AQUATICS, FITNESS & WELLNESS

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

2/28-6/6, Monday (13 sessions)
No class 4/18 & 5/30

3/3-6/2, Thursday (13 sessions)
No class 4/14

All sessions:
4:45-5:45 PM
ACM: WCI Training Center or Online
Instructor: Phyllis Washington
Course Cost: $45.00
Maryland Senior Course Cost: $45.00

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

2/1-4/19, Tuesday (10 sessions)
No class 3/22 & 3/29
5:30-6:30 PM
ACM: WCI Training Center
Instructor: Ashley Wolfe
Course Cost: $32.00
Maryland Senior Course Cost: $32.00
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/seeded/standing positions. All you need is an exercise mat. Please consider registering early. Space will be limited due to COVID-19.

1/24-4/11, Mondays, (12 sessions)
9:30-10:30 AM
OR
1/25-4/12, Tuesday, (12 sessions)
5:30-6:30 PM
Instructor: Katy Smith
ACM: CC-Green room
Course Cost: $85.00
Maryland Senior Course Cost: $85.00

Tai Chi Chih (CHE224)
Tai Chi Chih is a form of Chi Kung consisting of 19 movements and one pose. The practice is based on traditional Chinese medicine techniques focused on circulating and balancing internal energy (chi), and was developed by Justin Stone, a Tai Chi Chuan master, as a simple yet effective method for Westerners to learn and participate in the practice without benefit of years of study with a master. Individuals practice Tai Chi Chih throughout the United States and many other countries of the world and are taught the standardized form by accredited teachers who renew their training on a regular basis. This simple technique is easy and enjoyable to learn for people of all ages, including those who must perform it while seated. The beautiful flowing movements are relaxing, and are reported to reduce stress; regulate blood pressure; increase focus and concentration; improve balance, strength and circulation; improve immunity; and increase energy levels.

2/1-4/19, Tuesdays (12 sessions)
5:30–6:45 PM
Instructor: Carolyn Clauson Andrews
ACM: Loft
Course Cost: $90.00
Maryland Senior Course Cost: $90.00
OR
4/11-5/19, Mon. & Thurs. (8 sessions)
5:30–6:45 PM
Instructor: Suanne Lewis
ACM: Frostburg City Place
Course Cost: $64.00
Maryland Senior Course Cost: $64.00

Please contact Christa Snyder at 301-784-5530 or casnyder@allegany.edu for more updates concerning Flow and Restore Yoga, Tai Chi Chih, Relax & Renew Yoga.

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

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

2/9-4/6, Wednesday (9 sessions)
3:30-5:30 PM
ACM: CE Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00
**Classical Drawing for the Advanced**
(C/S510)

"Why do we draw?" Because drawing is powerful and is the most basic passageway through which we can access our ideas, feelings, beliefs and truths. For visual artists, an understanding of the elements of pattern, proportions, line, form and volume offers the keys to unlock the doors to successful expression. Whatever mediums an artist chooses, learning to draw will give your work a strong foundation.

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

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

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

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

2/16-5/4, Wednesday (12 sessions)
9:00 AM-12:00 PM
ACM: CE Building
Course Cost: $49.00
Maryland Senior Course Cost: $49.00

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**Exploring Pastels**
(C/S089)

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

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

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

2/8-4/5, Tuesday (9 sessions)
3:30-5:30 PM
ACM: Humanities Building
Instructor: Donna Housel
Course Cost: $45.00
Maryland Senior Course Cost: $20.00
Introduction to “Bob Ross” Painting (C/S942)
Students will learn Ross’ patented wet-on-wet painting technique and will leave the class with their own completed 16 X 20” painting on canvas. Now you can learn to paint just like this iconic artist did on a television show that aired for 25 years and 500 episodes. Classes are especially suited for beginners; students need no previous experience to attend. The price of the class includes all the materials you will need. Students who have their own supplies can select the lower course cost.

3/5, Saturday (1 session)
9:00 AM-1:00 PM
ACM: CE Building
Instructor: Dee Sullivan
Course Cost: $90.00 (supplies included)
Maryland Senior Course Cost: $85.00 (supplies included)
Course Cost: $70.00 (supplies not included)
Maryland Senior Course Cost: $65.00 (supplies not included)

Crocheting: Basic (C/S518)
It all starts with a slip knot. This course will cover basic stitches, terminology, and pattern reading. We will apply what we learn to a stitch sampler washcloth and scarf.

