pocket or two? This class will help you learn all those skills while making a baby sweater. Those skills can then be used to make one that fits you or someone you love! You need to already know how to cast on, knit, purl and bind off. You will also need about 300 yards of worsted weight yarn (in acrylic or wool or a blend of those) and needles in sizes 6, 7 and 8 (circular or straight, either will work). Instructor will provide the patterns.

11/1-12/6, Monday (6 sessions)
5:30-7:30 PM
ACM: CE Building
Instructor: Minou Shelton
Course Cost: $50.00
Maryland Senior Course Cost: $20.00

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: Allegany, Garrett and Washington, MD, and Berkeley, WV. She is the owner-operator of Mountain Heather Studios, the first president of the Appalachian Pastel League, 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: (Recommended-Mungyo Soft Oil Pastels for Artists – Black Box, a set of at least 24, pastels numbered in the 200's); 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 300/400 grit; D'Arny spray fixative designed for Oil Pastels

8/26-10/28, Thursday (9 sessions)
No class 9/23
6:00-8:00 PM
ACM: CE Building
Instructor: Donna Godlove
Course Cost: $40.00
Maryland Senior Course Cost: $20.00
Tole Painting: Guided (C/S474)
This studio-style art class is designed to provide beginning through intermediate level students with the opportunity to study the fine art of Tole Painting with acrylics. You are welcome to bring new projects, old projects, and already started projects with a goal to finish at least one project upon completion of the course. The general theme of this course is contemporary decorative tole painting through the use of both patterns and free-hand designs. Although tole is the French term referring to painting on tin surfaces, you may paint on a variety of surfaces using oil or acrylic paints. You will purchase your own supplies for this course. You should bring basic paintbrushes, paper towels and tracing paper to the first class. The instructor will provide a supply list for the remaining classes.

9/27-11/15, Mondays (8 sessions)
9:30 AM-12:00 PM
ACM: CE Building
Instructor: Mary Ann Lemmert
Course Cost: $59.00
Maryland Senior Course Cost: $25.00

Appliqué Blocks by Hand (C/S410)
Your hand appliqué experience can be fun, easy and enjoyable. Learn successful methods and tricks for creating sharp points, smooth curves, narrow bias stems and perfect circles. We will talk about how you decide where to start and different techniques. You will be shown different ways to appliqué and learn why some work better for certain pieces than others. At the end of the class you should be able to do other appliqué pieces. No previous appliqué experience is needed.

Supplies Needed
Applique patter (some will be available to share or you can do techniques on a square). Basic sewing supplies, paper and small embroidery scissors, fine needles size 10 Milliner or Sharps, cotton thread (50/3 weight) to match or blend with appliqué fabrics, small straight pins, pen or other marking tool, paper for notes, fabric for flowers, leaves, vases and background according to pattern.

Instructor
Elaine Reuschlein has been appliquing and quilting since 1998. She has taught appliqué classes at Traditions of the White Swan in Hagerstown and taken classes with nationally known appliqué instructors Elly Sienkiewicz, Mimi Dietrich, and Karen Kay Buckley. Elaine enjoys being a member of a number of quilt guilds.

9/30 – 11/11 Thursday (6 sessions)
No class 11/4
9:30-11:30AM
ACM: CE Building
Instructor: Elaine Reuschlein
Course Cost: $35.00
Maryland Senior Course Cost: $20.00

Quilting (C/S077)
In class this semester we will be working with a new shape – hexagons. “Glazed Donuts” by Jaybird Quilts is the name of the pattern. Students can choose from five different size quilts ranging from baby to king size. The size will determine how many fat quarters are needed as well as background fabric. A Hex N More Ruler is recommended but not necessary. Templates are included in the pattern and can be traced onto template plastic. Students should order their pattern over the internet. www.jaybirdquilts.com lists the stores where patterns are sold. They are also available on Amazon.

