



Personal Enrichment and Wellness

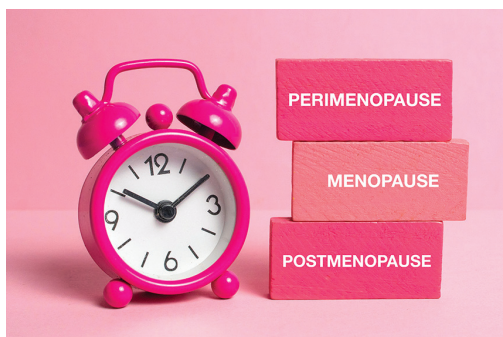
FITNESS & WELLNESS

You're Not Crazy. You're in Hormonal Chaos! The Menopause Journey Explained. (C/S705)

NEW

Exhausted, foggy, anxious, and nobody can explain why? You're not alone, and you're not imagining it! This fully online course gives women 35 and over real, science-based answers about the menopause transition, from perimenopause to postmenopause, plus the tools to finally do something about it. It promises to be fun and engaging.

Instructor, LaVaughn Seepersad-Fayson is a Certified Menopause Coach and Educator with 100+ hours of dedicated menopause science training and the founder of Cheey_Geeky Menopause. She reads the research so you don't have to, and delivers it with a side of humor.



This course will be offered twice in Fall 2026.

9/15-10/6, Tuesday (4 sessions)

6-7:30PM

ONLINE

Instructor: LaVaughn Seepersad-Fayson

Course Cost: \$49 (digital companion workbook included)

Maryland Senior Course Cost: \$44

10/20-11/10, Tuesday (4 sessions)

6-7:30PM

ONLINE

Instructor: LaVaughn Seepersad-Fayson

Course Cost: \$49 (digital companion workbook included)

Maryland Senior Course Cost: \$44

Personal Enrichment and 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.

9/21-12/7, Monday (12 sessions)

4:45-5:45PM

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: \$60

Maryland Senior Course Cost: \$60

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.

9/17-12/10, Thursday (12 sessions)

No class 11/26

4:45-5:45PM

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: \$60
Maryland Senior Course Cost: \$60

Personal Enrichment and Wellness

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.

9/28-12/7, Monday (10 sessions)

No class 11/30

9:30-10:30AM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$75

Maryland Senior Course Cost: \$75

9/29-12/8, Tuesday (10 sessions)

No class 11/10

5:30-6:30PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$75

Maryland Senior Course Cost: \$75

10/1-12/10, Thursday (8 sessions)

No Class 10/22, 11/12 and 11/26

5:30-6:30PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$65

Maryland Senior Course Cost: \$65



INTERESTED IN TEACHING A FITNESS COURSE?

We are currently seeking an instructor for a Tuesday evening class.

If you are interested, please reach out to atomlinson@allegany.edu.

Personal Enrichment and Wellness

ARTS & CRAFTS

Create Your Own Chunky Knit Blanket (C/S702)

Join us for a fun and relaxing Chunky Knit Blanket Class! Participants will learn the basic techniques and stitches used to create a cozy hand-knit blanket. During the class, you will begin making your very own blanket to continue and enjoy at home.



No prior knitting experience is required—this class is perfect for beginners! All materials and supplies will be provided.

10/20, Tuesday (1 session)

5:30-8:30PM

ACM: CE Bldg

Instructor: Candy Ness

Course Cost: \$69 (materials included)

Maryland Senior Course Cost: \$69

Registration Closes 10/9

NEW

Paint Your Own Interchangeable "Door Hanger" (C/S703)

Create a beautiful, personalized door hanger that can be updated throughout the year! In this fun and creative class, participants will paint a wooden base sign and one interchangeable seasonal insert. Inserts can be swapped out to match different holidays and seasons, making this a decoration you can enjoy year-round.

Prior to class, you will select the seasonal insert you would like to paint. No painting experience is necessary—our instructor will guide you through the process step-by-step.

All materials and supplies are provided.

Come ready to create, have fun, and leave with a unique piece of décor for your home!

11/18, Wednesday (1 session)

6-8PM

ACM: CE Bldg

Instructor: Candy Ness

Course Cost: \$44 (materials included)

Maryland Senior Course Cost: \$44

Registration Closes 11/9

NEW

Personal Enrichment and Wellness

Pastel Painting (C/S089)

Calling all Artists! Soft Pastels give a vivid, luminous appearance, and this semester, we will focus on the master pastel artists of the past.