Supply list:
• Yarn: 2 Skein of approx. 300 yd. Medium 4 Yarn – Recommended: Light colored yarn for learning new stitches; one skein of color of your choice for project; Optional: Cotton yarn such as Peaches & Creme or Sugar’n Cream for washcloth (approx. 120 yards)
• Hook: J (6 mm) or hook size required for yarn – Recommended: Susan Bates hooks
• Tapestry Needle
• Scissors
• Optional: Stitch markers, safety pins, or bobby pins

5/3-5/12, Tuesday & Thursday (4 sessions)
9:00-11:00 AM
ACM: CE Building
Instructor: Rachel Ritchey
Course Cost: $29.00
Maryland Senior Course Cost: $29.00

Crocheting 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, but not required. 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.

Materials:
• 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
• Tapestry Needle
• Stitch Marker
• Fiber Fill

5/17-5/26, Tuesday & Thursday (4 sessions)
9:00-11:00 AM
ACM: CE Building
Instructor: Rachel Ritchey
Course Cost: $29.00
Maryland Senior Course Cost: $29.00

Knitting for Beginners (C/S171)
Learn to knit or refresh your skills! The class project will be a series of dishcloths utilizing a number of stitch patterns. Students will learn 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.

3/7-4/11, Monday (6 sessions)
5:30-7:30 PM
ACM: CE Building
Instructor: Minou Shelton
Course Cost: $50.00
Maryland Senior Course Cost: $20.00
Intermediate Knitting (C/S387)
Have you admired knitted lace and wished you could make something like that? Let's explore lace together! Our class project is a sampler scarf with several different lace stitch patterns. We'll talk about techniques and skills that you can use to make other lace projects. Along the way, we will talk about reading patterns and charts, along with identifying mistakes and correcting them. You will need about 600 yards of worsted weight yarn and size 8 knitting needles OR 700 yards of dk weight yarn and size 6 needles. You will need to know how to cast on, knit, purl and bind off. Instructor will provide pattern.

4/25-5/23, Monday (6 sessions)
5:30-7:30 PM
ACM: CE Building
Instructor: Minou Shelton
Course Cost: $50.00
Maryland Senior Course Cost: $20.00

Oil Pastel II (C/S439)
All levels of expertise are welcome. We work and learn in an easy going, positive atmosphere. Starting with the basics, we will visit different strokes, learn the differences in various pastels, learn why the levels of hardness and pigment percentages are important, to blend or not to blend. We will visit color theory and composition. Going from very simple to more complicated paintings as the 9 weeks’ progress. Instructor Donna L. Godlove is an active member of the Arts Councils in the following counties: Allegany, Garrett and Washington, MD, and Berkeley, WV. She is the owner-operator of Mountain Heather Studios, the first president of the Appalachian Pastel League, a member of the Maryland Pastel Society, PPAL, CPPS and the Maryland Art Council. She is a multi-award winning artist and has had solo exhibitions at the Washington County Arts Council, Allegany County Arts Council, the Fairfax Coffee House Gallery, and the Culinaire Cafe.

Needed supplies: 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 lease 9x12 tablet; other papers will be made available at cost, Solid Paper Stumps (not the hollow ones); baby wipes/ paper towels; two sheets of sandpaper 300/400 grit; D’Arny spray fixative designed for Oil Pastels

3/30-4/27, Wednesday (5 sessions)
6:00-8:00 PM
ACM: CE Building
Instructor: Bobbi Dubins
Course Cost: $59.00
Maryland Senior Course Cost: $59.00
Return to travel with Collette’s Traveling Well Experience. Each guest that travels with Collette deserves a memorable and fulfilling travel experience. And Collette intends to continue to deliver on that promise—as has been their goal since 1918. Your health, well-being, and enjoyment remain the top focus. To view the safety steps taken by Collette, visit https://www.gocollette.com/en/landing-pages/2020/the-traveling-well-experience.

