



Personal Enrichment and Wellness

FITNESS & WELLNESS

Energy Fusion (C/S601)

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

It's counterintuitive right? Expend energy to increase your energy? Join us and see for yourself!

Exhilarating and invigorating cardio intervals use body weight and dumbbells to increase body metabolism, strength and improve mood. Get your mind set on High Intensity but Low Impact Intervals and join an amazing community of fun, energized and like-minded individuals who want to live their best life. Recent research shows that building muscle and developing strength is one of the most beneficial things you can do for your health and wellness, regardless of your fitness goals or age. Class includes warm up, intervals, resistance training, cool down and flexibility work. This class is designed to complement Thursday's Fusion Pilates class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, water, and 2-5 lb. Dumbbells. **This class will be offered in person or online.**

2/9-5/4, Monday (12 sessions)

No Class 4/20

4:45PM-5:45 PM

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

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

Course Cost: \$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.

2/12-5/14, Thursday (12 sessions)

No class 4/2 & 4/23

4:45PM-5:45 PM

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

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

Course Cost: \$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.

2/2-4/27 Monday (12 sessions)

No class 2/16

9:30AM-10:30 AM

Or

2/3-4/28, Tuesday (12 sessions)

No class 2/17

5:30PM-6:30 PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$85

Maryland Senior Course Cost: \$85

Yin and Restore (CHE230)

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

2/5-5/7, Thursday (10 sessions)

No class 3/12, 3/19, 3/26, & 4/2

5:30PM-6:30 PM

ACM: CC Loft

Instructor: Cindy Zumbrun

Course Cost: \$75

Maryland Senior Course Cost: \$75

ARTS & CRAFTS

Creative Coir: Paint Your Own Custom Doormat (C/S664)

Transform a coir doormat into a personalized work of art in this hands-on course that introduces students to the tools, techniques, and materials needed to design and paint durable, weather-resistant coir doormats.



No prior painting experience is necessary—just bring your creativity and a willingness to get a little messy! By the end of the class, each student will leave with a custom-painted doormat ready to welcome guests in style.

How to choose your design: A link will be sent to the email provided at registration.

3/18, Wednesday

6:00PM-8:30 PM

ACM: CE Bldg. Rm 20

Instructors: Candy Ness and Allissa Beeman

Course Cost: \$49 (materials included)

Maryland Senior Course Cost: \$49

Registration closes 3/6

Personal Enrichment and Wellness

Creative Painting – Independent Study (C/S396)



This studio-style art class is designed to provide participants the opportunity to practice the fine art of Creative Painting in a social setting. Participants join other creative 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 creative painting using both patterns and free hand designs applied to wood, metal, glass, fabric, canvas or other surfaces of your choice. Participants may paint using oil, watercolor, acrylics or medium of your choice. Participants will need to bring their own supplies for this course. There is no instructor for this class, participants can work at their own skill level.

2/18-5/6, Wednesday (12 sessions)

9:00 AM-12:00 PM

ACM: WM Works

Course Cost: \$49

Maryland Senior Course Cost: \$49

Pastel Painting (C/S089)



Calling all Artists! Soft

Pastels give a vivid,

luminous appearance.

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, NO OIL PASTELS THAT ARE A COMPLETELY DIFFERENT MEDIUM, ACMI AP approved compliant to ASTM D-4236 Nontoxic standards, and Uart sanded Pastel paper, 9x12, 400 grade, 10-sheet pack. There are many brands of pastel papers available but this course requires a Sanded paper. The estimated cost of supplies is \$50.

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

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

2/17-4/14, Tuesday (9 sessions)

3:30PM-5:30 PM

ACM: Humanities Bldg. Rm 33

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$25

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 minimum set of 24 pencils (with an estimated cost of \$17, the optional larger set is

also available, and contains up to 150 pencils), Stonehenge white paper (estimated cost \$17 - I use this paper as it takes many layers of colored pencil and holds up well.) a good pencil sharpener (recommend Rapesco 64 Desk Top estimated cost \$20), this sharpener gives you an excellent point for fine colored pencil works.

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

2/17-4/14, Tuesday (9 sessions)

6:00PM-8:00 PM

ACM: Humanities Bldg. Rm 2

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$25



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.