Instructor will demonstrate how to apply the soft pastel to the paper, how to change elements in the painting and how to remove small sections of unwanted pigment. Avoiding dust by finding papers to fit the pastel that you are using, and how to apply the pastel to limit dust. Beginning students will receive basic instruction on learning to draw and paint with artist-grade pastels and gain skills and confidence. Composition will be an important aspect. 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 (NOTE: NO OIL PASTELS - THEY ARE A COMPLETELY DIFFERENT MEDIUM), ACMI AP approved compliant to ASTM D-4236 Nontoxic standards, and Uart sanded Pastel paper (9x12, 400 grade, 10-sheet pack). There are many brands of pastel papers available but this course requires a Sanded paper. The estimated cost of supplies is \$50.

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

Donna Housel is the instructor. She is a juried member of the Pastel Society of America. She teaches pastels throughout the region.

9/15-11/10, Tuesday (9 sessions)

3:30-5:30PM

ACM: H33

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$30

Personal Enrichment and Wellness

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, how to use pressure of the pencil to achieve certain results, using solvents, and blenders including cheap toilet

tissue. Demonstrations and guidance on how to create art with colored pencil art will be the focus. Students are required to provide their own supplies and bring them starting with the first class. Supplies include:

a set of Prismacolor Colored pencils (a minimum set of 24 pencils with an estimated cost \$17 - the optional larger set is also available and contains up to 150 pencils), Stonehenge

white paper (estimated cost \$17 – this paper is used because it takes many layers of colored pencil & holds up well), and a good pencil sharpener (we recommend Rapesco 64 Desk Top - estimated cost \$20 - this sharpener gives you an excellent point for fine colored pencil works).



Basic drawing skills are a plus; however, a light box will be available to save time getting the drawing ready for all members of the class to begin at the same time, when we reach the coloring phase.

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.

9/15-11/10, Tuesday (9 sessions)

6-8PM

ACM: H2

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$30

Personal Enrichment and 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 the basic stitches and how to read a pattern, and by the end of the course will be ready to launch into more complex work. Supply list: Size 7 or 8 knitting needles and cotton yarn in worsted weight, four or five balls, in your choice of colors. Patterns will be provided by the instructor.



Register early; class size limited to 8 students.

9/14-10/19, Monday (6 sessions)

5:30-7:30PM

ACM: CE Bldg

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$30



Intermediate Knitting – Mittens & Gloves (C/S387)

Have you ever wanted to knit mittens, either for yourself or for someone special? Mittens are small, portable, and quickly made knit projects. We can then build on the skills learned for the mittens to make gloves. Wouldn't it be fun to have unique mittens and gloves next winter?



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. Plan to bring about 500 yards of worsted-weight yarn, in wool or acrylic or a wool/acrylic blend, along with size 5, 6 AND 7, either double point needles OR two circular needles in each size OR one circular needle in a 40-inch length, in each size. Instructor will provide patterns.

11/2-11/30, Monday (5 sessions)

5:30-7:30PM

ACM: CE Bldg

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$30

Personal Enrichment and 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. **Not recommended** Sennelier or Holbein professional: they are much too soft for beginners); Arches oil paper – at least 9x12 tablet; or Sennelier Oil Pastel paper; A tablet of 140-pound hot pressed watercolor paper. 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, for cleaning the stumps; A nail brush or stiff toothbrush for cleaning the sandpaper; D'Arny spray fixative - designed for Oil Pastels.



Any other papers or supplies will be supplied.

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

1-3PM

ACM: CE18

Instructor: Donna Godlove

Course Cost: \$39

Maryland Senior Course Cost: \$39

Oil Pastel II (C/S398)

This class is designed for those with some experience with Oil Pastels or for those who have taken Oil Pastel I, at least once. We will, however, review the different strokes, color theory, and perspective as the class progresses. We will be covering more in-depth projects. Each class will cover all classes prior, building expertise and experience as we go along.

Recommended supplies: You may use any brand of oil pastel that you already own. However, we recommend Mungyo Professional Oil Pastels, at least 48 (black box). We also recommend a small set of very hard oil pastels (like Craypas Expressionist, or Specialist), paper stumps of different sizes, two sheets of sandpaper (100 grit or higher, for cleaning stumps, stiff nail brush or toothbrush to clean the sandpaper), a tablet of Arches Oil Paper or Sennelier Oil Pastel Pad (both 9x12 or larger), a 11x14 tablet of 140-pound hot pressed watercolor paper. Any other supplies needed will be provided.

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

3:30-5:30PM

ACM: CE18

Instructor: Donna Godlove

Course Cost: \$39

Maryland Senior Course Cost: \$39

Personal Enrichment and Wellness

CULTURAL DEVELOPMENT

Trip to Maryland's Oldest Operating Ghost Tour in Frederick, MD (C/S707)

Step into the eerie charm of autumn with a spirited evening bus excursion to Frederick, Maryland's Historic District—home to one of the state's most captivating ghost tours. As dusk settles and the crisp October air sets the scene, travelers depart by comfortable motorcoach for a scenic ride through Western Maryland. Upon arrival in downtown Frederick, guests are welcomed into a beautifully preserved 18th- and 19th-century streetscape, where flickering lamplight and fall foliage create the perfect backdrop for an unforgettable night.