Alaska Discovery Land & Cruise featuring a 7-night Princess Cruise

July 19–July 30, 2022

12 Days • 26 Meals

Traverse the Pacific coast by land and sea aboard one of Princess Cruise Lines’ lovely ships on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. Cruise the Sternwheeler Discovery and encounter Alaska’s diverse culture and rich history. In a modern saloon, enjoy local dishes inspired by Fannie Q, the famed Alaskan pioneer. Ride a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel deep into Denali National Park for the best opportunities to view the region’s wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska’s gorgeous capital, Juneau. Visit Ketchikan, the “Salmon Capital of the World.” This is Alaska as you always imagined.

• Double $5,749pp  Single $8,749pp  Final payment due: 3/19/22

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

• Not Included in Price: Cancellation Waiver and Insurance of $449 per person, upgrades to exterior/balcony cabins

RSVP to Denise Ware at dware@allegany.edu to reserve your spot. If you can’t be there in person, contact Denise for the ZOOM presentation details.
Each class will be taught in a single evening by a professional local chef or culinary expert. The courses will feature specialties of the guest chef and will focus on learning proper cooking techniques in a relaxed atmosphere. All courses will offer hands-on experience in the Culinaire’s state-of-the-art professional teaching facility at the Gateway Center, 112 Baltimore Street, Cumberland. At the end of each class, you will not only have acquired valuable new cooking skills, but you’ll also have time to enjoy the fruits, appetizers, entrees, desserts…and beverages of your labor!

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

Girls’ Night Out: Mexican Fiesta!
(C/S224)
Hola, senoras y senoritas! Join Deb and Debbie for our most popular series every, so register early! We are offering two sections of the same course to accommodate as many people as possible. Leave your responsibilities at home and join your friends for a fun night cooking, eating, sipping, and sisterhood. We will be featuring unique dishes that celebrate the flavors of Mexico. Wear casual clothes and get ready for an evening of good food and great friends! NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

5:00-7:30 PM
Instructors: Deb Frank and Debbie Swope
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00

2/17, Thursday (1 session)
OR
4/28, Thursday (1 session)
Celebrate Mardi Gras! (C/S413)
Laissez les bon temps rouler! Let the good times roll with Chef Adam Kenney as you create New Orleans specialties in celebration of Mardi Gras. You don’t have to visit the Big Easy to enjoy jambalaya, gumbo, bananas foster, and many other delicious recipes that feature ingredients indigenous to the region. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

3/3, Thursday (1 session)
5:00-7:30 PM
Instructors: Adam Kenney
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00

The Art of The Macaron (C/S512)
Are you fascinated by those beautiful French sandwich cookies known as macarons? They are lovely little almond meringue cookies filled with a wide variety of fillings. Join Debbie in creating macarons to sample here and to take home. Each participant will be taking home at least two dozen of these delightful, and popular, sweets.

4/7, Thursday (1 session)
5:00-7:30 PM
Instructors: Debbie Swope
Course Cost: $59.00
Maryland Senior Course Cost: $59.00

Tapas To Paellas (C/S237)
Back by popular demand! Spanish cuisine highlights the bounties of its regions. It is as exciting as the other cuisines of Europe and has tremendous variety. Featured ingredients will include shellfish, olives, chorizo sausage, and rice. Join Deb as she assists you in preparing a wide variety of tapas (appetizers) and paella. NOTE: Alcohol will be served. You must be age 21 or older to enroll in this course.

3/30, Wednesday (1 session)
5:00-7:30 PM
Instructors: Deb Frank
Course Cost: $69.00 (Alcohol included)
Course Cost: $59.00 (No Alcohol)
Maryland Senior Course Cost: $69.00/$59.00
FIREARM SAFETY CERTIFICATION

Maryland Hand Gun Qualification (HQL) Course (C/S874)
This Handgun Qualification License training is a four-hour block of instruction which includes classroom instruction on state firearm law, home firearm safety, handgun mechanisms and operation, and a component that requires the applicant to demonstrate the ability to safely fire a handgun. Unless otherwise exempt, as of October 1, 2013, a Maryland Resident must possess a valid Handgun Qualification License before they may purchase, rent, or receive a handgun. The instructional portion of the course will occur in the classroom. The operation and handling demonstration of the course will either occur in the classroom (via simulation) or at a secure firing range, based on weather conditions.