3/16-4/20, Monday (6 sessions)

5:30PM-7:30 PM

ACM: CE Bldg. Rm 18

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$25



Intermediate Knitting – Sweaters

(C/S387)

Have you longed to knit a sweater but didn't know if you had the skills? Not sure how to read a pattern? What is gauge and why is it important? All that shaping and sewing, and how do you make button bands anyway? What if you want to add a pocket or two? This class will help you learn all those skills while



making a baby sweater. Those skills can then be used to make one that fits you or someone you love! You need to already know how to cast on, knit, purl and bind off. You will also need about 300 yards of worsted weight yarn (in acrylic or wool or a blend of those) and needles in sizes 6, 7 and 8 (circular or straight, either will work). Instructor will provide the pattern.

5/4-6/8, Monday (5 sessions)

5:30PM-7:30 PM

ACM: CE Bldg. Rm 18

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$25

Watercolor Painting for Beginners

(C/S471)

This class is designed for those who have no or little experience in watercolor. The focus will be on

getting comfortable with basic techniques and enjoying the process of painting. The basics of materials, tools, techniques and "seeing" your subject will be explored. The class is designed to be fun and inspirational and will focus on how to relax and enjoy the process of painting.



\$20 on first day of class or bring your own supplies.

4/7-5/5, Tuesday (5 sessions)

6:00-8:00 PM

ACM: CE Building Rm. 12

Instructor: Bobbi Dubins

Course Cost: \$54.00

Maryland Senior Course Cost: \$45.00

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. **I do not recommend** Sennelier or Holbein professional: they are much too soft for beginners); Arches oil paper – at least 9x12 tablet; other papers will be made available at cost, Solid Paper Stumps (not the hollow ones); baby wipes/ paper towels; two sheets of sandpaper 300/400grit; D'Arny spray fixative designed for Oil Pastels

3/19-5/28, Thursday (9 sessions) (no class 4/2)

1:00PM-3:00 PM

ACM: CE Bldg. Rm 20

Instructor: Donna Godlove

Course Cost \$34

Senior Course Cost \$34



Personal Enrichment and Wellness

CULTURAL DEVELOPMENT – BUS TRIP

Day Trip to St. Michael's Island (C/S688)

Join us for a relaxing day trip to the beautiful St. Michael's Island, a charming coastal destination perfect for exploring at your own pace. Our comfortable coach will take you directly to the island, where you'll have plenty of free time to enjoy the day however you wish.

Stroll through the quaint harbor village, visit local shops and cafes, take a walk along the shoreline, or simply unwind and take in the stunning views. Whether you'd like to explore the island's history, snap some photos, or just enjoy a leisurely lunch by the sea, the day is yours to spend as you please.

We'll meet back at the bus in the late afternoon for a relaxing ride home—leaving you refreshed, recharged, and full of great memories.

5/9 Saturday (1 session)

9:00 AM – 8:30 PM

Total Trip Cost: \$40

Maryland Senior Trip Cost: \$40

Please contact us for handicap accessibility information prior to registration.

Day Trip to Washington, D.C. – National Mall & Cherry Blossoms (C/S687)

Join us for a beautiful springtime getaway to Washington, D.C., where the famous cherry blossoms will be in full bloom! Our comfortable motor coach will take you straight to the heart of the city, near the National Mall, where you'll have the entire day to explore at your own pace.



Spend your time however you wish—take a stroll around the Tidal Basin to enjoy the breathtaking cherry blossoms, visit your favorite Smithsonian museums, see the Monuments and Memorials, or simply relax and take in the scenery. The day is yours to design!

We'll gather back at the bus in the late afternoon for a comfortable ride home, with cameras full of photos and memories of a perfect spring day in our nation's capital.

4/11 Saturday (1 session)

9:00 AM – 8:30 PM

Total Trip Cost: \$40

Maryland Senior Trip Cost: \$40

Please contact us for handicap accessibility information prior to registration.

Personal Enrichment and Wellness

Quilter's Bus Trip to Burkholder's Fabrics Denver, PA & The Old Country Store! Intercourse, PA (C/S689)

Join us for a fun-filled day surrounded by color, creativity, and friendship! We'll travel by motorcoach to two of Lancaster County's favorite quilting destinations — **Burkholder's Fabrics**, known for its incredible selection of high-quality fabrics, notions, and quilting supplies, and **The Old Country Store**, where traditional craftsmanship meets modern inspiration.