The highlight of the evening is the Historic District Ghost Tour, an immersive, guided, walking experience lasting approximately 1 hour and 45 minutes. Led by knowledgeable storytellers, participants journey through nearly 300 years of Frederick's past, uncovering chilling tales of war, executions, tragedy, and revenge. These stories are drawn from documented historical events and local lore, blending authentic history with tales of the paranormal for a truly spine-tingling experience.

Winding through cobblestone streets and shadowed alleyways, guests will visit sites where unexplained encounters have been reported, gaining insight into why Frederick is considered one of Maryland's most haunted locations. As **Maryland's oldest operating ghost tour**, this experience offers both historical depth and atmospheric intrigue, perfect for history enthusiasts and thrill-seekers alike.

Before the tour, there will be time to enjoy Frederick's vibrant downtown—browse charming shops, grab a warm drink, or savor a bite.

Trip Highlights:

- Comfortable round-trip motorcoach transportation
- Free time to explore local shops and eateries
- Guided Historic District Ghost Tour (approx. 1 hour 45 minutes), beginning @ 7:15 PM
- True, documented stories of Frederick's haunted past

Perfect for:

Couples, friends, and groups seeking a festive fall outing with a mix of history, mystery, and seasonal charm. Embrace the spirit of October and experience Frederick after dark—where every corner has a story, and some may still linger.

We'll meet back at the bus following the tour for a relaxing ride home that may even warrant a nap, if you dare!

10/13, Tuesday (1 session)

2:00–11:00 PM

Total Trip Cost: \$40 (tour ticket price included)

Maryland Senior Trip Cost: \$40

Please contact us for handicap accessibility information prior to registration.

Personal Enrichment and Wellness

Day Trip to Bedford Fall Foliage Festival (C/S292)

Experience the Charm of Autumn in Historic Bedford, PA

Step aboard for a scenic autumn escape to one of Pennsylvania's most beloved fall destinations—the Bedford Fall Foliage Festival, held during the height of October's vibrant colors. This relaxing day trip blends breathtaking mountain views, small-town charm, and festive seasonal fun, without the hassle of finding the perfect parking spot.

Experience...

- Over 400 craft vendors showcasing handmade goods, art, and unique gifts
- Live music and entertainment throughout the day
- Delicious seasonal treats including apple cider, pumpkin desserts, kettle corn, and classic festival favorites
- Demonstrations by skilled artisans and crafters
- A warm, welcoming small-town atmosphere filled with festive décor and fall spirit.

Perfect for:

Anyone wanting to enjoy the festival and avoid the inevitable parking challenge of any event.

We'll meet back at the bus in the late afternoon for a relaxing ride home amongst the beauty of the mountain foliage.

10/10, Saturday (1 session)

8:30AM–3:00PM

Total Trip Cost: \$20

Maryland Senior Trip Cost: \$20

Please contact us for handicap accessibility information prior to registration.



Personal Enrichment and Wellness

Day Trip to Pittsburgh, PA (C/S708)

Experience the energy, culture, and scenic beauty of Pittsburgh on a convenient and relaxing day trip by motorcoach. Known as the “City of Bridges,” Pittsburgh offers a vibrant blend of history, arts, sports, and innovation—all set against a stunning skyline at the confluence of three rivers.



Depart in the morning aboard a comfortable bus for a scenic journey into western Pennsylvania. Upon arrival, enjoy a centrally located drop-off near the Andy Warhol Museum, PNC Park, and the Carnegie Science Center, placing you right in the heart of Pittsburgh’s North Shore attractions. From here, the day is yours to explore at your own pace.

Art lovers can step into the world of pop art at the Andy Warhol Museum, the largest museum in the United States dedicated to a single artist. Sports fans may take in the excitement surrounding PNC Park, widely recognized as one of the most beautiful ballparks in the country, or stroll along the riverfront for picture-perfect views. Families and curious minds will enjoy hands-on exhibits at the Carnegie Science Center, while those seeking a leisurely experience can cross one of Pittsburgh’s iconic bridges into downtown to explore Market Square, Point State Park, or the city’s diverse dining scene. For those wanting panoramic views, consider riding the historic Duquesne or Moongahela Incline for breathtaking vistas of the skyline and rivers below—an unforgettable Pittsburgh experience.

