



FITNESS & WELLNESS

Energy Fusion (C/S601)

Join us to HIIT it with a fun, motivating exercise session. Don't want to leave home? Zoom this cardio/strength/core class & improve your fitness!

It's counterintuitive right? Expend energy to increase your energy? Join us and see for yourself! Exhilarating and invigorating cardio intervals use body weight and dumbbells to increase body metabolism, strength and improve mood. Get your mind set on High Intensity but Low Impact Intervals and join an amazing community of fun, energized and like-minded individuals who 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 Fusion Pilates class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, water, and 2-5 lb. dumbbells. **This class will be offered in person or online.**

9/16 - 12/2, Monday (12 sessions)

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: \$48

Maryland Senior Course Cost: \$48

Fusion Pilates (C/S604)

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), stability 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, stability ball, dumbbells and a resistance band.

This class will be offered in person or online.

9/19 - 12/12, Thursday (12 sessions)

No class 11/28

4:45 - 5:45 PM

ACM: Online or In person - Western Region Correctional Training Bldg., Room 102

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

Course Cost: \$48

Maryland Senior Course Cost: \$48

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.

9/9 - 12/2, Monday (12 sessions)

No class 11/11

9:30 - 10:30 AM

Or

9/10 - 12/3, Tuesday (12 sessions)

No class 11/12

5:30 - 6:30 PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$85

Maryland Senior Course Cost: \$85

*Personal Enrichment & Wellness***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.

9/3-10/3, T/Th (7 sessions)

No class 9/17, 9/19, & 10/1

5:30 - 6:45 PM

ACM: Frostburg City Place

Instructor: Suanne Lewis

Course Cost: \$55

Maryland Senior Course Cost: \$55

Yin and Restore (CHE230)

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

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

5:30 - 6:30 PM

ACM: CC Loft

Instructor: Cindy Zumbrun

Course Cost: \$75

Maryland Senior Course Cost: \$75



*Personal Enrichment & Wellness***ONLINE WELLNESS AND FITNESS CERTIFICATION COURSES**

Allegany College of Maryland has partnered with GMP Fitness® to provide more than 70 self-paced online courses in health, nutrition, wellness, active aging, sports, and fitness. We offer specialized certifications and certificate programs.

**Get CERTIFIED as a Holistic Health Fitness Coaching Specialist**

This course provides information on how to better serve the age 50+ population regarding exercise, nutrition, and lifestyle and teaches the young how to maintain their youth. Acquire knowledge on exercise routines, diet, lifestyle, environment, and mental attitude modifications, how the human body works, different foods and vitamins. Online Accredited Advanced CAQ Certification Course. (The exam and a verified credential certificate are included in the price.)

Get CERTIFIED as a Balance and Fall Prevention Specialist

Provides an in-depth understanding of how to conduct meaningful assessments of function resources on falls and injury prevention and how to train older adults safely. You will be able to perform short and long physical performance battery assessments, easily implement exercises and activities, and provide balance and fall prevention training.

Get CERTIFIED as a Back Injury Prevention Specialist

With this course you get a step-by-step Specialist course that prepares you to implement a safe and integrated back exercise program for more efficient movement. Get new stabilization training techniques as a prerequisite to the general strengthening of the back and the surrounding musculature for rehab patients, athletes, and other fitness enthusiasts.

CERTIFICATE COURSE Eating Plans – Healthy Diet Tips

Learn why eating a diet rich in vegetables and fruits is one of the simplest ways to achieve sustainable health. Discover the importance of good hydration and tips for staying hydrated, learn names for added sugars on food labels and tips to cut down on added sugars. Get healthy eating tips for planning, enjoying, and getting the proper nutrients. Uncover how to boost your dietary fiber and limit the bad fats for better health and wellness and much more from this course.

Visit gmpfitness.com for a full list of course offerings and call 301-784-5069 to register.

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.

10/1 - 11/26, Tuesday (9 sessions)
6:00 - 8:00 PM
ACM: CE Bldg.
Instructor: Donna Housel
Course Cost: \$45
Maryland Senior Course Cost: \$20

Personal Enrichment & Wellness

Decorative Painting – Independent Study (C/S396)

This studio-style art class is designed to provide students the opportunity to practice the fine art of Tole Painting. Students join other tole painters to work on new projects, old projects and already started projects with a goal to finish at least one project upon completion of the class. The general theme of this course is contemporary decorative tole painting using both patterns and free hand designed. **Although 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.

