



## **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 ones mindset about food, exercise, time restricted eating, and certain food principles that are a must to maintain a healthy lifestyle in the USA.



10/3-10/24, 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)**

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*

9/11-12/11, Monday (14 sessions)

10:00-11:00 AM

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*

9/7-12/14, Thursday (14 sessions)

No class 11/23

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

**Group Fitness Training (C/S438)**

The benefits of having a personal trainer but in a group setting that encourages accountability and effort. All elements of strength, cardio, function and stability are addressed in a "hands on" approach by a personal trainer. It is next level fitness for those wanting to take their workouts beyond traditional classes. You will hit muscles in a structured way and fully work the body head to toe. You will need one set of five-pound weights, one ten to fifteen pound weight and an exercise mat. (A limited number of weights/mats will be available from the instructor if you do not own them.)



9/13-11/5, Wednesday (10 sessions)

4:30-5:30 PM

ACM: Gilpin Room

Instructor: Tina Miller

Course Cost: \$80.00

Maryland Senior Course Cost: \$80.00

**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. Make sure to have a light snack ½ hour prior to class.

9/5-11/7, Tuesday (10 sessions)

5:30-6:30 PM

ACM: Western Region Correctional Training Bldg., Room 102

Instructor: Ashley Drake

Course Cost: \$75.00

Maryland Senior Course Cost: \$75.00

*Personal Enrichment & Wellness***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.

9/11-12/11, Monday (12 sessions)

9:30-10:30 AM

Or

9/12-12/12, Tuesday (12 sessions)

No class 11/14

5:30-6:30 PM

ACM: CE Bldg.

Instructor: Katy Smith

Course Cost: \$85.00

Maryland Senior Course Cost: \$85.00

**Yin Yoga (CHE230)**

This class is perfect for someone new to yoga or someone looking for a way to melt away stress at the end of the day. The poses of yin yoga are done mostly on the ground and held longer than in most yogic traditions, anywhere from 3 to 5 minutes, allowing gravity to do the work for you. This style of yoga focuses on the deep connective tissues of the body, promoting long term joint health.

9/14-11/16, Thursday (10 sessions)

5:30-6:30 PM

ACM: CE Bldg.

Instructor: Cindy Zumbrun

Course Cost: \$75.00

Maryland Senior Course Cost: \$75.00

**Hatha Yoga (CHE812)**

This class introduces the basic fundamentals of Hatha Yoga as a practice of mind/body physical exercise. It will cover a wide variety of yoga positions/poses and their progressions for all skill and ability levels. Proper techniques for moving into and out of each pose will be covered as well as the many benefits of practicing a yoga routine. Students should bring a non-skid mat and dress in comfortable clothing that allow freedom of movement.

9/18-12/4, Monday (12 sessions)

5:00-6:00 PM

ACM: Western Region Correctional Training Bldg., Room 102

Instructor: Julie Kennell

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.

9/25-10/25 Mon. & Wed. (8 sessions)

No Class 10/9 & 10/11

5:30-6:45 PM

ACM: Frostburg City Place

Instructor: Suanne Lewis

Course Cost: \$65.00

Maryland Senior Course Cost: \$65.00

*Mind-Body Skills...**The next step on your wellness journey**See pages 56 for CHE264 course details.***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.

9/19-11/14, 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 art class is designed to provide participants the opportunity to practice the art of Decorative Painting. Participants join other decorative 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 painting using both patterns and free hand designs applied to wood, metal, glass, fabric, canvas or other surfaces of your choice. Participants may paint using oil, watercolor, acrylics or medium of your choice. Participants will need to bring their own supplies for this course. There is no instructor for this class, participants can work at their own skill level.