9/28-11/23, Tuesday (8 sessions)
No class 11/9
1:30-3:30 PM

9/28-11/23, Tuesday (8 sessions)
No class 11/9
6:00-8:00 PM
ACM: CE Building
Instructor: Brenda Gross
Course Cost: $40.00
Maryland Senior Course Cost: $20.00
**Watercolor Special Topics (C/S354)**

This class will cover popular topics of interest to novice watercolor painters. Each class session will focus on a particular topic or technique. The students will help choose the topics that will be covered. Potential topics include techniques for painting trees, skies, shadows, “lost and found” edges, color mixing, glazing, texture techniques, composition, and creating an interesting painting from a not-so-interesting photograph. The class is designed for those who have minimal watercolor experience who would like to improve their skills or jump-start their creativity. Repeat students welcome, as are true beginners. The class will be an informal and friendly atmosphere in order to enhance the painting experience. Students who do not have their own supplies will need to bring a $15.00 material fee payable to the instructor the first night of class. If you have any questions, please contact Denise Ware at dware@allegany.edu.

9/15-10/13, Wednesday (5 sessions)
6:00-8:00 PM
ACM: CE Building
Instructor: Bobbi Dubins
Course Cost: $65.00
Maryland Senior Course Cost: $60.00

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**CULTURAL DEVELOPMENT**

Return to travel with Collette's Traveling Well Experience. Each guest that travels with Collette deserves a memorable and fulfilling travel experience. And Collette intends to continue to deliver on that promise—as has been their goal since 1918. Your health, well-being, and enjoyment remain the top focus. To view the safety steps taken by Collette, visit collette.com/travelingwell.

**California Dreamin’: Monterey, Yosemite & Napa**

With Optional 2 Night San Francisco Post Tour Extension

May 23 – 30, 2022

8 Days • 12 Meals

Highlights: Monterey, Scenic 17-Mile Drive, Yosemite National Park, Sacramento, Choice on Tour, Lake Tahoe Scenic Cruise, Napa Valley Vineyard Tour and Wine Tasting, San Francisco.

This trip is offered through partnership with Collette, Travelworld Inc. and ACM. For More information, contact Beth Healey at 301-689-6336. Visit http://gateway.gocollette.com/link/1055647.

Pricing if booked by 11/23/21:
- Double $3,299pp
- Single $3,999pp
- Triple $3,269pp

Final payment due: 3/24/22

* Included in Price: Round Trip Air from Washington Dulles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers.

* Not Included in Price: Cancellation Waiver and Insurance of $299 per person

To learn more about this Collette trip, join us for a special travel presentation with Collette District Sales Manager, Jerard Welch on Tuesday, September 14, 2021 at 2:00 p.m. RSVP to Denise Ware at dware@allegany.edu to reserve your spot. If you can’t be there in person, contact Denise for the ZOOM presentation details.
Europe’s Cosmopolitan Cities: Amsterdam, Brussels & Paris
April 27 – May 6, 2022
10 Days • 12 Meals
Highlights: Amsterdam, Canal Cruise, Local Food Tour, Floriade, Keukenhof, Brussels, Choices on Tour, Paris, Seine River Cruise

Pricing if booked by 10/28/21:
• Double $4,719pp Single $5,719pp Final payment due: 2/26/22
* Included in Price: Round Trip Air from Washington Dulles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers.
* Not Included in Price: Cancellation Waiver and Insurance of $399 per person

To learn more about this Collette trip, join us for a special travel presentation with Collette District Sales Manager, Jerard Welch on Wednesday, September 15, 2021, at 10:00 a.m. RSVP to Denise Ware at dware@allegany.edu to reserve your spot. If you can’t be there in person, contact Denise for the ZOOM presentation details.