Pack your lunch to enjoy on the way, and don't worry — we'll pick a great spot for **dinner together** before heading home. Whether you're a seasoned quilter or just starting your first project, you'll find inspiration, new fabrics, and plenty of ideas to bring back to your sewing room.

Come along for a day of fabric, fun, and friendship — you won't want to miss it!

4/18 Saturday (1 session)

9:00 AM – 8:30 PM

Total Trip Cost: \$40

Maryland Senior Trip Cost: \$40

Please contact us for handicap accessibility information prior to registration.



Personal Enrichment and Wellness

Discover Reflections of Italy (with Optional 2-Night Rome Pre Tour Extension)

October 12-21, 2026

10 Days • 12 Meals

Highlights...

Rome, Vatican Museums,
Sistine Chapel, St. Peter's
Basilica Assisi, Perugia,
Cortona, Florence, Chianti
Winery & Cooking Class,
Venice, Murano Island,
Lake Como



Itinerary at a glance

Day 1 Overnight Flight

Day 2,3 Mediterraneo Hotel, Rome

Day 4 Sangallo Palace Hotel, Perugia

Days 5,6 Hotel Albani Firenze, Florence

Days 7,8 Hotel Carlton on the Grand Canal, Venice

Day 9 Hotel Barchetta Excelsior, Como

(On some dates alternate hotels may be used)

Pricing if booked by 4/13/2026:

Double \$5,029pp

Single \$6,029pp

Triple \$4,979pp

*Included in Price: Round trip Air from Washington, Air Taxes and Fees/Surcharges,
Hotel Transfers, Pick up to and from Allegany College.*

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

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

Upgrade your in-flight experience with elite Airfare

Additional rate of: Premium Economy \$1,890; Business Class \$4,390

Join us for an information session about the upcoming trip on **2/10/2026,
6:00 P.M. - 7:15 P.M. - CE 20** in the Continuing Education Building. Learn all
the exciting details and get your questions answered!

**Please RSVP to Rebecca Ruppert at ruppert@allegany.edu
or call (301) 784-5280 or 301-784-5341.**

For more information visit: <https://gateway.gocollette.com/link/1353110>

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, early registration is recommended. **Registration closes one week prior to course date.**

Personal Enrichment and Wellness

Soup Basics (C/S674)

Warm up with a hands-on soup class that celebrates two crowd-pleasing favorites. This cozy, practical session covers two distinct styles—Maryland crab soup and a hearty chicken-bean chili—teaching foundational techniques for flavorful stocks, proper seasoning, and balanced textures. You'll learn how to build depth with aromatics, thicken sauces, and finish with bright garnishes to elevate each bowl.

1/28, Wednesday (1 session)

5:00PM-7:00PM

Instructor: Fred Huber,
Executive Chef

Course Cost: \$64

Maryland Senior Course Cost: \$64

Truffle Night (C/S679)

Indulge in a luxurious, hands-on evening focused on the rich, earthy flavors of truffles. This intimate, Chef-guided session explores the versatility of truffles through complementary dishes designed to highlight their aroma and depth. You'll learn to incorporate truffles into simple yet striking preparations—from decadent starters and indulgent pastas to velvety sauces and savory accompaniments.

2/5, Thursday (1 session)

5:00PM-7:00PM

Instructor: Abbey Kerns

Course Cost: \$64 Senior Course

Cost: \$64

Buttercream Icing Cookies (C/S680)

Learn to design and decorate buttercream icing cookies from start to finish. In this hands-on workshop, you'll bake soft sugar cookies, whip and tint creamy buttercream, and master essential techniques—from smooth frosting applications to vibrant decorations and refined piping. We'll cover surface prep, color theory, and a range of decorating tips, including borders, flowers, and simple lattice or stencil designs. Suitable for all skill levels, with options for dietary-friendly ingredients and step-by-step guidance to ensure beautiful, professional-looking results.

2/9, Monday, (1 session)

OR

3/31, Tuesday, (1 session)

5:00PM-7:00PM

Instructor: Abbey Kerns

Course Cost: \$64 Senior Course

Cost: \$64



Personal Enrichment and Wellness

Royal Icing Cookies (C/S678)

Learn to create stunning Royal Icing Cookies. This hands-on workshop covers royal icing basics, including consistency, flooding, outlining, and intricate detailing. You will learn to mix and color icing, and decorate with precision to achieve clean lines, smooth surfaces, and eye-catching designs. We'll explore tips for stability, prevent cracking, and maintaining vibrant colors for several decorating methods—from simple patterns to delicate filigree. Suitable for all skill levels.