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

All sessions:
9:00 AM-1:00 PM
Location: Savage Mountain Firearms, Frostburg, MD
Instructor: John Sagal
Course Cost: $75.00
Maryland Senior Course Cost: $70.00

2022 Training Dates To Be Announced Soon!
Call 301-784-5069 to be added to the wait list.
FOREIGN AND SIGN LANGUAGES

Baby Sign Language for Parents (C/S527)
Do you aspire to communicate with young or non-verbal children? This class offers a proven method to do that. Children as young as six months can begin learning sign language. Parents, grandparents, or other caregivers can use signs to teach children how to communicate. Sign language offers a host of benefits such as accelerating verbal communications, increasing vocabulary, attention ability, visual discrimination, and spatial memory. It may enhance comprehension and phonetic spelling, along with providing intellectual stimulation and strengthening bonding with children. Sign communication is a proven system for children with special needs (i.e. Down syndrome, autism and other communication disorders). Participants will learn signs that include family relations, colors, food, animals, alphabet, numbers (1 to 14) and 14 simple sentences. Participants will be provided a book containing the signs.

3/5-3/26, Saturday (4 sessions)
10:00 AM-12:00 PM
ACM: CE Building
Instructor: Deborah Dilbon
Course Cost: $29.00
Maryland Senior Course Cost: $24.00

Sign Language, Beginning (Signed English) (C/S525)
This Signed English class is an introductory Sign Language class in the principles of manual communication where sentence structure is emphasized and a sign is executed for every word in a sentence. The goal of this course is to make students comfortable communicating and practicing with deaf persons; including the work place, social gatherings, and emergencies. In addition, the overall objective is to further integrate the deaf into general society by helping to increase the number of hearing persons who know Signed English. This course will also familiarize students with what deafness means to the deaf person, the family, and the community. Deborah Dilbon, the instructor, has a profound hearing loss and is legally deaf. Deborah has a BS in Criminal Justice and has studied Signed English for nine years.

2/16-4/6, Wednesday (8 sessions)
6:00-7:30 PM
ACM: CE Building
Instructor: Deborah Dilbon
Course Cost: $36.00 (includes material fee)
Maryland Senior Course Cost: $21.00

Travel Spanish II (C/S521)
This course is a continuation of Travel Spanish. You will continue learning to read, write, listen and comprehend the Spanish language and understand the Spanish culture under the instruction of Eva Hoover. Eva is an experienced traveler, was born in Spain and raised in Latin America, and taught Spanish at Frostburg State University.

3/16-5/18, Wednesday (10 sessions)
1:00-3:00 PM
ACM: CE Building
Instructor: Eva Rivera Hoover
Course Cost: $49.00
Maryland Senior Course Cost: $35.00
Personal Enrichment & Wellness

HOW TO

Introduction to Basic Welding (VTE849)
Back by popular demand! Are you interested in picking up welding as a hobby? Maybe you want to learn the basic welding process to fix some things around your house or for a new art idea? Whatever your reason, this short introductory course will give you the basic background you need to complete those simple welding tasks!

ONLINE
NEW! Intro to Wood and Metal Fabrication for Artists (MAK001)
The course is an introduction to the nature of materials, contemporary concepts of form and media in two and three-dimensional design.

Students should wear cotton pants (no shorts), cotton shirt (no polyester), and sensible shoes or steel toe shoes.

Supplies: Possible Source (Harbor Freight)
- Welding Helmet SKU 46092 ($36.99)
- Welding Gloves SKU 39664 ($6.99) or 63485 ($9.99)
- Safety Goggles SKU 66538 ($3.99)
- Face Shield SKU 62995 ($4.99)
- Ear Muffs SKU 70038 ($2.99)
- Work Gloves SKU 64474 ($2.99) S/M/L

3/22-4/12, Tuesday & Thursday (7 sessions)
8:00-11:00 AM
Western Maryland Works – LaVale, MD
Instructor: Corey Cook
Course Cost: $269.00
Maryland Senior Course Cost: $259.00

NEW! Welding for Artists (MAK002)
A beginning course designed for the aspiring artist. Introduction to the process of woodworking and basic welding for the purpose of creating personal artwork. Students will have hands-on-experience and studio experience. Permission of instructor or completion of Intro to Wood and Metal Fabrication for Artists is recommended.