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.
Girls’ Night Out: The Breakfast Club (C/S224)
Back by popular demand…and with a twist! Leave your responsibilities at home and join your friends for a fun evening of cooking, eating, sipping, and sisterhood. This time we will be creating some specialty brunch dishes featuring Crab & Swiss Quiche, English Muffin Bread, Apple Dutch Baby Pancakes, Pesto Eggs Benedict, Morning Glory Muffins and MANY other items. Choose the date that’s best for you, wear casual clothes (or your pajamas if you’d like) and get ready for an evening of good food and great conversation. Enroll soon…this course always sells out quickly. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

9/22, Wednesday (1 session)
OR
10/28, Thursday (1 session)
5:00-7:30 PM
Instructors: Deb Frank and Debbie Swope
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00

Taste of the Mediterranean (C/S244)
The Mediterranean Sea, and the countries that surround it, provide a bounty of ingredients to create one of the world’s healthiest cuisines. Join Chef Kenney in creating a wide variety of recipes from the region that feature ingredients indigenous to that part of the world---olives, legumes, whole grains, fish/seafood, fresh fruits and vegetables. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

10/7, Thursday (1 session)
5:00-7:30 PM
Instructors: Adam Kenney
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00

Street Taco Fiesta! (C/S513)
Street Tacos are smaller tacos traditionally served on corn tortillas. They are smaller to make it easier for a “street traveler” to enjoy a quick meal. Join Chef Kenney in creating a variety of fillings, from steak to chicken to roasted carrot. The accompaniments are equally important and you will learn how to exquisitely garnish the tacos to move beyond just shredded lettuce and salsa. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

11/11, Thursday (1 session)
5:00-7:30 PM
Instructors: Adam Kenney
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00
FIREARM SAFETY CERTIFICATION

Maryland Hand Gun Qualification (HQL) Course (C/S874)

This Handgun Qualification License training is a four-hour block of instruction which includes classroom instruction on state firearm law, home firearm safety, handgun mechanisms and operation, and a component that requires the applicant to demonstrate the ability to safely fire a handgun. Unless otherwise exempt, as of October 1, 2013, a Maryland Resident must possess a valid Handgun Qualification License before they may purchase, rent, or receive a handgun. The instructional portion of the course will occur in the classroom. The operation and handling demonstration of the course will either occur in the classroom (via simulation) or at a secure firing range, based on weather conditions.

Approved HQL training courses are offered by Maryland State Police approved Qualified Handgun Instructors. Students must be 18 years of age to enroll. Training is valid for 3 years and must be completed prior to submitting an application for a Handgun Qualification License. Individuals may not purchase a firearm until 21 years of age. The Handgun Qualification License is only needed for purchasing, transferring, or renting a regulated firearm after October 1, 2013 in Maryland. You do not need a Handgun Qualification License to own a gun you already have. The extra time built into the course allows for each student to have their fingerprints taken (provided by a third party service and based on the number of course enrollments), which is required for the HQL application as well as to apply online for their HQL from the Maryland State Police with aid from the instructor. Note: fingerprinting and the MSP online application requires an additional fee payable by credit card to outside vendors.

10/2, Saturday (1 session)
10/23, Saturday (1 session)
12/4, Saturday (1 session)
12/18, Saturday (1 session)

All sessions:
9:00 AM-1:00 PM
Location: J & J Bait, Frostburg, MD
Instructor: John Sagal
Course Cost: $75.00
Maryland Senior Course Cost: $70.00
FOREIGN AND SIGN 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 work place, 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 nine years.

9/22-11/10, Wednesday (8 sessions)
6:00-7:30 PM
ACM: Humanities Building
Instructor: Deborah Dilbon
Course Cost: $36.00 (includes material fee)
Maryland Senior Course Cost: $21.00

Travel Spanish (C/S431)
For recreational or business travel, knowledge of the Spanish language can be helpful. This is a basic beginning Spanish class for new or almost new students who want to learn the Spanish language. You will be able to communicate at restaurants, stores, hotels, etc. This course provides instruction on basic Spanish – both reading and speaking. Topics include: simple sentence structure, phrases, simple verbs and their conjugations. This course can also work as a refresher if you took Spanish years ago and haven’t used it. The course will culminate with an outing to a local restaurant where the class members will try out their new skill!