2/10, Tuesday, (1 session)

Instructor: Abbey Kerns

OR

3/16, Monday, (1 session)

Instructor: Abbey Kerns

OR

3/19, Thursday, (1 session)

Instructor: Debra Imler

OR

3/26, Thursday, (1 session)

Instructor: Debra Imler

OR

4/1, Wednesday, (1 session)

Instructor: Abbey Kerns

OR

4/13, Monday, (1 session)

Instructor: Debra Imler

Select from
six sections

Couples Night (Wine Included) (C/S670)

Create a memorable, hands-on 3-course experience for you and your partner. In this interactive workshop, each couple will prepare a course for the other, with the finished courses plated and enjoyed together at the end.

- Course 1: Craft a mini charcuterie board designed for your date
- Course 2: Cook the perfect main—whether a succulent steak or a grilled portobello, then plate and garnish
- Course 3: Finish with a dessert garnish-and-decorate session for a cheesecake (berry compote, berry whipped topping, graham cracker crumbs, and optional chocolate or strawberry glaze)

As a sweet finale, write a personal note for your date to read when dessert is served.

2/10, Tuesday (1 session)

5:00PM-7:00PM

Instructors: Kiara Hovatter and

Tina Bell

Course Cost: \$99 (Price per couple)

Senior Course Cost: \$99 (per couple)



Personal Enrichment and Wellness

Beginning French Macarons

(C/S667)

Delight in a focused, hands-on introduction to the delicate art of French macarons. In this beginner-friendly class, you'll learn essential techniques for working with almond meringue, piping evenly, and achieving smooth shells with crisp feet. We'll cover proper folding, piping, and baking temperatures, plus troubleshooting tips for common issues like hollow shells or cracking. Create a pair of classic favorites with flavorful fillings and gain confidence decorating cookies with color and texture.

2/11, Wednesday (1 session)

OR

3/5, Thursday (1 session)

5:00PM-7:00PM

Instructor: Tina Bell

Course Cost: \$64

Maryland Senior Course Cost: \$64

Select from
two sections



Baking Bootcamp (C/S681)

Immerse yourself in a hands-on, fundamentals-forward baking experience designed to sharpen your skills from the ground up. This immersive boot camp covers essential techniques across a variety of baking disciplines, including yeasted doughs, laminated pastries, quick breads, and classic desserts. You'll learn precise mixing methods, dough temperatures, proofing controls, and oven management, then apply them to real-world recipes you can replicate at home with confidence.

2/12, Thursday (1 session)

OR

2/19, Thursday (1 session)

OR

2/26, Thursday (1 session)

5:00PM-7:00PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64

Select from
three sections

Personal Enrichment and Wellness

Taco Tuesday (C/S673)

Learn to craft tortillas from scratch and whip up a trio of vibrant accompaniments: Pico de Gallo, creamy Guacamole, and a flavorful Crema. In this hands-on session, you'll master masa handling and tortilla cooking, then bring freshness and depth to your meal with zesty pico, silky guac, and a tangy crema. The class covers essential techniques, from dough consistency to achieving the perfect tortilla texture, plus tips for vibrant salsas and crowd-pleasing garnishes. Suitable for all skill levels, with optional substitutions for dietary preferences.

3/3, Tuesday (1 session)

5:00PM-7:00PM

Instructor: Kiara Hovatter

Course Cost: \$64

Maryland Senior Course Cost: \$64

Perfect Pie Crust (C/S682)

Master the art of flaky, melt-in-your-mouth pie crusts with this focused, hands-on class. Whether you're making a classic double crust, a single crust for tarts, or a savory quiche crust, you'll learn essential techniques to achieve tender tenderness and crisp, golden edges. From flour to fat ratios and cold butter handling to blind baking, this session covers every step needed for bakery-quality results at home.

3/4, Wednesday (1 session)

5:00PM-7:00PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64

Fun Night Out (C/S686)

Unleash your inner artist and savor fine wine in a relaxed, guided evening of creativity. In this hands-on class, you'll follow step-by-step painting instruction to create your own wine-inspired artwork, from blank canvas to finished piece. After you've brushed your masterpiece, unwind with a guided wine tasting featuring thoughtfully paired pours that complement the flavors and moods of your artwork.