8/30-11/15, Wednesday (12 sessions)

9:00 AM-12:00 PM

Western Maryland Works – La Vale, MD

Course Cost: \$49.00

Maryland Senior Course Cost: \$49.00

### DIY Sign Workshop with Kara - Fall (C/S593)

Have fun making a fall sign to take home and be proud of! Get step by step instructions to make the process easy for everyone! All supplies are provided. There are many sign options to choose from. Once you register for the class you will be sent a link to a form where you can choose the sign and all the details you prefer. Door hangers, tall porch signs, framed farmhouse signs and stove top covers are just a few options. Come alone or bring a friend! *E-mail address must be given at registration.*



10/4, Wednesday (1 session)  
6:00-8:00 PM  
ACM: CE Bldg.  
Instructor: Kara Riley  
Course Cost: \$60.00  
Maryland Senior Course Cost: \$60.00

### DIY Sign Workshop with Kara - Christmas (C/S593)

Have fun making a Christmas sign to take home and be proud of! Get step by step instructions to make the process easy for everyone! All supplies are provided. There are many sign options to choose from. Once you register for the class you will be sent a link to a form where you can choose the sign and all the details you prefer. Door hangers, tall porch signs, framed farmhouse signs and stove top covers are just a few options. Come alone or bring a friend! *E-mail address must be given at registration.*



*Registration closes on November 10, 2023.*

11/29, Wednesday (1 session)  
6:00-8:00 PM  
ACM: CE Bldg.  
Instructor: Kara Riley  
Course Cost: \$60.00  
Maryland Senior Course Cost: \$60.00

### 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 they are a completely difference 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.

9/19-11/14, 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 – Basics (C/S518)**

It all starts with a slip knot. This course will cover basic stitches, terminology, and pattern reading. We will use these stitches to create a dish cloth. This course is for students with no experience or those desiring a refresher. Supply list:

**Materials:**

- Yarn: 2 Skeins of 120 yd. Medium 4 Cotton Yarn  
– Recommended: Peaches & Cream or Sugar & Cream Cotton Yarn
- Hook: H (5 mm) – Recommended: Susan Bates hooks
- Tapestry Needle
- Scissors
- Optional: Stitch markers, safety pins, or bobby pins

10/12-10/26, Thursday (3 sessions)

9:30-11:30 AM

ACM: CE Bldg.

Instructor: Rachel Ritchey

Course Cost: \$29.00

Maryland Senior Course Cost: \$29.00

**Crocheting – Intermediate (Working in the Round) (C/S519)**

Just in time for the holidays – dress up your dinner table with a beautiful homemade hot pad. This semester we will be learning to work in the round by crocheting a round hot pad that can be used as a pot holder or trivet.

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:

**Materials:**

- Yarn: 2 Colors of 120 yd. Medium 4 Cotton Yarn or other heat resistant, washable yarn – Recommended: Peaches & Cream or Sugar & Cream Cotton Yarn
- Hook: H (5 mm) or hook recommend for the yarn you are using – Recommended: Susan Bates hooks
- Tapestry Needle
- Scissors
- Stitch markers, safety pins, or bobby pins

11/2-11/9, Thursday (2 sessions)

9:30-11:30 AM

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, 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.

9/18-10/23, Monday (6 sessions)

5:30-7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50.00

Maryland Senior Course Cost: \$20.00

**Intermediate Knitting – Hats and Mittens (C/S322)**

With winter weather coming, wouldn't

this be a great time to knit some hats and mittens? They could keep you warm or make unique and personalized Christmas and holiday gifts for loved ones! These are small projects, easy to carry around and quick to work up. In this class, we'll talk about gauge, choosing fibers and working in the round. You will need to know how to cast on, knit, purl and bind off.

We will be using two free patterns from Tin Can Knits. The pattern designers request that individual students download their copies of the patterns from the web site. You can download the patterns for free from here:

<https://www.tincanknits.com/pattern/barley>

<https://www.tincanknits.com/pattern/the-worlds-simplest-mittens>

(If you are unable to download and/or print the patterns, please let the office staff or the instructor know so that arrangements can be made to accommodate you.)

In addition to the patterns, you will need about 400 yards of worsted weight yarn and for the hat, you will need sizes 6 and 8 circular knitting needles in the 16-inch length. You will also need needles for the mittens, but we will discuss that during the first class.

11/6-11/27, Monday (4 sessions)

5:30-7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$40.00

Maryland Senior Course Cost: \$20.00



## Personal Enrichment & Wellness

### 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.



#### Landscape

10/7, Saturday (1 session)

11/18, 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)



This is the painting for the 10/7 class

### 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: 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.

8/24-10/19, Thursday (9 sessions)

6:00-8:00 PM

ACM: CE Bldg.