8/28 - 11/13, Wednesday (12 sessions)

9:00 AM - 12:00 PM

ACM: WM Works

Course Cost: \$49

Maryland Senior Course Cost: \$49

Exploring Pastels (C/S089)

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

Advanced students who have previously completed beginning-level studies may choose to participate in independent studies and will be responsible for their own supplies, projects/ references. Advanced students will receive

individualized feedback and critique from the instructor but will work primarily independently. Instructor Donna Housel is a juried member of the Pastel Society of America.

10/1 - 11/26, Tuesday (9 sessions)

3:30 - 5:30 PM

ACM: Humanities Bldg.

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$20

Crocheting – Special Project: Amigurumi (C/S520)

Explore the cute and cuddly world of Amigurumi, the Japanese art of crocheting stuffed yarn creatures, with this introductory special project course. Basic knowledge of SC, HDC and DC stitches and working in the round is preferred. This project is ideal for crocheting a bunny or bear, but can easily be modified to make other animals such as a cat, fox, monkey or cow.

NEW



Supply list:

- Yarn of your choice in Main color & Accent color – Recommended light color, velvet yarn (easier to see stitches) Not sure what kind of yarn to buy? No problem! Bring a standard yarn to learn the basics day one, and browse sample projects and swatches to decide what you like best – You will have plenty of time to pick the perfect yarn by the second class.
- Hook recommended for your yarn choice
- (2) Buttons (or safety eyes)
- Tapestry Needle
- Stitch Markers (bobby pins are recommended)
- Fiber Fill

10/8 - 10/29, Tuesday (4 sessions)

2:00 - 4:00 PM

ACM: CE Bldg.

Instructor: Rachel Ritchey

Course Cost: \$34

Maryland Senior Course Cost: \$34

*Personal Enrichment & Wellness***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. 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.

9/9 - 10/14, Monday (6 sessions)

5:30 - 7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$20

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? We'll also talk about shaping, sewing, button bands and pockets. This class will help you learn all those skills while making a baby sweater, so that the project can be completed fairly quickly. We'll add on a bonus hat so that you can make a matching set. 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 400 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.

10/28 - 11/18, Monday (4 sessions)

5:30 - 7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$34

Maryland Senior Course Cost: \$34

Next-Level Sewing: Crafting Your Own Tote Bag (C/S603)

Welcome back to the world of sewing! If you've got a solid grasp on the basics and are eager to expand your sewing horizons, this class is tailor-made for you.

Get ready to elevate your skills and take on a new sewing project. Students will learn the skills needed to work from home to create a stylish and functional tote bag! Students will need to bring something to trace the pattern on for the first day of class.

10/2 & 10/9, Wednesday (2 sessions)

5:30 - 7:30 PM

ACM: CE Bldg.

Instructor: Deb Savage

Course Cost: \$29

Maryland Senior Course Cost: \$29

NEW

Personal Enrichment & Wellness

Oil Pastel (C/S397)

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

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

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

9/19 - 11/14, Thursday (9 sessions)

6:00 - 8:00 PM

ACM: CE Bldg.

Instructor: Donna Godlove

Course Cost: \$34

Maryland Senior Course Cost: \$34

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

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

Landscape

9/14, Saturday (1 session)

11/2, Saturday (1 session)

9:00 AM - 1:00 PM

ACM: CE Bldg.

Instructor: Dee Sullivan

Course Cost: \$90 (supplies included)

Maryland Senior Course Cost: \$90 (supplies included)



Picture for the 9/14 class.



Picture for the 11/2 class.

*Personal Enrichment & Wellness***CULTURAL DEVELOPMENT****America's Cowboy Country****June 17 – June 24, 2025****8 Days • 10 Meals**

Highlights: Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Deadwood, Buffalo Bill Center of the West, Yellowstone National Park, Jackson Hole, Grand Teton National Park

Pricing if booked by 12/17/24:

- Double \$4,029pp
- Single \$5,329pp
- Triple \$3,979pp
- Final payment due: 3/18/25

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 \$429 per person

To learn more about this trip, join us for a presentation with Paul Julia from Collette on 9/17/24 at 5:00 pm via Zoom. To receive the Zoom link, RSVP to 301-784-5340 or atomlinson@allegany.edu

For more information visit: <https://gateway.gocollette.com/link/1242034>



Personal Enrichment & Wellness



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.**

Beginner Sushi – Three Ways (C/S645)

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

9/24, Tuesday (1 session)

5:00 - 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59



Let's Have a Tea Party (C/S648)

Join Debbie Swope, Jenna Burkett, and Deb Buchanan hosting you and your child as guest of honor in a special tea party. Please come dressed in your best tea party outfit – accessories galore with hats, fascinators, tiaras, baubles, and bows. Join us to learn tea etiquette and savor delightful tea and food pairings. For ages 2 and up. A parent or guardian must accompany anyone under the age of 16. Only 4 guest per table.