3/5, Thursday (1 session)

5:00PM-7:00PM

Instructor: Deb Swope, Deb

Buchanan and Kurt Hoffman

Course Cost: \$74 (Alcohol included)

Maryland Senior Course Cost: \$74

Pub Night (C/S672)

Explore and learn the flavors of diverse beer styles—IPAs, Stouts, Sours, and Lagers. This guided tasting pairs each style with thoughtfully chosen dishes to demonstrate how flavors complement and enhance one another. Discover aroma, mouthfeel, and finish as you compare distinct brewing profiles, while expert notes help you identify the nuances that make each beer unique. Perfect for curious beginners and seasoned tasters alike, this experience combines education with delicious pairings for a well-rounded appreciation of beer culture.

3/18, Wednesday (1 session)

5:00PM-7:00PM

Instructor: Kiara Hovatter

Course Cost: \$74 (Alcohol included)

Maryland Senior Course Cost: \$74

Personal Enrichment and Wellness

Beginners Sushi (C/S675)

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.

3/25, Wednesday (1 session)

5:00PM-7:00PM

Instructor: Fred Huber,
Executive Chef

Course Cost: \$64

Maryland Senior Course Cost: \$64



Basic Fondant Flowers (C/S683)

Turn simple fondant into beautiful, lifelike blooms in this hands-on class. You'll learn fundamental techniques for shaping, coloring, and assembling a variety of fondant flowers—perfect for decorating cakes, cupcakes, and other confections. We'll cover essential tools, fondant handling and storage, and tips for creating realistic petals and leaves, along with practical guidance on color blending and arranging blooms for stunning decorating projects. Suitable for all skill levels, with dietary-friendly ingredient options and step-by-step guidance to ensure beautiful, professional results.

4/7, Tuesday (1 session)

5:00PM-7:00PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64



Personal Enrichment and Wellness

Art of Appetizers (C/S671)

Join Chef Kiara Hovatter and learn to craft three crowd-pleasing starters that will wow your guests: Crispy Crab Rangoon with a creamy, savory crab filling, Bruschetta-Topped Crostini featuring a fresh tomato-basil topping drizzled with olive oil, and Golden Egg Rolls with savory fillings and a tangy dipping sauce.

This hands-on class walks you through step-by-step demonstrations, pro tips for achieving perfect textures and balanced flavors, and elegant plating ideas to impress at any gathering.

4/8, Wednesday (1 session)

5:00PM-7:00PM

Instructor: Kiara Hovatter

Course Cost: \$64

Maryland Senior Course Cost: \$64

Buttercream Flowers (C/S684)

Turn cakes into edible gardens with this hands-on decorating class. You'll learn piping techniques to create buttercream roses, peonies, and blossoms in a range of colors and styles. From flower construction and color blending to petal shaping and delicate stems, this session covers essential tips for achieving lush, life-like blooms and polished finishes on a variety of cakes and cupcakes. Suitable for all skill levels, with dietary-friendly ingredient options and step-by-step guidance to ensure beautiful, professional results.

4/9, Thursday (1 session)

5:00PM-7:00PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64

The Art of Cupcakes (C/S685)

Bake, frost, and decorate cupcakes that are as gorgeous as they are delicious. In this hands-on class, you'll practice a variety of piping styles, fillings, and garnishes to create your own stunning, gourmet designs. From buttercream textures and flavor pairings to creative toppers and flawless finishing touches, you'll build confidence with precise decorating techniques and professional presentation. Suitable for all skill levels, with dietary-friendly ingredient options and step-by-step guidance to ensure beautiful, bakery-quality results.

4/14, Tuesday (1 session)

5:00PM-7:00PM

Instructor: Abbey Kerns

Course Cost: \$64

Maryland Senior Course Cost: \$64

Tuscan Italian Dinner (C/S676)

Transport your guests to the heart of Tuscany with a book-club-worthy, interactive Italian cooking experience. This immersive dinner focuses on classic Tuscan flavors—simple, high-quality ingredients prepared with confidence and care. You'll prepare a seasonal, multi-course meal inspired by rustic trattoria favorites, featuring vibrant antipasti, handmade pastas, and fragrant sauces that celebrate olive oil, beans, herbs, and sun-kissed vegetables.

