



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.**

2/24 – 5/12, Monday (12 sessions)

4:45 PM – 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.**

2/27 – 5/22, Thursday (12 sessions)

No class 4/17

4:45 PM – 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

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.

2/24 – 5/12, Monday (12 sessions)

9:30 AM – 10:30 AM

Or

2/25 – 5/13, Tuesday (12 sessions)

5:30 PM – 6:30 PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$85

Maryland Senior Course Cost: \$85



Personal Enrichment & Wellness

Yin and Restore (CHE230)

Melt your stress at the end of the day by practicing the relaxing, renewing art of Yin Yoga. Yin yoga is a full body-mind practice. Its poses focus on the connective tissues of the body to support joint health, flexibility, range of motion, and a sense of balance. It also activates the parasympathetic nervous system, allowing the mind to relax and release tension. Designed for everyone (beginner or experienced), these gentle sessions offer a blend of seated

and reclining poses, supported by bolsters, blankets, blocks, and soft music that, when rested into, can be deeply restorative.

2/26 – 4/30, Wednesday (10 sessions)

5:00 PM – 6:00 PM

ACM: CC Loft

Instructor: Christina Collins-Smith

Course Cost: \$75

Maryland Senior Course Cost: \$75

ONLINE WELLNESS AND FITNESS CERTIFICATION COURSES

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



Get CERTIFIED as a Holistic Health Fitness Coaching Specialist

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

Get CERTIFIED as a Balance and Fall Prevention Specialist

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

Get CERTIFIED as a Back Injury Prevention Specialist

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

CERTIFICATE COURSE Eating Plans – Healthy Diet Tips

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

Call 301-784-5341 to register

Personal Enrichment & Wellness

ARTS & CRAFTS**Bits and Pieces of the Landscape**
(C/S624)

Presented in collaboration with the Western Maryland Watercolor Society.

I have taught a lot of painting landscape classes, and sometimes I've been asked to stop mid-class and show students how to paint a tree. And that makes sense, because it's hard to figure out how to paint an entire landscape when something like a clump of trees, or brickwork on the side of a building, is intimidating and holding up the learning process. This workshop developed as a response to those questions and provides a breakdown of the "bits and pieces" of a typical landscape (skies, grassy areas, brick/stone, trees, water) with suggested techniques for painting each component. Some components are presented in two ways, one for when a painting's design makes that component a focus of the painting, and the other for when that component is just part of the supporting backdrop. The techniques are not meant to be the "only" way to paint something, but they are tools that a painter can turn to when trying to work through a problem area in a painting, and I hope that the tools are starting points for further development.

Prerequisites: Comfort with watercolor (ability to get paint out of wells and mix with water to create working puddles that can be adjusted with more/less water, more/less pigment, and ability to get enough water/pigment into brush and onto paper in large washes), knowledge of watercolor terminology (flat wash, graded or graduated wash, wet-into-wet, wet-over-dry, dry brush, etc.), basic understanding of value (light areas, middle gray areas, dark areas), basic understanding of the color wheel (can identify primary colors and knows how secondary colors – orange, green, purple – are mixed from primary colors).

Prerequisites: Comfort with watercolor (ability to get paint out of wells and mix with water to create working puddles that can be adjusted with more/less water, more/less pigment, and ability to get enough water/pigment into brush and onto paper in large washes), knowledge of watercolor terminology (flat wash, graded or graduated wash, wet-into-wet, wet-over-dry, dry brush, etc.), basic understanding of value (light areas, middle gray areas, dark areas), basic understanding of the color wheel (can identify primary colors and knows how secondary colors – orange, green, purple – are mixed from primary colors).