10/3, Thursday (1 session)

5:00 - 7:00 PM

Instructor: Debbie Swope, Jenna Burkett & Deb Buchanan

Course Cost: \$59 (price for one adult and one child)

Maryland Senior Course Cost: \$59

Personal Enrichment & Wellness

Fall Cookie Decorating (C/S542)

Join Debra Imler to level up your cookie decorating skills with the Cozy Fall Cookie Decorating Class! With step-by-step instructions, this class takes your baking game to a whole new level. Get ready to take your cookie game up a notch!

10/7, Monday (1 session)

5:00 - 7:00 PM

Instructor: Debbie Imler

Course Cost: \$59

Maryland Senior Course Cost: \$59



Empanadas – Savory and Sweet (C/S647)

Join executive chef Fred Huber in this class and learn how to make both meat and sweet empanadas as well as your own dough. Students will have a hands-on learning experience and leave with all the recipes created in class.

10/15, Tuesday (1 session)

5:00 - 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59

Baking Adventure for Kids (C/S649)

This hands-on class is crafted to ignite the passion for cooking in young chefs, introducing them to a variety of essential baking skills with a Halloween theme. No previous baking experience is needed - just come ready to explore, create, and taste!

- Cookie Baking: Mixing, shaping, and baking a variety of cookies.

- Cupcake Decorating: Using frosting and decorations to create colorful cupcakes.

- Comfortable clothing and closed-toe shoes for safety.

For kids ages 10-14. A parent or guardian must accompany child.

10/24, Thursday (1 session)

5:00 - 7:00 PM

Instructors: Debbie Swope

Course Cost: \$59

Maryland Senior Course Cost: \$59

Girls' Night Out – Paint and Sip (C/S224)

Ladies' night is your night. Join, Deb, Kalee, Deb, and Jenna, you can sip, snack and connect with your friends as you paint with the friendly help from Kalee Lashley.

11/7, Thursday (1 session)

5:00 - 7:00 PM

Instructors: Debbie Swope, Deb Buchanan,

Jenna Burkett & Kalee Lashley

Course Cost: \$69 (Alcohol included)

Maryland Senior Course Cost: \$69

Advanced Sushi (C/S646)

Join Executive Chef Fred Huber in the next step of advance sushi making. Chef Huber will give you all the tips and tricks to make the most delicious sushi dishes.

11/12, Tuesday (1 session)

5:00 - 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59

Personal Enrichment & Wellness

HISTORY

Allegany County Civil War 101 (C/S623)

Join us for a look at Allegany County during the Civil War as we cover the events of 1861-1865 with a series of hour-long lectures and walking/driving tour of locations.

The first class will feature the events of 1861-1863 focusing on the 11th Indiana (Wallace's Zouaves), civil war hospitals in Cumberland and Cumberland's surrender. A tour of locations will follow the second class.

The third class covers the events of 1864-1865 detailing Battles of the Folck's Mill, Alum Hill, and the capture of two Union Generals by McNeill's Rangers. A tour of locations will follow the fourth class. Participants will need to provide their own transportation to the sites. An itinerary and directions will be provided during the classroom lectures for the tour portion. Participants should wear comfortable walking shoes.

10/3 - 10/24, Thursday (4 sessions)

2:00 - 3:00 PM

ACM: CE Bldg.

Instructor: Steve Hall

Course Cost: \$46

Maryland Senior Course Cost: \$41

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. Historical portrayals of Rebecca Boone, Abigail Adams, Laura Ingalls Wilder, and Judy Garland will be featured at venues such as Evergreen Heritage Center, Embassy Theatre, and Union Grove.

** Students will receive a notification letter with the venue details before the class starts.*

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

2:00 - 4:00 PM

Off Campus

Instructor: Ellen McDaniel-Weissler

Course Cost: \$39

Maryland Senior Course Cost: \$39

Historic Road Development in Allegany County (C/S305)

This four-week course examines the early development of routes through Allegany County and their modern counterparts with a tour of existing portions of the Braddock Military Road.

Week 1-A discussion known Native and early Trader paths leading to Cresap's outpost in Oldtown and Fort Cumberland. With a look at the early routes that followed.

Week 2-Early routes, such as Williams Road and the development of Route 40; a look at the road building techniques and how they changed over the years.

Week 3- Discussion on alignment changes and the impact of Interstate travel to the area.

Week 4-Tour of the Braddock Military Road Site on Big Savage Mountain and discussion of the road building techniques of the British Military in Western Maryland. **Attendees will have to provide their own transportation to the site, directions will be provided. Sturdy walking shoes are required.**

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

2:00 - 3:00 PM

ACM: CE Bldg.