Instructor: Donna Godlove

Course Cost: \$40.00

Maryland Senior Course Cost: \$20.00



This is the painting for the 11/18 class

**Quilting (C/S077)**

Completing the quilt "Prairie Porcelain" from the book Scraps Plus One is the goal for this semester. Students can use scraps or buy material in any color. Students will be using a combination of applique and piece work and can individualize the pattern to make it their own! The pattern will be provided to students. Time permitting, we will work on some small impromptu projects and techniques.

9/19-11/7, 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

**COLLETTE**
**Tropical Costa Rica with Optional 3-Night Jungle  
Adventure Post Tour Extension**

**March 10 – March 18, 2024 • 9 Days • 14 Meals**

Highlights: San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour, Guanacaste



Pricing if booked by 9/10/23:

• Double \$2,929pp

Single \$3,629pp

Triple \$2,899pp

Final payment due: 1/10/24

*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/1191696>**

**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.**

## English High Tea (C/S630)

Join Kalee Wright and create an assortment of finger sandwiches. Kalee will get creative with finger sandwiches and will provide an introduction to the vast array of teas, the history of tea and tea parties, and the surprising social and political impact of this simple sandwich. It will also provide tips for planning your own tea party, including food suggestions, tea-pairing ideas, and tips for tailoring your event to the intended audience and budget.

9/7, Thursday (1 session)

5:00-7:30 PM

Instructor: Kalee Wright

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Fish and Seafood Masterclass**

(C/S631)

This Masterclass will give home cooks all the skills you need to be confidently preparing fish and seafood! In this course we will be covering Fish (skin on/skin off filets, and whole fish), Shellfish and Bivalves. We will be examining proper storage, handling, preparation and cooking methods as well as preparing and eating classic seafood and fish dishes. A white wine Outline and Pairings will be included!

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

9/18, Monday (1 session)

5:00-7:30 PM

Instructor: Payton Hedrick

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**Painted Sourdough (C/S632)**

Kalee Wright will teach you the art of painting sourdough. Kalee will share with you how to make sourdough at home, but during this class you will learn how to make sourdough a piece of art to dazzle your guest at your next dinner party.

9/26, Tuesday (1 session)

5:00-7:30 PM

Instructor: Kalee Wright

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

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

Join Deb Swope, Deb Buchanan, Jenna Burkett, 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.

9/28, Thursday (1 session)

5:00-7:30 PM

Instructors: Deb Swope, Deb Buchanan, Jenna Burkett and Kurt Hoffman

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**Canning Class (C/S633)**

Make your own JAM or Stone Ground Mustard! Join Kalee Wright and she will show you how to make jam or stone ground mustard, from market to jar. She'll walk you through everything from sourcing and combining seasonal produce to cooking jam or mustard with safe canning practices. You will go home with a 4 oz jar of jam or stone ground mustard and many recipes to make your own.

10/3, Tuesday (1 session)

5:00-7:30 PM

Instructors: Kalee Wright

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

*Personal Enrichment & Wellness***Party Planning 101 (C/S634)**

In this class we will be learning about Party Basics, Types of Parties, Food/Beverage Plan, Decoration/Layout Design, Wares & Common Goods, and Party Math! We will be doing some hands-on Platter Preparation, Quick Appetizers, Easy Sweets and Alcohol Pairings!

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

10/17, Tuesday (1 session)

5:00-7:30 PM

Instructor: Payton Hedrick

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**Kids Halloween (C/S456)**

Join Abbey Kerns in an adult and child evening! We all turn into big kids at Halloween, so why not indulge your inner child and come along with your little one for a bit of ghoulish fun in the bakery. Baking together is a great family activity and the perfect way to celebrate Halloween. Abbey will teach you the art of decorating a Halloween themed cake. For ages 10 and older.

10/26, Thursday (1 session)

5:00-7:30 PM

Instructors: Abbey Kerns

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Eat Like a Roman! Tasting Food History (C/S635)**

Have you ever wondered what an Ancient Roman would have eaten on a daily basis? How different was it from the modern diet? In this class we will be exploring just how different and similar it was to the foods we eat every day. If you enjoy hands on pasta and bread making, then this course is for you! Learn about our food's history, the range of the empire and how it affected what they ate. Enjoy a Roman Dinner, beverages and wines! You must be age 21 or older to enroll in this course.