Students should wear cotton pants (no shorts), cotton shirt (no polyester), and sensible shoes (no flip flops).

Supplies:
- Welding Helmet
- Welding Gloves
- Safety Goggles
- Ear Muffs
- Work Gloves

3/8-3/24, Tuesday & Thursday (6 sessions)
1:00-3:00PM
Western Maryland Works – LaVale, MD
Instructor: Dustin Davis
Course Cost: $44.00
Maryland Senior Course Cost: $44.00

NEW! Woodworking for Artists (MAK003)
A beginning course designed for the aspiring artist. Introduction to the process of woodworking for the purpose of creating personal artwork. Students will have hands-on-experience and studio experience. Permission of instructor or completion of Intro to Wood and Metal Fabrication for Artists is recommended.

Students should wear cotton pants (no shorts), cotton shirt (no polyester), and sensible shoes (no flip flops).

Supplies:
- Work Gloves
- Safety Goggles
- Face Shield
- Ear Muffs

3/8-3/24, Tuesday & Thursday (6 sessions)
3:00-5:00PM
Western Maryland Works -LaVale, MD
Instructor: Dustin Davis
Course Cost: $44.00
Maryland Senior Course Cost: 44.00

Supply packages for artist’s fabrication courses are available for purchase from ACM. Students may opt to provide their own supplies.
Small Engine Maintenance (C/S428)
Prepare for the winter and summer seasons. Learn how to properly maintain your small engine equipment and save time and valuable money. In this course you will learn the fundamentals of small engines found in your lawn mowers, chainsaws, pressure washers, trimmers, blowers and more. Discover the best fuel to use, the tools you need to maintain your equipment, and the simple things you can do in your garage to keep your power equipment running at optimum performance. Carburetor adjustment, blade sharpening, and electronic ignitions will also be discussed. Learn from a small engine repair pro J.T. Goodwin who has been working on small engines for more than 20 years. J.T. graduated from Frostburg State University with a BS in Physics. He is certified in machining and welding and holds a water treatment license in the state of MD. J.T. currently works for the Allegany County Public Schools as a Specialist and repairs all of their small engine and snow removal equipment. He also runs his own business offering mobile diesel repair and welding. Course fee includes an informative textbook that is yours to keep upon successful completion of the course.

4/7-4/28, Thursday (4 sessions)
6:00-8:00 PM
Western Maryland Works – LaVale, MD
Instructor: J.T. Goodwin
Course Cost: $70.00
Maryland Senior Course Cost: $31.00

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

5/5-5/26, Thursday (4 sessions)
6:00-8:00 PM
Western Maryland Works – LaVale, MD
Instructor: J.T. Goodwin
Course Cost: $70.00
Maryland Senior Course Cost: $31.00
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 from 10:00 AM to noon in room 8 unless otherwise indicated.

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

February 3 – Shelly Minnigh
Subject: Why the Y?
Description: Join us as we learn and discuss the impact the YMCA has on our local community, including programs and services the Y offers. If you think it’s just a gym and swim, you will be very surprised. *Will meet in room CE14.

February 10 – Chris Logsdon
Subject: George Washington in Western Maryland
Description: This presentation recalls key events that explore the unique role of Western Maryland in the military and political careers of George Washington, America’s foremost founding father.

February 17 – Sukh Gates
Subject: The Jane Gates Heritage House
Description: Historical facts of Jane Gates’s life and home will be shared as well as the interesting role that soapwort played and how it was discovered in the garden of the Jane Gates House on Greene Street.

February 24 – Dick Soderman
Subject: Protecting Yourself from Cybercrime
Description: Although there are many benefits to being “online”, you take a risk when you connect a computer to the Internet. Fortunately, there are a number of simple things you can do to reduce your risk of being hacked.

March 3 – Ben Yoder
Subject: What Small Family Farms Are Doing to Survive and How You Can Help Them
Description: Ben Yoder, from Savage Mountain Farm, will share the story of his farm and how farmers are learning to go straight to the consumer in an effort to keep the tradition of family farming alive.