Perfect for:

Art enthusiasts, families, sports fans, and anyone looking for a fun-filled urban getaway without the hassle of driving.

After a full day of sightseeing, shopping, and dining, regroup at the designated pick-up location for a comfortable evening return trip.

**Note: There will be one rest stop on the drive up and one rest stop on the drive back.*

11/14, Saturday (1 session)

8:00AM–8:00 PM

Total Trip Cost: \$40

Maryland Senior Trip Cost: \$40

Please contact us for handicap accessibility information prior to registration.

Personal Enrichment and Wellness

COLLETTE TRAVEL

Discover Mackinac Island (featuring the Tulip Time festival)

May 2 – May 10, 2027 • 9 Days • 13 Meals

Highlights...

Holland's TulipTime Festival,
Mackinac Island, Grand Hotel,
Chicago's Millenium Park,
Frederik Meijer Gardens &
Sculpture Park, Henry Ford
Museum, Detriot Mobster &
ProhibitionTour



Pricing if booked by 11/2/2026:

Double \$4,229pp*

Single \$5,229pp

Triple \$4,179pp

Final payment due: 2/1/2027

*Included in Price: Round Trip Air from Washington, Air Taxes, & Fees/Surcharges,
Hotel Transfers, & Pick up to and from Allegany College of Maryland*

Not included in Price: Cancellation Waiver & Insurance of \$429 per person

**All rates are Per Person & are subject to change, based on air inclusive package
from WAS*

Join ACM & ColletteTravel for an information session about this trip on **September 23, 2026 at 6:30PM in Room 20 in ACM's Continuing Education Building**. Learn all the exciting details and get your questions answered.

- **Please RSVP for this session** to Lauren Winterberg by emailing lwinterberg2@allegany.edu or calling 301-784-5405 or 301-784-5341.

For more information visit: <https://gateway.gocollette.com/link/1399688>

Personal Enrichment and Wellness

Iceland's Magical Northern Lights Discovery

October 27 – November 2, 2027 • 7 Days • 11 Meals

Highlights...

Reykjavík, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Laval Exhibition Center, Vik, Jökulsárlón Glacier Lagoon, Blue Lagoon



Pricing if booked by 4/28/2027:

Double \$4,529pp*

Single \$5,329pp

Triple \$4,479pp

Final payment due: 7/29/2027

Included in Price: Round Trip Air from Washington, Air Taxes, & Fees/Surcharges, Hotel Transfers, & Pick up to and from Allegany College of Maryland

Not included in Price: Cancellation Waiver & Insurance of \$549 per person

**All rates are Per Person & are subject to change, based on air inclusive package from WAS*

Upgrade your in-flight experience with Elite Airfare—Additional rate of: Business Class \$2,990

Join ACM & Collette Travel for an information session about this trip on **September 23, 2026 at 6:30PM in Room 20 in ACM's Continuing Education Building**. Learn all the exciting details and get your questions answered.

- **Please RSVP for this session** to Lauren Winterberg by emailing lwinterberg2@allegany.edu or calling 301-784-5405 or 301-784-5341.

For more information visit: <https://gateway.gocollette.com/link/1399692>

Personal Enrichment and Wellness

Enchanting Christmas Markets

December 6 – December 14, 2027 • 9 Days • 11 Meals

Highlights...

Christmas Market of Six European Cities & Towns, Regensburg (UNESCO), Rothenburg ob der Tauber & German Christmas Museum, Freiburg, "Petite France" of Strasbourg, Colmar, Lake Lucerne Scenic Cruise



Pricing if booked by 6/7/2027:

Double \$4,729pp*

Single \$5,729pp

Final payment due: 9/7/2027

Included in Price: Round Trip Air from Washington, Air Taxes, & Fees/Surcharges, Hotel Transfers, & Pick up to and from Allegany College of Maryland

Not included in Price: Cancellation Waiver & Insurance of \$599 per person

**All rates are Per Person & are subject to change, based on air inclusive package from WAS*

Upgrade your in-flight experience with Elite Airfare—Additional rate of: Premium Economy \$1,990; Business Class \$4,990

Join ACM & Collette Travel for an information session about this trip on **March 31, 2027 at 6:30PM—location to be determined**. Learn all the exciting details and get your questions answered.

- **Please RSVP for this session** to Lauren Winterberg by emailing lwinterberg2@allegany.edu or calling 301-784-5405 or 301-784-5341.