Materials List:

- Pencil



- Soft eraser (I prefer kneaded erasers to minimize damage to watercolor paper)
- Paper towels
- Water container
- Watercolor paper – try to bring professional 140# cotton papers like Arches, Fabriano Artistico, American Journey, etc. in Cold Press or Rough finishes. However, if the expense is too great, bring a better-quality 140# student paper like Canson Montval, Bockingford, or Strathmore 400 series. Four "quarter-size" or 9x12 sheets should be plenty.
- Board (for attaching watercolor paper)
- Your preferred tape for taping down paper
- Watercolor palette with mixing areas
- Professional Watercolors (brands like W&N, Holbein, Maimeri Blu, Daniel Smith, QoR, M. Graham, Schminke, Sennelier, etc.) – bring your typical set of colors with the caveat that I encourage that greens be mixed rather than using "convenience" tube greens, so be sure to bring at least three yellows and three blues from which to mix a variety of greens.
- Brushes – small and large rounds (size 6 and size 12 are good size targets), a 3/4 inch to 1-inch flat, a large rigger/liner (size 4 is a good target), and a small soft scrubber brush or worn-out round synthetic that you don't mind ruining further. If you have any sword or dagger brushes, bring them for fun.
- I suggest buying one special brush, which is a size 6 or 8 pointed filbert from the Princeton Select Series 3750 line of multimedia brushes. However, a very sharp pointed round can suffice if you would rather not purchase a new brush.

A note on watercolors – if you don't have professional watercolors, we can work around it, but please use high-quality student watercolors like W&N's Cotman brand, or Grumbacher's Academy (look for brands that offer tubes individually). Don't bring paints from Artist's Loft, Arteeza, The Master's Touch, Royal and Langnickel Essentials, etc.

3/29, Saturday (1 session)

10:00 AM – 5:00 PM

ACM: CE Bldg.

Instructor: Kristen Colebank, Waites Run Studios

Course Cost: \$65 (boxed lunch included)

Maryland Senior Course Cost: \$65

Personal Enrichment & 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, materials, and how to use them including solvents, and blenders that are on the market today as well as demonstrations and guidance on how to create art with colored pencil art. Students are required to provide their own supplies and bring them starting with the first class. Supplies include: a set of **Prismacolor Colored pencils minimum set of 24** (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.), and 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.

2/25 – 4/22, Tuesday (9 sessions)

6:00 PM – 8:00 PM

ACM: CE Bldg.

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$25

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.

2/19 – 5/7, Wednesday (12 sessions)

9:00 AM – 12:00 PM

ACM: Western Maryland Works, LaVale

Course Cost: \$49

Maryland Senior Course Cost: \$49

Exploring Pastels (C/S089)

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



Advanced students who have previously completed beginning-level studies may choose to participate in independent studies and will be responsible for their own supplies, projects/references. Advanced students will receive individualized feedback and critique from the instructor but will work primarily independently. Instructor Donna Housel is a juried member of the Pastel Society of America.

2/25 – 4/22, Tuesday (9 sessions)

3:30 PM – 5:30 PM

ACM: Humanities Bldg.

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$25

Personal Enrichment & Wellness

Crocheting – Special Project: Bookmark (C/S520)

Join us for this special project to learn how to crochet bookmarks. This course will focus on reading both written and diagram patterns. The patterns can be utilized to create bookmarks, coasters or other home décor items just by altering the weight of yarn used to complete the pattern.

Basic knowledge of SC, HDC and DC stitches is required.

Materials:

- Yarn: It is recommended to learn the patterns in the lowest weight each student is comfortable using before graduating to cotton thread (The course will be taught using #2 Weight Fine yarn; however, sample projects will be available to view in Size 10 cotton yarn)
- Hook recommended for your yarn choice
- Tapestry Needle
- Stitch Markers

4/29 – 5/20, Tuesday (4 sessions)

2:00 PM – 4:00 PM

ACM: CE Bldg.

Instructor: Rachel Ritchey

Course Cost: \$34

Maryland Senior Course Cost: \$34

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 – even knitting sweaters!

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.