March 10 – Andrew Sparber
Subject: From Bark to Boots: The History of Tanneries of Western Maryland
Description: From the mid-1700s to the early 20th century there were a total of 26 Tanneries in Western Maryland. This lecture, based on extensive research, will focus on all of the possible related topics associated with the manufacturing of leather in our area.

March 17 – Brian Plitnik
Subject: The Origins of Rock and Roll: 1950s to the British Invasion
Description: Born from a uniquely American cultural blend, the genre of Rock and Roll is a product of the 1950s. This lecture will explore early Rock up through the arrival of the Beatles, as Rock and Roll became an unstoppable international sensation.

March 24 – Jay George
Subject: The Glass Industry in Allegany County
Description: A look at the once vibrant glass industry located in Allegany County, Maryland. The discussion will focus on the history, major manufacturers and decorators, practices and techniques used. Examples of the products produced in the area will be available for viewing.
Mar. 31 – Andrea McCray and Melissa Harr-Kyle  
Subject: Healthcare: Advanced Planning  
Description: Medical Social Workers will identify ways to be proactive in enabling family and/or friends to make decisions based on the patient’s wishes about medical treatments when the patient no longer has the capacity.

Apr. 7 – Ted Bauer  
Subject: Footer House  
Description: Thomas Footer created the Footer Dye works in Cumberland MD and that building has been restored and is now occupied. This presentation will focus on Thomas Footer’s home on Decatur Street in Cumberland.

Apr. 14 – Spring Break

Apr. 21 – Chuck Dicken  
Subject: Brexit and Ireland  
Description: Brexit: The Irish Dimension: A discussion of how Brexit has been impacted by Ireland’s unique relationship to Great Britain and what its implementation may mean for both islands.

Apr. 28 – Ruth Upton  
Subject: Erikson’s Theory of Personality Development  
Description: Bring a favorite picture of yourself at some time during your earlier life. We will identify which of Erikson’s Stages your picture portrays and how we can use our life lessons at each stage to enrich our lives today.

May 5 – Jane Rohde  
Subject: The Design of Intentional Community - Senior Living Trends  
Description: Innovative models for senior living are emerging throughout the country and internationally, with many new housing developments embracing intergenerational living as a way for supporting the needs of both older and younger people. This presentation will describe trends in community and housing development that support health and wellness opportunities for all ages.

May 12 – Michael Thompson  
Subject: Fade to Blue  
Description: Hundreds of alumni and former staff came back to Allegany High School on Sedgwick St. to participate in one final experience with the community landmark before it is razed. Learn how the “Fade to Blue” project went from a photography project to a creative historical preservation effort to be viewed in a gallery exhibition and fine art keepsake book.
RECREATION & PASTIMES

Ben is “an excellent teacher. Ben walks you through from start to finish, installing confidence and eye-opening insight along the way.” - Mary Evans

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” is included in the course materials. A “Certificate of Completion” will be awarded at the end of this course.

3/21-4/25, Monday (6 sessions)
6:00-8:30 PM
ACM: CE Building
Instructor: Ben Cooper
Course Cost: $50.00 (includes the price of materials and textbook “Beekeeping Basics”) Maryland Senior Course Cost: $39.00

Intermediate Beekeeping Class (C/S555)

This new class will focus on hive management and be mostly in the field. It will cover making Spring splits, swarm control, queen management, mite treatments, and honey flows. Participants should already have at least a beginner level of bee experience. Prerequisite: successful completion of the Introduction to Beekeeping ACM course.

5/2-5/23, Monday (4 sessions)
6:30-8:30 PM
ACM: CE Building
Instructor: Ben Cooper
Course Cost: $44.00 (includes the price of materials and textbook) Maryland Senior Course Cost: $39.00

The Taste of the True Mexico (C/S621)

In this course, you will learn about cooking equipment, ingredients and methods while having hands on instruction and great tastings. The course covers appetizers, soups, main dishes and desserts. Seasoned instructor Micheal Harris says, “On my several trips into the interior of Mexico, I was taught about the handicrafts of Mexico. I would learn and love the crafts. On these trips, I would try all the local fruits and foods and fell in LOVE. I would bring back all the dry peppers and fruits I could pack on the airplane. I started collecting old Mexican cookbooks. My greatest trip was called “Eating Your Way Through Mexico,” where I stayed with six different families and would rise early to get ready to start our wonderful day of cooking. Then would compile classes with Diana Kennedy at her home in Mexico.”