4/15, Wednesday (1 session)

5:00PM-7:00PM

Instructor: Fred Huber,
Executive Chef

Course Cost: \$74 (Alcohol included)

Maryland Senior Course Cost: \$74

Personal Enrichment and Wellness

Sourdough Basics (C/S669)

Master the foundations of sourdough fermentation and baking in this hands-on, fundamentals-forward class. You'll learn how to cultivate a healthy starter, feed schedules, and the key signs that your dough is ready for shape and bake. From hydration levels to dough management, you'll gain confidence shaping loaves that boast excellent rise, open crumb, and crisp, caramelized crusts.

4/20, Monday (1 session)

5:00PM-7:00PM

Instructors: Tina Bell and
Carson Luther

Course Cost: \$64

Maryland Senior Course Cost: \$64

Water Color Cookie Art (C/S690)

Take your cookies to the next level with watercolor-inspired designs painted on royal icing. In this hands-on session, you'll learn how to create delicate, painterly effects using edible watercolors and royal icing cookies. Master color blending, soft washes, and feathered gradients while keeping the icing glossy, smooth, and durable.

4/23, Thursday (1 session)

5:00PM-7:00PM

Instructor: Debra Swope

Course Cost: \$64

Maryland Senior Course Cost: \$64

French Country (C/S677)

Transport your guests to the sunlit farms of Provence and the rolling countryside of Bordeaux with a warm, rustic French Country dining experience. This interactive evening celebrates timeless French classics reimagined with simple, seasonal ingredients, taught with a relaxed, farm-to-table sensibility. You'll prepare a cohesive, multi-course menu inspired by regional bistro dishes, featuring bright bells of herbs, silky sauces, roasted vegetables, and comforting comfort foods done with refined simplicity.

5/6, Wednesday (1 session)

5:00PM-7:00PM

Instructor: Fred Huber,
Executive Chef

Course Cost: \$74 (Alcohol included)

Maryland Senior Course Cost: \$74

Personal Enrichment and Wellness

HISTORY

The Abolitionist Movement in the United States (C/S606)

"In this class, students will learn about the beginnings of the Abolitionist Movement in Colonial America and the Movement's culmination with the Civil War and Reconstruction.

A survey of primary sources from the 1600s through 1877 will be examined to demonstrate the political, social, and theological components that defined the Movement and how it still impacts us today."

3/24, Tuesday (1 session)
6:00 PM – 8:00 PM
ACM: CE Bldg. Room 19
Instructor: Rev Justin Searls
Course Cost: \$20
Maryland Senior Course Cost: \$20



The 1619 Project vs 1776 Commission Debate (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."

3/31, Tuesday (1 session)
6:00 PM – 8:00 PM
ACM: CE Bldg. Room 19
Instructor: Rev Justin Searls
Course Cost: \$20
Maryland Senior Course Cost: \$20



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 education opportunities with other Allegany County adults. Membership covers classes and events from July 1st through June 30th.



**Allegany Center of
Lifelong Learning**

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.

February 5 – Raquel Kettermann and Andrew Cowan

Subject: All your Local Recycling Questions Answered

Description: Learn more about best practices for residential recycling In Allegany County and the City of Cumberland.

February 12 – James Rada

Subject: Blood on the Badge: Allegany County's First Hanged Murderer

Description: James Rada will tell the story of George Swearingen, Allegany County Sheriff in 1829 whose promising future ended with his indictment for his wife's murder, the subsequent trial and his hanging.

February 19 – Jenn Jeudy

Subject: CSI vs Reality

Description: Ever wonder what really happens after the yellow tape goes up? Join us for an inside look at how investigators piece together clues, bust myths from TV, and reveal the science behind solving crimes.

February 26 – Cpl. Richard Devore

Subject: Maryland State Police Aviation Command

Description: This presentation will provide an overview of the Maryland State Police Aviation Command focusing on Trooper 5 and the missions conducted in Western Maryland.

March 5 – Bill Cihlar

Subject: Dr. Mary Edwards Walker, first female Civil War Army surgeon

Description: Learn about Dr. Mary Edwards Walker, who served during the American Civil War, was the first female U. S. Army surgeon and the only woman to receive the Medal of Honor.

Personal Enrichment and Wellness

March 12 – Peggy Roblyer

Subject: *Strong Glass* is a coming-of-age memoir set largely in the Cresaptown/Cumberland/Frostburg area

Description: This Cumberland-born author discusses how to get started writing a memoir as she introduces her own published coming-of-age story *Strong Glass: A Memoir of Escaping the Dark Mirror of Family History*.