2/17 – 3/24, Monday (6 sessions)

5:30 PM – 7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$25

NEW

**Intermediate Knitting – Lace (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.

4/7 – 5/5, Monday (5 sessions)

5:30 PM – 7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$25

Make a One-Page Folded Book (C/S625)

One-page books are the simplest forms of books and the easiest to make. These books are also economical and their applications are endless. They can serve as a springboard to countless creative possibilities for writing, drawing and creating sculptures. Above all, they're a fun, accessible way to bring image and text together. This class will teach students techniques to fold and cut single sheets of paper into books, without using adhesives or rulers. Students will learn to construct several different variations of one-page folded books and explore their artistic potential through self-expressive exercises. No prior experience making books is necessary and all skill levels are welcome.

Students will need to bring a sharp pair of scissors, a spoon or a bone folder, and your favorite drawing pencils, pens and crayons. Stamps and ink are optional. **Material fee of \$10.00 will be collected on the first night of class for paper.**

2/27 – 3/20, Thursday (4 sessions)

5:30 PM – 7:00 PM

ACM: CE Bldg.

Instructor: Pam Buchanan

Course Cost: \$35

Maryland Senior Course Cost: \$35



NEW



Personal Enrichment & Wellness

Make an Accordion Fold Book (C/S626)

Accordion fold books are one of the most common structure types in book arts. They consist of either a single strip of paper or a series of joined strips that are folded in a zigzag pattern. It is a versatile structure that can be the foundation for a sketchbook, pop-up book or a non-sewn hardcover book. In this class, students will learn techniques to make several types of accordion fold books, as well as explore book cover options that can elevate these simple structures to more substantial creations. Students will also gain a basic understanding of book arts and the tools of the trade. Since artistic abilities are born out of a person's willingness to express what one sees and connects to in the world around us, all skill levels are welcome. Students will need to bring a pencil, a sharp pair of scissors, a spoon or bone folder, a 12" metal ruler, double sided tape (1/4" or 1/2"), glue stick, a 9mm retractable blade craft knife or an X-acto knife, extra blades, and your favorite drawing pencils, pens and crayons. A scoring tool, collage materials (magazines, paper scraps, photos, etc.) stamps and ink are optional. **Material fee of \$20.00 will be collected on the first night of class for paper and boards.**

4/1 – 5/27, Tuesday (9 sessions)
5:30 PM – 7:00 PM
ACM: CE Bldg.
Instructor: Pam Buchanan
Course Cost: \$55
Maryland Senior Course Cost: \$55

**Oil Pastel (C/S397)**

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



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

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

3/7 – 5/9, Friday (9 sessions)
No Class 4/18
6:00 PM – 8:00 PM
ACM: CE Bldg.
Instructor: Donna Godlove
Course Cost: \$34
Maryland Senior Course Cost: \$34

Personal Enrichment & Wellness

T-Shirt Blanket: Turning Old Shirts into a Cozy Keepsake (C/S627)

Do you have a collection of old t-shirts that hold sentimental value, but no longer serve a purpose in your wardrobe? In this hands-on class, you'll learn how to transform those beloved tees into a functional and cozy t-shirt blanket. Whether it's a collection of concert tees, sports jerseys, or old high school shirts, this class will guide you through the process of upcycling your t-shirts into a unique, personalized blanket you can treasure for years to come. This class is perfect for beginners, DIY enthusiasts, or anyone looking for a creative way to repurpose old t-shirts. Whether you're a novice with a sewing machine or a seasoned crafter, you'll leave this class with a fully functional blanket and a new skill set to upcycle your clothing.



What You'll Learn:

- **Planning Your Design:** Tips on how to select and arrange t-shirts to create a visually appealing blanket that tells a story
- **Cutting & Preparing the Shirts:** Step-by-step guidance on how to cut shirts into squares or other shapes, while preserving their design
- **Sewing Techniques:** Learn how to sew the t-shirt pieces together using both hand-sewing and machine-sewing methods. No prior sewing experience required!
- **Blanket Assembly:** How to properly connect the squares and finish the edges to create a sturdy, cozy blanket
- **Optional Additions:** Ideas for adding fabric borders, extra embellishments, or even a fleece backing for added warmth and comfort

Materials Needed:

- Old t-shirts (at least 12 – 30, depending on the size of your blanket)
- Fabric scissors or rotary cutter
- Iron (optional, but recommended)
- Iron on Interfacing (Pellon 911FF is recommended, take the number of shirts you need and divide by 2 to get # of yds needed)

By the end of this class, you'll have the ability to make a one-of-a-kind t-shirt blanket, plus the know-how to tackle future upcycling projects. Come ready to sew, snip, and reminisce about the memories behind your shirts!