For more information visit: <https://gateway.gocollette.com/link/1399689>

Personal Enrichment and Wellness



CENTER FOR CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT 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.**

Personal Enrichment and Wellness

The Art of Cupcakes (C/S685)

Take your cupcakes from ordinary to extraordinary in this creative and interactive baking class. Students will learn how to bake moist, flavorful cupcakes while mastering filling techniques, buttercream preparation, piping skills, and decorative finishes. From elegant designs to fun and whimsical creations, participants will explore the artistic side of cupcake decorating and leave with the confidence to create stunning cupcakes for celebrations, parties, and special occasions.

9/14, Monday (1 session)

5-7PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64



Sweet & Savory Crepes (C/S695)

Master the art of the perfect pour-and-swirl in this hands-on **Sweet & Savory Crepes** Class. Learn to whisk, cook, and flip delicate French pancakes while exploring gourmet fillings—from rich, chocolatey Nutella and fresh strawberries to Bananas Foster and cinnamon apple to savory combinations like Ham & Gruyere and Spinach & Mushrooms.

In this dynamic, hands-on workshop, our professional chef will guide you step-by-step through the entire process:

- **Batter Mastery:** Learn the secrets to mixing the perfect, lump-free crepe batter from scratch.
- **The Perfect Flip:** Practice the essential pour-and-swirl technique to achieve that signature paper-thin, tender edge.
- **Decadent Fillings:** Prepare a variety of classic fillings, balancing sweet and savory flavor profiles.
- **Tasting Session:** Sit down with the class to enjoy your delicious creations!

Whether you want to elevate your at-home brunch game or learn a fun, culinary skill, this class is designed for all experience levels.

9/22, Tuesday (1 session)

5-7PM

Instructor: Executive Chef Fred Huber

Course Cost: \$64

Maryland Senior Course Cost: \$64

Personal Enrichment and Wellness

Fall-Themed Cookie Decorating (C/S696)

Get ready for fall and learn to decorate stunning Royal Icing Cookies in this hands-on, beginner-friendly class! Join us to learn the essentials of royal icing and cookie decorating! In this class, you will create a stunning assortment of fall-themed cookies—including leaves, pumpkins, and scarecrows.

What you'll learn:

- Icing Foundations: How to mix, color, and achieve the perfect flooding and dipping consistencies.
- Decorating Techniques: Progress from simple accents to more detailed cookie designs.

Perfect for sharing with friends and family or enjoying all to yourself! All supplies are provided, so just bring your creativity and get ready for a fun, festive time.

9/24, Thursday (1 session)
5-7PM

Instructor: Debra Imler

Course Cost: \$64

Maryland Senior Course Cost: \$64



Sweeten Your Skills: Cookie Decorating (C/S698)

Join us for a cozy and creative evening of cookie decorating! Participants will be guided step-by-step through baking delicious cookies and using icing, sprinkles and more to make them look as good as they taste. Perfect for beginners and seasoned bakers alike—come have fun and treat yourself!

10/8, Thursday (1 session)
5-7PM

Instructor: Arissa Rouser

Course Cost: \$64

Maryland Senior Course Cost: \$64

Soup Basics (C/S674)

Warm up with a hands-on soup class that celebrates three crowd pleasing favorites. This cozy, practical session covers Maryland Crab Soup, White Chicken Chili and a Vegetarian Option: Vegetable Minestrone. Each soup teaches the fundamental skills needed to build rich stocks and perfectly balance seasonings. You'll learn how to build depth with aromatics, thicken sauces, and finish with bright garnishes to elevate each bowl.

10/13, Tuesday (1 session)
5-7PM

Instructor: Executive Chef Fred Huber

Course Cost: \$64

Maryland Senior Course Cost: \$64

Personal Enrichment and Wellness

Tempering and Filling Chocolates (C/S697)

Discover the art and science behind creating beautiful, professional quality chocolates. Students will learn proper chocolate tempering techniques to achieve the perfect shine, snap, and texture while exploring a variety of fillings such as ganache, caramel, and flavored creams. This hands-on class covers molding, filling, decorating, and finishing chocolates, providing participants with the skills needed to create impressive confections for gifts, special events, or personal enjoyment.

10/14, Wednesday (1 session)
5-7PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64

Master the Perfect Pumpkin Roll (C/S699)

Nothing says fall quite like a homemade pumpkin roll! Join us for a fun, hands-on baking class where we'll guide you step-by-step through the entire process. From baking a moist, pumpkin cake to mixing the ultimate creamy filling and mastering that classic rolling technique, you'll learn all the secrets. Perfect for any skill level, you'll leave class with your own delicious pumpkin roll and the confidence to make it again at home.