Instructor Eva Hoover, an experienced traveler, was born in Spain and raised in Latin America. Eva’s career history includes teaching Spanish at Frostburg State University.

10/4-12/6, Monday (10 sessions)
1:00-3:00 PM
ACM: CE Building
Instructor: Eva Rivera Hoover
Course Cost: $49.00
Maryland Senior Course Cost: $35.00

Travel Spanish II (C/S521)
This course is a continuation of Travel Spanish. You will continue learning to read, write, listen and comprehend the Spanish language and understand the Spanish culture under the instruction of Eva Hoover.

Eva is an experienced traveler, was born in Spain and raised in Latin America, and taught Spanish at Frostburg State University.

10/6-12/8, Wednesday (10 sessions)
1:00-3:00 PM
ACM: CE Building
Instructor: Eva Rivera Hoover
Course Cost: $49.00
Maryland Senior Course Cost: $35.00
HOW TO

Small Engine Maintenance (C/S428)
Prepare for the fall and winter seasons. Learn how to properly maintain your small engine equipment and save time and valuable money. In this course you will learn the fundamentals of small engines found in your lawn mowers, chainsaws, pressure washers, trimmers, blowers and more. Discover the best fuel to use, the tools you need to maintain your equipment, and the simple things you can do in your garage to keep your power equipment running at optimum performance. Carburetor adjustment, blade sharpening, and electronic ignitions will also be discussed. Learn from a small engine repair pro J.T. Goodwin who has been working on small engines for more than 20 years. J.T. graduated from Frostburg State University with a BS in Physics. He is certified in machining and welding and holds a water treatment license in the state of MD. J.T. currently works for the Allegany County Public Schools as a Specialist and repairs all of their small engine and snow removal equipment. He also runs his own business offering mobile diesel repair and welding. Course fee includes an informative textbook that is yours to keep upon successful completion of the course.

9/30-10/21, Thursday (4 sessions)
6:00-8:00 PM
Western Maryland Works
Instructor: J.T. Goodwin
Course Cost: $70.00
Maryland Senior Course Cost: $31.00

Small Engine Maintenance Part II
(C/S427)
In this course you will learn the internal mechanics of small engines. Explore in depth what is actually inside of an internal combustion engine and learn why it works. From valve adjustments to major overhaul we cover it all. Learn from a small engine repair pro J.T. Goodwin who has been working on small engines for more than 20 years. J.T. graduated from Frostburg State University with a BS in Physics. He is certified in machining and welding and holds a water treatment license in the state of MD. J.T. currently works for the Allegany County Public Schools as a Specialist and repairs all of their small engine and snow removal equipment. He also runs his own business offering mobile diesel repair and welding. Course fee includes an informative textbook that is yours to keep upon successful completion of the course.

10/28-11/18, Thursday (4 sessions)
6:00-8:00 PM
Western Maryland Works
Instructor: J.T. Goodwin
Course Cost: $70.00
Maryland Senior Course Cost: $31.00

LIKE us on Facebook!
Search ALLCOLL for Allegany Center of Lifelong Learning and stay up to date with all our latest courses and events!
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 1, 2021 through June 30, 2022.

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

For more information, visit www.allegany.edu/ce/lifelong-learning.

September 9 – Champ Zumbrun  
**Subject:** Green Ridge State Forest  
**Description:** Forrester Champ Zumbrun, who spent 31 years at Green Ridge State Forest, will speak on the cultural and natural history of the forest and region.

September 16 – Denise and Tony Cornwell  
**Subject:** Locust Post Brewery  
**Description:** The Cornwells leveraged their combined talents in the construction of the Locust Post Brewery, located on their 26-acre farmstead west of Sideling Hill. They will discuss why they decided to build and start a farm brewery, the brewery business, and conclude with master brewer Lincoln Wilkins discussing the brewing process.