4/3, Thursday (1 session)

6:00-8:30 PM

ACM: CE Bldg.

Instructor: Laura Crabtree

Course Cost: \$55

Maryland Senior Course Cost: \$55

Introduction to "Bob Ross" Painting (C/S942)

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

Landscape

3/15, Saturday (1 session)

4/26, Saturday (1 session)

9:00 AM – 1:00 PM

ACM: CE Bldg.

Instructor: Dee Sullivan

Course Cost: \$90 (supplies included)

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



This is the picture for 3/15



This is the picture for 4/26

Personal Enrichment & Wellness

CULTURAL DEVELOPMENT

Sunny Portugal

September 14 – September 23, 2025

10 Days • 13 Meals

Highlights: Lisbon, Choice on Tour: “Calçadas” Walking Tour or “The Way of the Cod” Tour, Belem, Cork Factory, Evora, Alentejo, Lagos, Algarve, Portimão, Setúbal, Portuguese Riviera, Obidos, Sintra, Choice on Tour: National Palace of Sintra or Walking Tour, UNESCO World Heritage Sites

Pricing if booked by 3/15/25:

Double \$4,729pp

Single \$5,529pp

Final payment due: 6/16/25



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

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

For more information visit: <https://gateway.gocollette.com/link/1242035>

Personal Enrichment & Wellness



RECREATIONAL

Culinary Courses

CENTER FOR CONTINUING EDUCATION • ALLEGANY COLLEGE OF MARYLAND

IN PARTNERSHIP WITH THE SCHOOL OF HOSPITALITY, TOURISM AND CULINARY ARTS

is pleased to offer another delicious series of educational and entertaining recreational cooking classes.

Each class will be taught in a single evening by a professional local chef or culinary expert. The courses will feature specialties of the guest chef and will focus on learning proper cooking techniques in a relaxed atmosphere. All courses will offer hands-on experience in the Culinaire's state-of-the-art professional teaching facility at the **Gateway Center, 112 Baltimore Street, Cumberland**. At the end of each class, you will not only have acquired valuable new cooking skills, but you'll also have time to enjoy the fruits, appetizers, entrees, desserts...and beverages of your labor!

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

Cake Basics (C/S650)

Elevate your baking skills with Student Chef Allison Wolfe! She will guide you through the essentials of cake-making, from filling and stacking layers to crafting beautiful beginner buttercream decorations. Join us and unleash your inner cake artist!

2/10, Monday (1 session)

5:00 PM – 7:00 PM

Instructor: Allison Wolfe

Course Cost: \$59

Maryland Senior Course Cost: \$59

Specialty Baking (C/S651)

Join Tina Bell, our ACM Culinary Baking Assistant, for an exciting session on creating healthy desserts! We understand that reducing fat and sugar in desserts can be a challenge. In this class, you'll discover a variety of ingredients that can help you craft delicious, healthier options that seamlessly fit into your meal plan. Plus, you'll have the opportunity to practice making these delectable treats yourself. Don't miss out on this chance to indulge without the guilt!

2/26, Wednesday (1 session)

5:00 PM – 7:00 PM

Instructor: Tina Bell

Course Cost: \$59

Maryland Senior Course Cost: \$59

Personal Enrichment & Wellness

Hands-on Pizza Magic (C/S652)

Join Student Chef Kiara Hovatter for an immersive experience in the art of pizza-making! From kneading the dough to choosing the perfect toppings, you'll have the chance to get hands-on and craft your very own personalized pizza masterpiece. Don't miss this opportunity to unleash your culinary creativity and enjoy a delicious creation!