March 19 – Bernie Zlomek

Subject: First Aid/CPR

Description: CPR and first aid act as the crucial immediate response that buys time for professional medical help to arrive. The class will consist of basic information and skills and why it is important to know what to do in an emergency.

March 26 – Greg Latta

Subject: Celtic Music

Description: Award winning recording artist and radio personality Greg Latta will explore the traditional music of Ireland, Scotland, and the British Isles. Greg will be singing and performing on instruments such as the cittern, octave mandolin and Northumbrian small pipes.

April 2 – No session, Spring break**April 9 – Steve Resh**

Subject: The Forest: A Great Way to Sequester Carbon

Description: Society is aware of the increase of atmospheric carbon dioxide and the implications of that increase. We will take a look at a practical solution.

April 16 – Hilmar Gottesthal

Subject: Life of An International Artist

Description: Hilmar Gottesthal born in Austria, graduated from Vienna Academy of the Arts and started his career in Istanbul, Turkey, had exhibits in London, Paris, and Mexico. After a show in Athens, he moved to Greece where they made a movie of his life as an artist.

April 23 – Nancy Reed

Subject: America's Great Loop

Description: The eastern United States is an island. Boating numerous rivers, creeks, bays, Great Lakes, canals, Gulf of Mexico, and the Atlantic, the "island" can be circumnavigated in a year. What does it take to prepare for and complete this feat?

April 30 – Champ Zumbrun

Subject: The Liberty Tree

Description: This class will center on the history of the Liberty Tree and what people are continuing to do to keep both the history and the tree alive.

May 7 – Seth Moessinger

Subject: Brook Trout Fisheries Management and Watershed Health in Western Maryland

Description: Maryland Department of Natural Resources Aquatic Ecologist, Seth Moessinger, will discuss current threats to native brook trout populations in Western Maryland and highlight ongoing efforts to restore and conserve habitat for the species.

Personal Enrichment and Wellness

Allegany College of Maryland in partnership with Rando Speaks

JAVIER COLÓN

Winner of the the first season of NBC's The Voice

Member of Adam Levine's team



Doors Open:
6:30 P.M.
Performance:
7 P.M.

Friday
May 1st
2026

Tickets:
\$30 Adults
\$15 Students

ROBERT ZIMMER THEATRE AT ALLEGANY COLLEGE OF MARYLAND

SPONSORS:

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Kick Masters Karate, LLC
Chick-Fil-A
Mountain City Center for the Arts, LLC

Contact 301.784.5341 for questions

Personal Enrichment and Wellness

PERSONAL IMPROVEMENT RECREATION & PASTIMES

An Introduction to Voiceovers

(C/S536)

"Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? Explore the growing remote voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and the tools you'll need to find success. You'll get a comprehensive introduction into the voice over industry. You'll learn through real life accounts of jobs your instructor has booked and get an inside look at their experience. Then it's time to read a script and receive some coaching and performance ideas. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo.18> and over.

Classes are for 18 and over.

You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

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

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

Intermediate Beekeeping

(C/S555)

In response to student requests, we're pleased to offer an Intermediate Beekeeping Class for those who have completed the Intro course. This hands-on training will focus on hive management and will take place primarily in the field. Topics include:



- Making spring splits
- Swarm control
- Queen management
- Mite treatments
- Honey flows

The four-session class will be held off-site and parking will be at Mt. Harmony Church, located above Furnace St. in Wellersburg, PA.

Prerequisite: Successful completion of the *Introduction to Beekeeping ACM* course.

Experience Level: Participants must have at least a beginner level of beekeeping experience.

Class Size: Limited to 12 students.

4/27 – 5/18 (4 sessions) Monday
6:00PM – 8:00PM

Mt. Harmony Church Wellersburg, PA

Instructor: Ben Cooper

Course Cost: \$49

Senior Course Cost: \$45

Personal Enrichment and Wellness

Garden Basics: A Hands-On Guide for Beginners (C/S383)

Learn the basics of gardening in this hands-on class designed for beginners and hobbyists alike. From soil preparation and plant selection to watering, pruning, and pest control, you'll gain practical skills to grow a healthy and beautiful garden at home. No prior experience needed—just a love for plants and a willingness to dig in!