September 23 – No Session, Delfest

September 30 – Doug Schwab  
**Subject:** The History of Apple Computers, from the Apple I to the Apple M1 Chip  
**Description:** The class will present, in a non-technical way, the history of the wealthiest company in the world, from the beginnings in Steve Jobs’ garage through the computer age until today.

October 7 – Ruth Upton  
**Subject:** Erikson’s Theory of Personality Development  
**Description:** Bring a favorite picture of yourself at some time during your earlier life. We will identify which of Erikson’s Stages your picture portrays and how we can use our life lessons at each stage to enrich our lives today.

October 14 – Mary Beth Pirolozzi, Register of Wills  
**Subject:** Wills and End of Life Responsibilities  
**Description:** The Register of Wills, established under the Constitution of Maryland, is responsible for appointing personal representatives to administer decedents’ estates and for overseeing the proper and timely administration of those proceedings.

October 21 – Jay Badenhoop  
**Subject:** Climate Change: Real or Media Hype?  
**Description:** This presentation will take a close look at the climate data and the causes and effects of climate change to address the question: Is human activity heating up our planet and what can we do about it?
October 28 – Heidi Lippman  
**Subject:** Art in Public Spaces  
**Description:** The artist’s current focus is on site specific permanent installations in major locations such as airports and train stations. These monumental works explore various materials and most recently, mosaic and glass.

November 4 – Melinda Kelleher  
**Subject:** Re-imagine Cumberland  
**Description:** This will be an overview of the Baltimore Street Redevelopment Project, expected to break ground in spring of 2022. Overview will include renderings of the project, information about features of the project and the opportunity to ask questions.

November 11 – Ron Growden  
**Subject:** Emmanuel Tunnels  
**Description:** Built in 1755 by George Washington as part of historic Fort Cumberland, the tunnels under Emmanuel Episcopal Church remain a legacy of both the French and Indian War and the National Underground Railroad Network to Freedom.

November 18 – Peter Halmos, M.D.  
**Subject:** Memoirs of a Cardiologist: A Personal Experience During the Holocaust  
**Description:** Dr. Halmos will speak about his life as a Jew during World War II, later under the communist regime and how he ended up in Cumberland via Ireland.

November 25 – Thanksgiving, No Session

December 2 – Gary Phillips  
**Subject:** Cumberland Soars  
**Description:** Soaring Flight, a brief overview of soaring and gliding. A description of how sustained flight is achieved without an engine, using only the power of the sun and wind.

December 9 – Ted Bauer  
**Subject:** The History of the IBM PC and early Windows  
**Description:** IBM was a late entrant into the personal computing world but it made an impact which led to Microsoft and Windows as we know it today.

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**LUNCH & LEARN**

Allegany College of Maryland Foundation in partnership with Allegany College of Maryland Center for Continuing Education Career and Employer Solutions is pleased to offer the Lunch and Learn Series. We will tentatively be holding the series in Spring 2022.
RECREATION & PASTIMES

Beekeeping, Intro to (C/S450)
What’s all the buzz? Join us for an educational, informative and exciting course as skilled beekeeper Ben Cooper leads participants into the exciting world of beginner beekeeping. The class will focus on the history and types of Honey Bees, colony structure, bee biology and development, and keeping a healthy hive. Participants will also learn about proper protective gear, tools of the trade and hive location. As the class progresses, other discussion topics will include trapping methods, packages, swarms, establishing colonies, invasive extractions, transporting hives and avoiding threats from humans and animals. A field trip to an active bee yard will be part of the class. The required textbook for this course is “Beekeeping Basics” distributed by the MAAREC: Delaware, Maryland, New Jersey, Pennsylvania, West Virginia and the USDA and is included in the course materials. A “Certificate of Completion” will be awarded at the end of this course.