10/22, Thursday (1 session)
5-7PM

Instructor: Arissa Rouser

Course Cost: \$64

Maryland Senior Course Cost: \$64

Oktoberfest (C/S353)

Experience the festive flavors of Oktoberfest and learn traditional preparation and cooking techniques unique to rich German and Bavarian home-style cooking. In this hands-on cooking class, you will learn to craft an authentic Oktoberfest feast from scratch, mastering classic recipes like Weiner Schnitzel with Lemon Butter, Bratwurst with Beer-Braised Onions, Warm German Potato Salad, Quick Pickled Red Cabbage and a sweet apple dessert, Apple Strudel with Dapplekorn (Apple Schnapps).

10/27, Tuesday (1 session)
5-7PM

Instructor: Executive Chef Fred Huber

Course Cost: \$70 (Alcohol Included)

Maryland Senior Course Cost: \$70



Personal Enrichment and Wellness

An Evening in Italy: Pasta Making & Sauce Pairing

(C/S584)

Master the art of crafting silky, handmade pasta and creating light, cloud-like potato gnocchi from scratch in this hands-on culinary class. You will learn the techniques for mixing, rolling, and shaping dough, alongside simmering complementary scratch-made sauces. Elevate your home cooking and impress guests with authentic, fresh Italian cuisine. You will simmer classic, rich Marinara, whip up a velvety Alfredo, and blend two distinct herbed sauces: a bright Genovese Basil Pesto and a deeply savory Sun-dried Tomato Pesto. Finally, elevate your dishes with a fragrant Roasted Garlic and Olive Oil Drizzle. By the end of class, you will possess the foundational skills to pair, plate, and serve these fresh Italian masterpieces confidently at home.

11/10, Tuesday (1 session)

5-7PM

Instructor: Executive Chef Fred Huber

Course Cost: \$70 (Alcohol Included)

Maryland Senior Course Cost: \$70



The Perfect Dinner Rolls

(C/S700)

Learn the techniques needed to create soft, fluffy, bakery-quality dinner rolls from scratch. In this hands-on class, students will explore yeast dough fundamentals, proper mixing and kneading methods, fermentation, shaping techniques, and baking principles. Whether you're a beginner or looking to refine your bread making skills, this course will help you consistently produce golden, flavorful dinner rolls that are perfect for family meals, holidays, and special occasions.

11/16, Monday (1 session)

5-7PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64



Personal Enrichment and Wellness

Make your Thanksgiving Cookie Centerpiece (C/S701)

Elevate your Thanksgiving table by handcrafting a stunning turkey cookie centerpiece! This hands-on workshop teaches royal icing fundamentals—including coloring, flooding, and dipping—so you can create designs from simple to intricate. Beginners and experienced bakers alike will leave with a completed centerpiece, setup instructions, and a delicious dessert.

Class Overview:

- **The Project:** Create a beautiful, edible turkey centerpiece to showcase at your Thanksgiving dinner.
- **The Skills:** Master essential royal icing techniques, including mixing consistencies, flooding, and dipped icing.
- **The Levels:** Perfect for all skill levels, from total beginners to experienced bakers.
- **The Takeaway:** Take your masterpiece home with step-by-step assembly instructions, ready to enjoy after your holiday meal.

11/18, Wednesday (1 session)

5-7PM

Instructor: Debra Imler

Course Cost: \$64

Maryland Senior Course Cost: \$64

Beginners Sushi (C/S645)

Embark on a delicious hands-on introduction to the fundamentals of making and rolling sushi. This approachable class covers essential techniques – from preparing seasoned sushi rice and selecting fresh fillings to mastering simple, beginner-friendly rolling methods. You'll gain confidence shaping maki and nigiri, learn proper knife work for safe, clean cuts and explore flavor pairings that highlight balance and texture.

11/24, Tuesday (1 session)

5-7PM

Instructor: Executive Chef Fred Huber

Course Cost: \$64

Maryland Senior Course Cost: \$64



Personal Enrichment and Wellness

HISTORY

History Explored: The 1619 Project vs The 1776 Commission (C/S607)

In this class, students will learn about two significant curricula and their respective proponents that have aimed to establish control over America's Founding narrative. The class will demonstrate how this debate influences and questions how we teach and learn American history.

Did American history begin off the coast of 1619 Virginia, with the arrival of the White Lion slave ship? Or does American history begin in 1620 Plymouth, with the arrival of the Mayflower, or 1776, with the American Founding? Both curricula will be examined through their respective written works to analyze how American history should be taught and remembered.

10/6, Tuesday (1 session)

6-8PM

ACM: CE Bldg

Instructor: Rev Justin Searls

Course Cost: \$15

Maryland Senior Course Cost: \$15

History Explored: Things That Shouldn't Be Flying: Ufology and Unidentified Aerial Phenomena (2016-Now) (C/S704)

Since 2016, unidentified aerial phenomena (UAP)—more commonly known as UFOs—have moved from the fringe of public discourse into increased governmental, scientific, and public attention. This course examines the modern history of UAP research and disclosure, beginning with a brief overview of the Advanced Aerospace Threat Identification Program (AATIP) as a precursor to today's investigations. Participants will explore recent congressional hearings, official government reports, and the evolving public discussion and release of government information regarding these reported sightings.