4/23-5/28, Saturday (6 sessions)
10:00 AM-1:00 PM
ACM: CE Building
Instructor: Micheal Harris
Course Cost: $65.00 Maryland Senior Course Cost: $65.00
SAFETY

DRIVER’S EDUCATION
WITH ALLEGANY DRIVING SCHOOL

In cooperation with Allegany College of Maryland

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

Driver’s Education (C/S107)

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

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

• 2/14-3/1
• 3/14-3/22
• 4/11-4/26
• 5/2-5/17
MARYLAND DEPARTMENT
MOTOR VEHICLE ADMINISTRATION

Motorcycle Safety Program

~ MSF ~

MOTORCYCLE SAFETY FOUNDATION

WINTER/SPRING 2022

Personal Enrichment & Wellness

MOTORCYCLE RIDER EDUCATION

Motorcycle Safety Independent Training Center

Under contract with

Because each State may have differing licensing requirements, if your driver’s license was issued in a State other than Maryland it is your responsibility to verify that our Maryland State Approved Courses meet your state’s requirements to receive your motorcycle license.

Basic Rider Course (BRC) (MVA275)

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

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

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

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

2022 TRAINING DATES WILL BE ANNOUNCED SOON!
Call 301-784-5365 to be added to the wait list.

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

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

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

ALLEGANY COLLEGE of MARYLAND | CENTER FOR CONTINUING EDUCATION & WORKFORCE DEVELOPMENT

WINTER / SPRING 2022 SCHEDULE www.allegany.edu 65
PERSONAL IMPROVEMENT

Solutions to Declutter and Organize Your Home (C/S128)
Spend more time with family and friends and less time cleaning, keep everything in its place, and go to sleep with a clear mind. This doesn’t have to be just a fantasy. Transform your busy, chaotic home into an organized, peaceful one.

Most of us have too much stuff. We fall over it and it collects dust. In this course, you’ll learn why we have so much stuff, how to decide what stays and what goes, how many items you actually need, how to organize what remains, and how long to keep items. You will also learn tips for letting sentimental items go yet keeping the memories intact.

Instructor CJ Cangianelli has taught this popular course several times at the college. She is a Professional Organizer, Life Coach, Online Course Creator, and regular Columnist for Allegany Magazine. Her website is www.couragecoachcj.com.

3/19, Saturday (1 session)
9:00 AM-12:00 PM
Instructor: CJ Cangianelli
ACM: CE Building
Course Cost: $59.00
Maryland Senior Course Cost: $59.00

Feel Awesome Every Day on a Budget (C/S568)
You are super awesome, unique, and worthy of joy! This I know. But if you struggle with not-enough-ness and could use a little inspiration, this course is for you. Learn strategies for improving confidence, what foods can boost your mood, how to use positive self-talk to bring out your bold side, the importance of stepping outside your comfort zone, and so much more. Consider this course a guide to increasing life satisfaction...on a budget.

Instructor CJ Cangianelli has taught several courses at the college. She is a Professional Organizer, Life Coach, Online Course Creator, and regular Columnist for Allegany Magazine. Her website is www.couragecoachcj.com.

2/11, Friday (1 session)
10:00 AM-12:00 PM
Instructor: CJ Cangianelli
ACM: CE Building
Course Cost: $39.00
Maryland Senior Course Cost: $39.00

YOUTH

Introduction to “Bob Ross” Painting for Kids (C/S942)
Students will learn Ross’ patented wet-on-wet painting technique and will leave the class with their own completed 16 X 20” painting on canvas. Now you can learn to paint just like this iconic artist did on a television show that aired for 25 years and 500 episodes. Classes are especially suited for beginners; students need no previous experience to attend. Participants are encouraged to bring a snack. The price of the class includes all the materials you will need. This class is for students ages 8-15.

3/12, Saturday (1 session)
9:00 AM-1:00 PM
ACM: Continuing Education
Instructor: Dee Sullivan
Course Cost: $90.00 (supplies included)
Course Cost: $70.00 (no supplies)