9/13-10/25, Monday (6 sessions)
No class 9/20
6:00-8:30 PM
ACM: CE Building
Instructor: Ben Cooper
Course Cost: $50.00 (includes the price of materials and textbook “Beekeeping Basics”)
Maryland Senior Course Cost: $35.00

Write to be Published (C/S517)
It is said that everyone has a book inside them waiting to come out. With that in mind, this course will help motivate the student to find their own unique writing style to craft literary works such as books, poetry, devotionals and blogs. Students will have short, weekly writing assignments to sharpen their own creative skills. Topics will include:

- In’s and Out’s of the Self-Publishing world
- Marketing and Branding to establish an interest base
- How to get endorsements
- Doing it yourself
- Manuscripts/Styles

Instructor Ben Cooper will share his own experience going through the writing and publishing of his recent work, “All Nature Sings.”

He is also the author of the book “Created Critters with Wings”.

9/30-10/21, Thursday (4 sessions)
6:00-7:45 PM
ACM: CE Building
Instructor: Ben Cooper
Course Cost: $35.00
Maryland Senior Course Cost: $20.00
The Taste of the True Mexico (C/S621)
In this course, you will learn about cooking equipment, ingredients and methods while having hands on instruction and great tastings. The course covers appetizers, soups, main dishes and desserts.

Seasoned instructor Micheal Harris says, “On my several trips into the interior of Mexico, I was taught about the handicrafts of Mexico. I would learn and love the crafts. On these trips, I would try all the local fruits and foods and fell in LOVE. I would bring back all the dry peppers and fruits I could pack on the airplane. I started collecting old Mexican cookbooks. My greatest trip was called “Eating Your Way Through Mexico,” where I stayed with six different families and would rise early to get ready to start our wonderful day of cooking. Then would compile classes with Diana Kennedy at her home in Mexico.”

10/9-11/13, Saturday (6 sessions)
10:00 AM-12:00 PM
ACM: CE Building
Instructor: Micheal Harris
Course Cost: $65.00
Maryland Senior Course Cost: $65.00

English Country Dance, Introduction (C/S597)
English Country Dancing immigrated to America along with the first British colonists and was a favorite form of social entertainment for centuries. This ancestor of Square and Contra Dancing is fun and easy to learn and offers great mental stimulation along with mild aerobic exercise. Similar to square dancing, you’ll learn some simple figures, which are strung together in a variety of sequences to make up different dances. The best part – your instructor will be “calling” each dance (telling you what to do every step of the way). George Washington did it… Jane Austen did it… If you can walk and count to 4… so can you! Still not sure? Try the first class for free – if you would like to continue (we know you will!), you can register for the full course afterwards. Students should be able to walk comfortably at a steady 2 mph pace for up to 5 minutes.

9/1-10/6, Wednesday (6 sessions)
7:30-9:30 PM
ACM: Western Region Corrections Training Center, Room 102
Instructor: Becky Corbett
Course Cost: $20.00
Maryland Senior Course Cost: $15.00

English Country Dance I (C/S497)
The fun continues! We’ll build on what was learned in the Introductory class, learn additional figures and expand our repertoire of dances. Intro to English Country Dance or previous dance experience required as a pre-requisite to this course. Students should be able to walk comfortably at a steady 2 mph pace for up to 5 minutes.

10/27-12/15, Wednesday (11 sessions)
7:30-9:30 PM
ACM: Western Region Corrections Training Center, Room 102
Instructor: Becky Corbett
Course Cost: $25.00
Maryland Senior Course Cost: $15.00
SAFETY

DRIVER’S EDUCATION
WITH ALLEGANY DRIVING SCHOOL

In cooperation with Allegany College of Maryland

To Register for Driver’s Education
Please call Allegany Driving School 301-724-2224
(If no answer, leave a message and your call will be returned.)