3/3, Monday (1 session)
 5:00 PM – 7:00 PM
 Instructor: Kiara Hovatter
 Course Cost: \$59
 Maryland Senior Course Cost: \$59



Empanadas Workshop (C/S647)

Join Executive Chef Fred Huber for a hands-on Empanada Making Workshop! In this fun and interactive class, you'll learn how to create delicious empanadas from scratch. From preparing the dough to selecting and assembling your favorite fillings, you'll experience the joy of crafting these tasty treats. Whether you prefer savory or sweet, we'll guide you through the process, ensuring you leave with your own homemade empanadas ready to share (or enjoy all by yourself!). Bring your friends and get ready for a flavorful culinary adventure!

3/19, Wednesday (1 session)
 5:00 PM – 7:00 PM
 Instructor: Fred Huber, Executive Chef
 Course Cost: \$59
 Maryland Senior Course Cost: \$59

Beginner Sushi (C/S645)

Dive into the art of sushi with our Basic Sushi Making Class with Executive Chef Fred Huber! Join us for a fun and interactive session where you'll learn how to create your very own sushi rolls. From selecting the freshest ingredients to mastering the rolling technique, we'll guide you through each step of the process. Whether you prefer classic rolls or want to experiment with your own flavor combinations, this class is perfect for sushi lovers of all skill levels. Bring your friends and get ready to roll your way to delicious homemade sushi!

4/2, Wednesday (1 session)
 5:00 PM – 7:00 PM
 Instructor: Fred Huber, Executive Chef
 Course Cost: \$59
 Maryland Senior Course Cost: \$59

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

Join us for a fabulous Girls' Night filled with a delightful paint and sip experience! Enjoy a relaxing evening where you can unleash your creativity while sipping on a selection of wines. To enhance the fun, we'll provide a variety of delicious ready-made hors d'oeuvres for you to savor as you paint. Gather your friends, pour a glass of wine, and let the laughter and artistry flow! It's the perfect way to unwind and create lasting memories together!

4/3, Thursday (1 session)
 5:00 PM -7:00 PM
 Instructors: Debbie Swope, Deb Buchanan, Jenna Burkett
 Course Cost: \$69 (Alcohol included)
 Maryland Senior Course Cost: \$69



Personal Enrichment & Wellness

Kid-Friendly Cooking Class (C/S653)

Join us for a fun and interactive cooking class designed for children ages 8 and up! In this hands-on experience, kids will learn to prepare a delicious four-course meal, featuring an appetizer, salad, main dish, and dessert. Each recipe is kid-friendly and simple, allowing the young chefs to take charge of their culinary creations.

4/11, Friday (1 session)

5:00 PM – 7:00 PM

Instructor: Kyla Teagle

Course Cost: \$59 (cost for parent and one child)

Maryland Senior Course Cost: \$59

**Kids Night – Cupcake Decorating (C/S654)**

(C/S654)

Get ready to unleash your creativity in our Cupcake Decorating Class, **specially designed for kids ages 8 to 18!** In this hands-on workshop, you'll learn the art of decorating cupcakes using a variety of techniques and fun tools. From mastering buttercream piping to creating colorful toppings, each participant will have the opportunity to design and personalize their own delicious treats. Join us for a fun-filled session where you can express your artistic flair and take home your beautifully decorated cupcakes to share with family and friends! **Parent must accompany child during class*

4/16, Wednesday (1 session)

5:00 PM – 7:00 PM

Instructor: Tina Bell

Course Cost: \$59 (cost per child)

Maryland Senior Course Cost: \$59

Advanced Sushi (C/S646)

Elevate your sushi skills in our Advanced Sushi Making Class with Executive Chef Fred Huber! This immersive workshop is designed for those who have a basic understanding of sushi and are ready to take their craft to the next level. You'll learn intricate techniques such as creating specialty rolls, working with different types of fish, and perfecting presentation. Our expert instructor will guide you through each step, helping you explore unique flavor combinations and advanced plating techniques. Join us for an exciting culinary experience and impress your friends with your newfound sushi mastery!