This two-hour introductory course provides a historical overview of recent developments in UAP research and government disclosure. Through historical analysis and interdisciplinary discussion, learners will reflect on how reports of unexplained aerial phenomena and ongoing investigations might influence public trust, cultural narratives, and perspectives on science, society, and belief. Designed for curious lifelong learners, this course provides a grounded, historical framework for understanding a topic that continues to generate public discussion and debate.

10/13, Tuesday (1 session)

6-8PM

ACM: CE Bldg

Instructor: Rev Justin Searls

Course Cost: \$15

Maryland Senior Course Cost: \$15

Personal Enrichment and 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 educational 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 14, 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 3 – David Jones

Subject: Join us for our “Kick Off” session with ACM President David Jones

Description: David will share a College update, including new initiatives and the College’s vision for the future. We will enjoy a celebratory lunch after his presentation. A wonderful way to begin an exciting semester!

September 10 – Rita Knox

Subject: C&O Canal and Life on a Canal Boat

Description: Rita Knox will present a brief overview of the Chesapeake and Ohio Canal history, some highlights from the Paw Paw Tunnel to the Terminus, and a look at the life of the canal boatmen and lock tenders.

September 17 – Anne DeVaughn

Subject: Let’s Get Ready!

Description: As we move into the next phase of our lives it is very useful to be prepared. Suggestions and techniques for this transition period will be discussed.

September 24 – Ashli Workman

Subject: Allegany County Tourism

Description: An update on all the good tourism things happening in Allegany County will be presented.

Personal Enrichment and Wellness

October 1 – Dr. Brian Plitnik

Subject: The “Quiet Revolution” in Music: Debussy and French Impressionism

Description: At the twilight of Europe’s Romantic era (1820-1900 CE), the Arts began to explore uncharted pathways. The coming musical revolution of the 20th century was ushered in not by force, but by subdued sensuality... a new approach to Harmony and Form inspired by a truly paradigm-shifting painting.

October 8 – Jesse Ketterman

Subject: Money Smart for Older Adults

Description: The Money Smart for Older Adults program seeks to raise awareness among older adults on how to prevent fraud, scams, and other elder financial exploitation. The curriculum was developed by the FDIC (Federal Deposit Insurance Corporation) and CFPB (Consumer Financial Protection Bureau).

October 15 – Sarah Parsons

Subject: Landlord Tenant Basics and Best Practices

Description: This presentation will provide attendees with some of the basic and valuable information regarding the legal aspects of landlord/tenant relationships. Additionally, the attendees are provided with tips about the best practices to foster a mutually beneficial landlord and tenant situation.

October 22 – Al Feldstein

Subject: Former Buildings on Wills Mountain

Description: Al will present an OVERVIEW of the History of the Wills Mountain Inn and Artmor Plastics.

October 29 – Andy Duncan

Subject: Our Halloween Heritage

Description: Everyone loves a ghost story, especially this time of year, and our area is full of them! Award-winning author Andy Duncan will retell some favorites, all set within 50 miles of Allegany College of Maryland.

Personal Enrichment and Wellness

November 5 – DeeDee Ritchie

Subject: River Walk at Canal Place

Description: An update on the River Walk at Canal Place will be presented.

November 12 – Moderated by Dave Williams

Subject: History Panel

Description: A roundtable discussion led by Allegany County Historical Society president Dave Williams with four panelists sharing their thoughts on the topics: the most important individual man in local history; the most important woman; the most important single event; and what aspect of local history is most important to our future.

November 19 – 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 26 – Thanksgiving, No Session**December 3 – Betsey Hurwitz-Schwab**

Subject: Hanukkah and Hanukkah Menorahs

Description: With a collection of 150+ Hanukkah menorahs, Betsey will talk about the holiday and will show examples of menorahs from different time periods and countries.

Personal Enrichment and Wellness

SPECIAL INTEREST

An Introduction to Voiceovers (C/S536)

Have you ever listened to commercial, animation, or audiobook and thought “I wonder if I could do that?” If you want to earn income from home using your voice, voice acting could be a good fit. It’s natural to have questions. Is the industry too competitive? Do you need expensive equipment? How do you find work? This introductory class answers those questions honestly and gives you a clear, realistic view of how to begin. You’ll explore different types of work, practice reading a script, and receive coaching and feedback. A follow-up evaluation will help guide your next steps. In this personalized 90-minute session, you’ll meet professionals, read script, and get coaching. Learn more: <http://www.voicesforall.com/ooo>. Upon registration you will be contacted by VFA to schedule class. Participants must be 18 or older.