4/10-5/1, Fridays (4 sessions)

1:00 PM-2:30 PM

ACM: CE Bldg. Rm. 19

Instructor: Sarah Llewellyn

Course Cost: \$44

Maryland Senior Course Cost: \$44



Introduction to Paranormal Investigating (C/S200)

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



4/16-5/14, Thursdays (5 sessions)

7:00PM-9:00 PM

ACM: CE Bldg. Rm 18

Instructor: Steve Hall

Course Cost: \$46

Maryland Senior Course Cost: \$46



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and stay up to date with all our latest courses and events!

Personal Enrichment and Wellness

Instant Guitar for Hopelessly Busy People (C/S571)

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For students ages 13 and older.

5/5, Tuesday (1 session)

6:30PM-9:00 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64



Instant Piano for Hopelessly Busy People (C/S572)

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using



zoom and is partly hands on instruction and partly lecture demonstration. For students ages 13 and older.

5/4, Monday (1 session)

6:30 PM-9:00 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

Piano By Ear (C/S629)

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.



5/9, Saturday (1 session)

10:00AM-12:30 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

Personal Enrichment and Wellness

WORLD LANGUAGES

Sign Language, Beginning (Signed English) (C/S525)

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

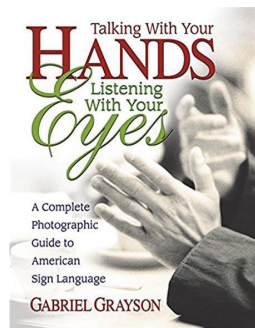
2/11-4/1, Wednesday (8 sessions)
3:00PM-4:30 PM
ACM: CE Bldg. Rm. 20
Instructor: Deborah Dilbon
Course Cost: \$45 (includes material fee)
Maryland Senior Course Cost: \$30



Sign Language, Intermediate (C/S526)

This is an intermediate course in the principles and practices of manual communication. Beginning Sign Language is a pre-requisite for taking this course.

Students will need to purchase the book "Talking with your Hands, Listening with your Eyes" by Gabriel Grayson and bring it to the first night of class. This book can be purchased online and at your local bookstore.



2/11 – 4/1, Wednesday (8 sessions)
4:30PM-6:00 PM
ACM: CE Bldg. Rm. 20
Instructor: Deborah Dilbon
Course Cost: \$35
Maryland Senior Course Cost: \$20



Personal Enrichment and Wellness

(C/S691)

MASTER THE ART OF PUBLIC SPEAKING

**BOOST YOUR CONFIDENCE
ENHANCE YOUR COMMUNICATION
ELEVATE YOUR CAREER**

Join Allegany College of Maryland's Continuing Education Program, in partnership with Western Maryland Toastmasters, for an engaging 8-week course designed to help you speak and make presentations with clarity, conviction & confidence.

Unlock Skills for Success:

- Overcome fear of public speaking
- Organize and deliver powerful presentations
- Think and respond on your feet
- Give and receive constructive feedback
- Set yourself up for promotion and professional growth

(C/S691)



March 16 - May 11, 2026, Mondays
No class April 6th



5:30 pm - 7:30 pm



Allegany College of Maryland
Cumberland Campus - CE Bldg.



Course Cost: \$50
Maryland Senior Course Cost: \$50



Open to ages 18+

Meet Your Instructors:



Sharon A. J. Imes, DTM
Toastmasters District 13
Program Quality Director



Autumn Jose
President
Western MD TM
Area 23 Director



Tammy Fraley
VP/Education
VP/Membership
Western MD TM



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REGISTER TODAY



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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 6:00 - 9:00 PM

Note: +6 hours are individually scheduled in vehicle

Course Cost: \$409 (additional fees may be applied)

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

Personal Enrichment and Wellness

MOTORCYCLE SAFETY

Motorcycle Safety Independent Training Center

Under contract with



Motorcycle
Safety
Program



Please Note

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

Basic Rider Course (BRC) (MVA275)

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

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

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

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

Two Sessions held on Saturday & Sunday 8:00 AM-4:00 PM on the following dates:

4/11-12, 4/25-26, 5/2-3, 5/16/17, 5/30-31,
6/13-14, 6/27-28, 7/11-12, 7/25-26, 8/8-9,
8/22-23, 9/5-6, and 9/19-20

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.