Instructor: Steve Hall

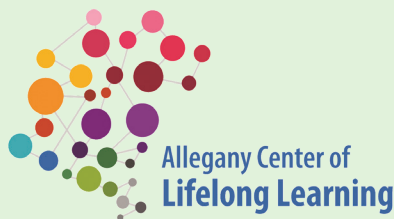
Course Cost: \$46

Maryland Senior Course Cost: \$41

Personal Enrichment & Wellness

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 10:00AM in room 8, unless otherwise indicated.

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

Like us on Facebook! Search Allcoll

The Allegany Center of Lifelong Learning is pleased to partner with the Allegany College of Maryland Foundation. Together, we aim to support our community of friends and partners by offering a wide range of education and learning opportunities.

September 5 – TJ Abe

Subject: Western MD Scenic Railroad

Description: T J Abe, Onboard Services Manager, will explore the history of the Connellsville Extension and the Western Maryland Scenic Railroad's impact on heritage railroading in Allegany County.

**Lunch will be provided after.*

LUNCH & LEARN**September 12 – Rick Blair**

Subject: Pioneer Carpentry

Description: Rick Blair is a Military Exhibition Carpenter who will reenact skills used in the 18th century that allowed settlers to travel westward. Their survival depended on the skills of the carpenters who used froes, hueing axes and other hand tools to construct wagons and their parts for successful travel in arduous conditions.

September 19 – Ryan Cuba

Subject: Battle of Antietam

Description: This presentation will focus on the three phases of the Battle of Antietam, plus first-person accounts describing the horror officers and enlisted men experienced. There will be replica uniforms, weapons and equipment.

September 26 – Dr. Thomas Ferleman

Subject: Evolution of Art and Ferleman Art Gallery

Description: Dr. Thomas Ferleman will explore how art has changed from Impressionism through Fauvism to Modernism, showing how these styles led to today's art. He'll talk about how these art movements influence the current exhibits at his new gallery in Cumberland, Maryland.

October 3 – Dee Dee Ritchie

Subject: The River Park at Canal Place

Description: The River Park at Canal Place project is located along the North Branch of the Potomac River. The project will provide an exciting new downtown river experience and increase awareness for the region as a premier outdoor recreation destination.

October 10 – Ben Cooper

Subject: Beekeeping Interest Remains High

Description: An overview and discussion of the myths, truths and future of beekeeping.

*Personal Enrichment & Wellness***October 17 – Reverend Martha Macgill**

Subject: The Wills Creek Museum: Building a Legacy for Cumberland and Her People

Description: The Rev. Macgill, Director of the Wills Creek Museum, will speak to the vision of the Wills Creek Museum, located in the historic Hoyer House at 28 Washington Street, which seeks to bring to life the history of Cumberland and Western Maryland from its frontier days onward while also sharing the stories and lives of the families and people of Cumberland.

October 24 – Doug Schwab

Subject: Hidden iPhone iOS Features

Description: This presentation will focus on iPhone iOS features that you may not know about. They are hidden in plain sight.

October 31 – Ruth Davis-Rogers

Subject: Cultural Enclaves of Cumberland

Description: Initially Cumberland was settled by the Native-Americans, however later the U.S census documents 11 different nationalities living in Cumberland prior to 1900. These cultures influenced the architectural styles and development patterns of Cumberland.

November 7– Library Employees

Subject: Allegany County Library System

Description: Staff of the Allegany County Library will discuss the mission of the Library system, how it has changed over the years and what the future holds.

November 14 – Otto Ross

Subject: Life and Music in Austria

Description: Otto Ross will talk about his early life in Austria and how his family transitioned to the United States. He will also play two songs on his accordion.

November 21 – Nick Gardner

Subject: The Reality of Artificial Intelligence (AI)

Description: You can't open a news feed these days without seeing both grandiose promises and doomsday scenarios about AI. In this talk, we will discuss generative AI, what it is, how it came to exist, and a nuanced discussion of benefits and risks.

November 28 – No Session, Thanksgiving**December 5 – Kevin Dodge**

Subject: Native Birds

Description: Kevin Dodge, Professor at Garrett Community College will discuss native birds along with their songs.

LUNCH & LEARN

We are pleased to announce that the ACM Foundation's Lunch and Learn series has now merged with the Allegany Center of Lifelong Learning.

We invite our community to join us in continuing to enjoy a variety of education and learning opportunities.