11/9, Thursday (1 session)

5:00-7:30 PM

Instructor: Payton Hedrick

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00

**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.

11/13, Monday (1 session)

5:00-7:30 PM

Instructors: Debra Imler

Course Cost: \$59.00

Maryland Senior Course Cost: \$59.00

**Charcuterie (C/S636)**

Get ready for the holidays with the art of Charcuterie boards. This class will teach you the art of making a Charcuterie boards and Kalee Wright will pair your boards with different wines.

NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

11/14, Tuesday (1 session)

5:00-7:30 PM

Instructors: Kalee Wright

Course Cost: \$69.00 (Alcohol included)

Maryland Senior Course Cost: \$69.00



## 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.



September 5: Rebecca Boone at Evergreen Heritage Center Outdoor Brick Kitchen

September 12: Laura Ingalls Wilder at Union Grove One-Room Schoolhouse

September 19: Judy Garland at the Embassy Theatre

September 26: Abigail Adams at Evergreen Heritage Center Barn

9/5-9/26, Tuesday (4 sessions)

2:00-4:00 PM

Off Campus

Instructor: Ellen McDaniel-Weissler

Course Cost: \$39.00

Maryland Senior Course Cost: \$39.00

### First Person Historical Characters Part II (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.



October 10: Eleanor Roosevelt at the Gilchrist Gallery

October 17: Louisa May Alcott at the Gordon-Roberts House

October 24: Priscilla McKaig at the Women's Civic Club

October 31: Anne Boleyn at St. John's Episcopal Church, Frostburg

10/10-10/31, Tuesday (4 sessions)

2:00-4:00 PM

Off Campus

Instructor: Ellen McDaniel-Weissler

Course Cost: \$39.00

Maryland Senior Course Cost: \$39.00

### Washington Street Walking Tour (C/S610)

Take a walking tour of historic Washington Street to explore the architecture and history of this iconic avenue. You'll be introduced to the lives of the people who lived in these homes and who influenced the history of the town in its early days. We will also tour the Gilchrist Gallery, the unique pastel stained glass windows at St. Paul's Lutheran Church, and the Gordon-Roberts House. Light refreshments will be provided at the Gordon-Roberts House.



9/13, Wednesday (1 session)

2:00-5:00 PM

Off Campus

Instructor: Ellen McDaniel-Weissler

Course Cost: \$29.00

Maryland Senior Course Cost: \$29.00

## HOW TO

### 10 Hacks to Improve Your Writing (C/S596)

Over her 22 years of teaching and 40 years as a freelance writer, instructor Lynda Lambert has determined 10 simple hacks that improve writing. She presents them in five 1-hour sessions. More than one student has claimed that her advice turned their "B's into A's". Free writing e-text included. When students are finished this course, they should be able to:



- write clear sentences that offer specific information;
- write without using confusing wording or jargon;
- understand how to scaffold sentence ideas to create better paragraphs and transitions;
- have more confidence in their writing.

9/23-10/21, Saturdays (5 sessions)

11:00 AM-12:00 PM

ACM: CE Bldg.

Instructor: Lynda Case Lambert, B.A., MDE

Course Cost: \$49.00

Maryland Senior Course Cost: \$40.00

## LIFELONG LEARNING



Allegany Center of  
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.

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

For more information, visit.  
LIKE us on Facebook at Allcoll.

### September 7 – Ray Morriss

**Subject:** Cumberland Happenings

**Description:** Hear from the Mayor about all the good things that are happening in Cumberland.

### September 14 – Chuck Dicken

**Subject:** Irish Brigade at Antietam

**Description:** The battlefield experiences of one of the most famous units of the Union's Army of the Potomac during the single bloodiest day of fighting in the American Civil War.

### September 21 – Larry Brock

**Subject:** The C&O Canal and Great Allegheny Passage two local assets that have become economic drivers for the Tri-state area.

**Description:** Hear how the C&O Canal (C&O) and the Great Allegheny Passage (GAP) have grown from their historic past through their challenging transition to becoming a major local asset that provides economic growth, a transportation corridor and a healthier community in Allegany County.