Driver’s Education (C/S107)

Driving a motor vehicle safely and responsibly is essential if one is to operate vehicles, and participate in the work world and in educational opportunities. This 2-part course will provide those who are learning to drive with information on the interaction of people, vehicles, and the roadway. The first part (10 sessions) of the course is classroom-based and will cover effects of alcohol and other drugs, protective systems, natural forces, road hazards, responding to emergencies, personal transportation needs, route planning, motor vehicle systems, and interactions with other highway users. The second part (2 sessions) of the course is individually scheduled and conducted in-car. In addition to the above listed topics, city and expressway driving and emergency situations will be covered in this segment of the course. Due to increased fuel costs, additional fees may be applied. Please contact Allegany Driving School for registration and course details at 301-724-2224.

Monday-Thursday 6:00-9:00 PM
Note: +6 hours are individually scheduled in vehicle
Course Cost: $359.00 (additional fees may be applied)

- 9/13-9/28
- 10/4-10/19
- 11/1-11/16
- 1/10-1/25
Because each State may have differing licensing requirements, if your driver’s license was issued in a State other than Maryland it is your responsibility to verify that our Maryland State Approved Courses meet your state’s requirements to receive your motorcycle license.

Basic Rider Course (BRC) (MVA275)
This 17–hour course is designed for the true beginning rider who has little or no riding experience. It includes classroom and riding instruction on the basic riding skills and strategies necessary for an individual to begin to practice street riding. Our training program is approved by the Motor Vehicle Administration and our courses are taught by Motor Vehicle Administration and Motorcycle Safety Foundation certified instructors. You must be able to ride a bicycle to participate in this course. Riding a motorcycle requires physical strength, excellent balance, flexibility, coordination, and concentration. Make sure you are prepared and ready to ride safely!

Students are required to complete a three hour eCourse online prior to their course start date. This online training covers the content in the Rider Handbook and prepares you for the first riding session. It will take about 3 – 4 hours to complete. Detailed online course information will be given to each student upon registration. During the classroom activities, you will discuss topics that include responsible riding, defensive riding strategies and how to handle a variety of riding situations. You will receive approximately 10 hours of riding on a training motorcycle practicing clutch-throttle control, stopping, turning, shifting and basic crash avoidance skills. You are to provide your own riding gear, which includes a DOT certified ¾ helmet, eye protection, jacket, full-fingered gloves, long pants and sturdy over-the-ankle footwear.

Throughout the course the instructors evaluate and coach each rider’s performance. To complete the course, you must pass a knowledge and skill test administered at the end of the course. Participants who meet the testing standards for licensing will be eligible to receive their Class M license. Participants who do not achieve the minimum performance standards will not be allowed to continue in the course. Riders who pass will also receive a Maryland Motorcycle Safety Program Completion Card.

This course is approved by the Maryland Motor Vehicle Administration for the Class M licensing waiver. A Class M license will not be issued to anyone under 16 years and 6 months of age, and the M license can only be added to a valid license of another class. A motorcycle learners permit is NOT required to take the course. There is no guarantee that an individual enrolling in this course will pass, or get their license.

2022 TRAINING DATES WILL BE ANNOUNCED IN SPRING 2022.
Call 301-784-5069 to be added to the wait list.

All courses follow the same schedule:
Friday, 6:00-9:00 PM
Saturday, 8:30 AM-5:00 PM
Sunday, 8:30 AM-5:00 PM

Total Course Cost: $279.00 (all fees included)
Fee Discounts or Waivers Do Not Apply

*This is a 17-hour training class. The extra hours built into the published schedule accommodate for uncontrollable events such as weather, mechanical failure, and emergencies. Please reserve all the listed time on your schedule. You may not leave during any class activities.
Introduction to “Bob Ross” Painting for Kids (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. Participants are encouraged to bring a snack. The price of the class includes all the materials you will need. This class is for students ages 8-15.

11/6, Saturday (1 session)
9:00 AM-12:00 PM
ACM: Continuing Education
Instructor: Dee Sullivan
Course Cost: $90.00 (supplies included)
Course Cost: $70.00 (no supplies)