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

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

Beekeeping, Intro to (C/S450)

What’s all the buzz? Join us for an educational, informative and exciting course as skilled beekeeper, Ben Cooper, leads participants into the exciting world of beginner beekeeping. The class will focus on the history and types of Honey Bees, colony structure, bee biology and development, and keeping a healthy hive. Participants will also learn about proper protective gear, tools of the trade and hive location. As the class progresses, other discussion topics will include trapping methods, packages, swarms, establishing colonies, invasive extractions, transporting hives, and avoiding threats from humans & 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 MAAREC and is included in the course materials. Allegany County teachers can get CEC credits. A “Certificate of Completion” will be presented at the end of this course.

9/14–10/19, Monday (6 sessions)
6–8:30PM
ACM: CE Bldg
Instructor: Ben Cooper
Course Cost: \$84 (includes the price of the textbook)
Maryland Senior Course Cost: \$59

Personal Enrichment and Wellness

Garden Basics: Grow More in Less Space (C/S706)

Want to grow more of your own food but don't have a large garden?

This four-part series will show you practical ways to produce fresh vegetables, herbs, and greens in backyards, patios, and even indoors. Participants will learn how to plan a productive food garden, grow crops using simple hydroponic systems, improve soil with vermicomposting, raise nutritious microgreens year-round, and keep their harvests thriving throughout the season. Whether you're a beginner or an experienced gardener looking to maximize your space, this course will provide hands-on ideas and techniques to help you grow more food at home.



This course is offered in partnership with University of Maryland Extension.

9/24–10/15, Thursday (4 sessions)

5–6:30PM

ACM: CE Bldg

Instructor: Sarah Llewellyn

Course Cost: \$20 (course materials included)

Maryland Senior Course Cost: \$20

Personal Enrichment and Wellness

DRIVER EDUCATION

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)

A collaboration between Allegany Driving School and ACM, 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 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 vehicle.



Please contact Allegany Driving School for registration and course details at 301-724-2224.

Monday-Thursday 6-9PM

Note: +6 hours are individually scheduled in vehicle

Course Cost \$409.00 (additional fees may be applied)

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

Personal Enrichment and Wellness

MOTORCYCLE SAFETY

Motorcycle Safety Independent Training Center

Under contract with



Motorcycle
Safety
Program



Basic Rider Course (MVA275)

The Motorcycle Safety Foundation's (MSF) Basic *RiderCourse* (BRC) has offered rider training for over fifty years, serving over 10 million motorcyclists nationwide. Through the MSF approved BRC course, participants will learn about the different types of motorcycles, layout and operation of the basic controls, and how to become a safer, more responsible rider. Your certified MSF *RiderCoaches* will guide you through the basic skills of straight-line riding, stopping, shifting, and turning, swerving, and emergency braking. Participants are required to complete an online *eCourse* prior to on-motorcycle training on Saturday and Sunday. Spread over two days, the on-motorcycle training culminates with the licensing skills test on Sunday afternoon. Participants must provide their own riding gear, which includes a Department of Transportation (DOT) certified helmet, eye protection, long-sleeved shirt/jacket, long pants/no holes, full-fingered gloves, and sturdy over-the-ankle/oil-resistant footwear. Additional details for approved riding gear and pertinent course information will be provided upon enrollment. The Motorcycle Safety Foundation (MSF) training program is approved by the Maryland Motor Vehicle Administration (MVA) and the West Virginia Department of Motor Vehicles (DMV). Because each state may have different license requirements, it is the participants responsibility to verify any additional requirements per their licensing state.

For more information, please call David Smarik, at 301-784-5077 or dsmarik@allegany.edu.

8/8-8/9, Sat & Sun
8/22-8/23, Sat & Sun
9/5-9/6, Sat & Sun
9/19-9/20, Sat & Sun
Course Cost: \$299
Call 301-784-5341 to register and enroll in classes.

Total Course Cost: \$299.00 (all fees included)
Fee Discounts or Waivers Do Not Apply

This is a 17-hour training class. The extra hours built into the published schedule accommodate for uncontrollable events such as weather, mechanical failure, and emergencies. Please reserve all the listed time on your schedule. You may not leave during any class activities.

INTERESTED IN SHARING YOUR MOTORCYCLE EXPERTISE WITH OTHERS?

Become a Motorcycle Safety Foundation (MSF) certified RiderCoach through ACM's Motorcycle Safety Training Center. If interested, please contact **David Smarik at 301-784-5077 or dsmarik@allegany.edu**