### September 28 – Nick Gardner

**Subject:** Search Smarter Online: Avoid Misinformation, Hoaxes and Scams

**Description:** Strategies for effective online searches are outlined as well as advice for avoiding trouble. Do you ever wish you could get exactly the results you want from Google without the sponsored or promoted content – attend this session!

### October 5 – Ian Gray

**Subject:** C&O Canal

**Description:** Join Ian Gray, the relatively newly appointed C&O Canal Park Ranger as he explores the history of the C&O Canal and discusses some possible future plans.

### October 12 – Rosie Cupler

**Subject:** Herbs, Vitamins and More

**Description:** If you are interested in herbs and complementary approaches to health and healing join Rosie Cupler as she shares her interest that lead to the opening of The Herb Barn in Grantsville in 1996. She will also provide information about using these products wisely.

### October 19 – Paul McCusker

**Subject:** Wine Making

**Description:** Discover how you can select and grow grapevines suited to Western Maryland and turn your crop of fruit into delicious table wine. The speaker will share insights from his 25+ years' experience with cultivating grapes and making wine at home.

### October 26 – Steve Hall

**Subject:** Paranormal Investigations in Allegany County

**Description:** Learn about the techniques used by local paranormal investigators during their investigation of local and historical locations in Allegany County.

### November 2 – Liz McDowell

**Subject:** Botanical Bullies in Mountain Maryland

**Description:** It was just a trickle at first, so no one noticed. Now it's a raging torrent that seems impossible to stop. Exotic invasive plants have invaded our forests, parks, and backyards. Learn how to identify them and the latest techniques to battle them.



November 9 – Andy Duncan

**Subject:** Weird Western Maryland  
**Description:** Ghosts and monsters, mysteries and legends, conspiracies, and UFO's -- our area has its share of all of these. Join a World Fantasy Award-winning connoisseur of local weirdness as he shares some of the favorites from his collection.

November 16 – Roy Brown

**Subject:** Local Indigenous Peoples  
**Description:** The First People, Paleoindians, arrived in our region approximately 12,000 years ago. This presentation addresses the cultural shifts from Paleo to Archaic to Woodland to Contact and the Historic Period as the environment gradually changed from sub-arctic to our climate of today.

November 23 – Thanksgiving, No session

November 30 – Ruth Davis-Rogers and Melinda Kelleher

**Subject:** Tis the Season: Cumberland Holidays Past and Present  
**Description:** Doors and windows were decorated along Baltimore Street in the 50s and 60s and business was booming. Stroll, via pictures, to revisit this era and also learn how the buildings, starting with the windows, are coming to life in 2023.

LUNCH & LEARN

Lunch & Learn (PR0090)

Allegany College of Maryland Foundation in partnership with Allegany 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

Fall 2023

**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 Allegany 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.

Fall 2023

September 21	Michael Miller Somerset Trust Company	"Protect Yourself – Identity Thefts & Scams"
October 12	Christopher Logsdon Christopher J. Logsdon, LLC	"Wills & Estate Planning Basics"
November 16	Chris Mathews First Peoples Wealth Management	"Retirement Planning"

**RECREATION & PASTIMES****Advanced Paranormal Investigating: Equipment (C/S201)**

This seven session course expands on the Introduction to Paranormal Investigation class going deeper into equipment usage, explaining in depth how the equipment works, while expanding on some concepts from Introduction to Paranormal Investigating. Participants in the class will receive hands-on instruction with some of the latest equipment used in Paranormal Investigations, including EMF Detectors, Geophones, Intelligent Transcommunication Devices, Full Spectrum Cameras and more. Students will participate in a minimum of two 2 to 3-hour field investigations, learning how to focus outdoor investigations and setting up equipment indoors for maximum effectiveness. Materials needed: comfortable walking shoes and a flashlight for investigations. Register early, class is limited to 12 students.



10/3-10/24, Tues. & Thurs. (7 sessions)  
 7:00-9:00 PM  
 ACM: CE Bldg.  
 Instructor: Steve Hall  
 Course Cost: \$ 46.00  
 Maryland Senior Course Cost: \$46.00

**Beekeeping, Intro to (C/S450)**

What's all the buzz? Join us for an educational, informative and exciting new 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.