LUNCH & LEARN

Personal Enrichment & Wellness

PERSONAL IMPROVEMENT

An Introduction to Voiceovers (C/S536)

"Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? Explore the growing remote voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and the tools you'll need to find success. Your instructor will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90- minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

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

Offered in partnership with Voices For All, LLC
Course Cost: \$49
Maryland Senior Course Cost: \$49

RECREATION & PASTIMES

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.

9/9 - 10/14, Monday (6 sessions)

6:00 - 8:30 PM

ACM: CE Building

Instructor: Ben Cooper

Course Cost: \$55 (includes the price of materials and textbook "Beekeeping Basics")
Maryland Senior Course Cost: \$44



*Personal Enrichment & Wellness***Discover Digital Photography (ONL157)**

Discover Digital Photography is designed for the novice photographer with no previous experience with digital cameras. This course will teach you all about digital cameras, from DSLRs to smart phone cameras and what different equipment is used for. You will learn about different display methods for your camera, including sizing, print options, online storage, and how social media factors into digital photography. If you have old slides, negatives, or prints, this course will also teach you how to scan those "old school" photo assets. After completing the course, you will understand how the process of composing photos has changed with the evolving capabilities of digital photography.



Start Dates: 8/14, 9/11, 10/16, 11/13, 12/18
6 weeks in length; 24 hours

Online

Instructor: Beverly Richards Schulz

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301)784-5340 or

visit www.ed2go.com/allegany

Instant Guitar for Hopelessly Busy People (C/S571)

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. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For students ages 13 and older.

11/16, Saturday (1 session)

1:00 - 3:30 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

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. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. For students ages 13 and older.

11/16, Saturday (1 session)

9:00 AM - 12:00 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

Introduction to Paranormal Investigating (C/S200)

Ever wonder what it was like to hunt spirits in the dead of night? To talk to those who have passed on? Join local paranormal investigators who actively research and investigate evidence of paranormal phenomenon in the Tri-State Area and beyond. Participants in this class will learn the terms and methods used for "ghost hunting," including Electronic Voice Phenomenon, Spirit Photography and Electromagnetic Fields. The course will include classroom instruction as well as known "haunted" local sites and will culminate with a real "field investigation" outside the classroom. Whether you're already a believer or a skeptic, this course could open your eyes to a new and growing area of interest.

10/2 - 10/30, Wednesday (5 sessions)

7:00 - 9:00 PM

ACM: CE Building

Instructor: Steve Hall

Course Cost: \$46

Maryland Senior Course Cost: \$46

Personal Enrichment & Wellness

WORLD LANGUAGES**Beginning Conversational French (ONL248)**

This course will teach you the proper pronunciation of French words that you can use in your travels and cultural tips about France and other French-speaking countries.



Start Dates: 8/14, 9/11, 10/16, 11/13, 12/18
6 weeks in length; 24 hours
Online

Instructor: Sara Hardin

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301)784-5340 or visit

www.ed2go.com/allegany

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.

9/18 - 11/6, Wednesday (8 sessions)

6:00 - 7:30 PM

ACM: CE Building

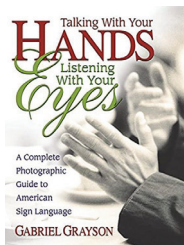
Instructor: Deborah Dilbon

Course Cost: \$41 (includes material fee)

Maryland Senior Course Cost: \$26

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.



9/18 - 11/6, Wednesday (8 sessions)

7:30 - 9:00 PM

ACM: CE Building

Instructor: Deborah Dilbon

Course Cost: \$30

Maryland Senior Course Cost: \$15

Speed Spanish (ONL184)

This course is designed for anyone who wants to learn Spanish pronto. You will learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you will be able to go into any Spanish speaking situation and converse in Spanish. ¡Oue Bueno!



Start Dates: 8/14, 9/11, 10/16, 11/13, 12/18

6 weeks in length; 24 hours

Online

Instructor: Dan Mikels

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301)784-5340 or visit

www.ed2go.com/allegany

*Personal Enrichment & Wellness***ALLEGANY COLLEGE OF MARYLAND
DRIVER'S EDUCATION
WITH ALLEGANY DRIVING SCHOOL****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/S600)

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/>**

*Personal Enrichment & Wellness***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)

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 five-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. 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 $\frac{3}{4}$ 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.

9/7 & 9/8, Saturday/Sunday, (2 sessions)
9/14 & 9/15, Saturday/Sunday, (2 sessions)
9/28 & 9/29, Saturday/Sunday, (2 sessions)

All Sessions:**Saturday: 8:00 AM – 4:30 PM****Sunday: 8:00 AM – 4:30 PM****Course Cost: \$299 (all fees included) (Fee discounts or waivers do not apply)****Call 301-784-5341 to register.**

**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.*