9/11-10/16, Monday (6 sessions)  
 6:00-8:30 PM  
 ACM: CE Bldg.  
 Instructor: Ben Cooper  
 Course Cost: \$50.00  
 Maryland Senior Course Cost: \$39.00

**Creative Writing (C/S372)**

Poetry and prose aren't just for Longfellow and Dickens. Express yourself in words and hone your skills, listen and critique, embrace your passion for language. Students will study various forms of the written word, sharing their weekly assignments and analyzing each others' creations, guided by a local author. Rhyming and non-rhyming poetry, short stories, essays, lyrics, cartoons -- humor, tragedy, romance, drama, fiction and non-fiction -- we will explore it all!



9/21-10/26, Thursday (6 sessions)  
 2:00-4:00 PM  
 ACM: CE Bldg.  
 Instructor: Ellen McDaniel-Weissler  
 Course Cost: \$44.00  
 Maryland Senior Course Cost: \$44.00

**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

10/14, Saturday (1 session)

1:00-3:30 PM

Online

Instructor: Craig Coffman

Course Cost: \$64.00

Maryland Senior Course Cost: \$64.00

**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

10/14, Saturday (1 session)

9:00 AM-12:00 PM

Online

Instructor: Craig Coffman

Course Cost: \$64.00

Maryland Senior Course Cost: \$64.00



# LIKE us on Facebook!

Search *ACM Continuing Ed & Workforce Development*  
and stay up to date with all our latest courses and events!

**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>. Students must be 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

**SAFETY****Dangers of Devices (MCS200)**

In partnership with Maryland Center for School Safety, this presentation highlights the dangers involved with the use of technology and the devices we, and more importantly, our students, use to access that technology each day. The session will discuss the effects of Screen Time, Cyber bullying, Violence, Social Isolation, and Instant Gratification, as well as other factors and how they negatively influence our students. It also features an open and honest discussion as to how these dangers affect adults as well. Must be 18 or older to register.

About the Presenter:

The Maryland Center for School Safety currently employs James "Jim" Hott as a School Safety Specialist. In addition to having regional responsibility for over 150 Maryland schools, Jim is the agency lead for the yearly School Safety Conference and the co-creator and co-developer for the Maryland Model SRO/SSE training program. Jim is a certified Police Instructor through the Maryland Police and Correctional Training Commissions. Before that, Jim served the citizens of Cumberland, MD for 26 years as a police officer. He is an experienced Criminal Investigator Patrol Sergeant, School Resource Officer, and DARE Officer. While at the Cumberland Police Department, Jim also created the Cumberland Police Youth Summer camp and managed the camp until he retired. In 2015 Jim was honored and recognized as the Maryland D.A.R.E. Officer of the Year.

11/13, Monday (1 session)

6:00-7:30 PM

ACM: CE Bldg.

Instructor: James Hott

Course Cost: **Free**

Maryland Senior Course Cost: **Free**

**Seating limited. MUST pre-register to attend.**

## **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 online-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: \$389.00 (additional fees may be applied)**

**For class dates visit <https://www.alleganydriving.us/>**





**FIREARM SAFETY CERTIFICATION****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.

**DATES TO BE ANNOUNCED SOON!**  
**CALL 301-784-5340 FOR INFORMATION.**

All sessions:

Saturday & Sunday (2 sessions)

9:00 AM-5:00 PM

Location: Mountain Maryland Firearms, Frostburg, MD

Instructor: John Sagal

Course Cost: \$195.00

Maryland Senior Course Cost: \$185.00



MOTORCYCLE RIDER EDUCATION

Motorcycle Safety Independent Training Center  
Under contract with



Motorcycle  
Safety  
Program



\*Please Note\*

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)

2024 TRAINING COURSES WILL START IN APRIL!  
Call 301-784-5340 to be added to the wait list.

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.



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.



9/20-11/8, Wednesday (8 sessions)  
7:30-9:00 PM  
ACM: CE Bldg.  
Instructor: Deborah Dilbon  
Course Cost: \$30.00  
Maryland Senior Course Cost: \$15.00

9/20-11/8, 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