4/23, Wednesday (1 session)

5:00 PM – 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Cookie Decorating 101 (C/S542)**

Join Student Chef Allison Wolfe for a beginner-friendly adult cookie decorating class! In this fun session, you'll learn how to beautifully decorate sugar cookies using royal icing. We'll cover essential techniques like piping frosting borders and using flood icing, making it easy for you to create stunning cookies that will impress your friends and family. Discover how to elevate your cookie game and make it look like you're a professional!

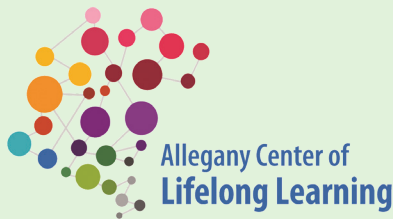
4/30, Wednesday (1 session)

5:00-7:00 PM

Instructor: Allison Wolfe

Course Cost: \$59

Maryland Senior Course Cost: \$59

*Personal Enrichment & Wellness***LIFELONG LEARNING**

Allegany Center of
Lifelong Learning

Join Allegany Center of Lifelong Learning (ALLCOLL) and enjoy access to 25 or more events held at Allegany College of Maryland, as well as weekly roundtable discussions, happy hour, and more! For an annual membership fee of \$30.00, you will enjoy diverse education opportunities with other Allegany County adults. Membership covers classes and events from July 1st through June 30th.

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

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

Like us on Facebook! Search Allcoll

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

February 6 – Carolyn George

Subject: Infectious Diseases and Vaccines

Description: Explore how vaccines function, including an overview of their potential risks and benefits. This information will also address common misinformation surrounding vaccines, offering individuals insights to help inform their vaccination choices.

February 13 – Kim Folk

Subject: Spruce Forest Artisan Village

Description: Kim will tell us all about the rebuilding of the village after the “down burst” that destroyed nearly half of the village. She will discuss all the artisans in residence and what they bring to the area.

February 20 – Liz McDowell

Subject: In Your Own Garden

Description: There are many native alternatives to the exotic invasive plants commonly used for landscaping. Discover the amazing native plants of Mountain Maryland, how to ethically obtain these tough treasures, and help them thrive in your garden.

February 27 – Dr. Emily Hager Kasecamp

Subject: The Allegany Museum Exhibit and Future Plans

Description: An in-depth look at the Allegany Museum’s Crossroads of America exhibit and a preview of future plans for the Museum.

March 6 – Dave Williams

Subject: Battle of Folck’s Mill

Description: In the late summer of 1864, the Confederate cavalry embarked on the Valley Campaigns to create havoc and ransack in towns near the Potomac, burning Chambersburg PA on July 30th and then turning west toward the important rail hubs in Cumberland. This talk will tell the story of how Cumberland was saved by Union troops and a local veteran of the Mexican War.

March 13 – Greg Latta

Subject: Appalachian Music

Description: Award winning recording artist and radio personality Greg Latta will explore the world of Appalachian music and the instruments used to make it. Greg will discuss and perform on instruments such as the Appalachian dulcimer, hammered dulcimer, banjo, autoharp, limberjack, strumstick, and guitar.

Personal Enrichment & Wellness

March 20 – Dr. Brian Plitnik

Subject: Great Composers of the Romantic Era

Description: The Romantic Era, approximately 1820-1900 CE, marks a period of emotionally intense music that has continuing impact on today's concert and operatic repertoire. Exploring a handful of the most significant composers from this era will emphasize the stylistic variety born of a new emphasis on self-expression.

March 27 – Ruth Davis-Rogers

Subject: America's Upcoming 250th Birthday

Description: On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. At this session we'll reflect on our nation's past milestones.

April 3 – Penny Knobel-Besa

Subject: Journey Through The Arts

Description: Penny Knobel-Besa will chat about her journey in the arts from actress, director, playwright, to photographer with photos of course. She prefers candid photos when life creates art and she's there to capture it

April 10 – Carolyn Matthews

Subject: Indoor Campfire

Description: The Indoor Campfire will include the history of a few songs from the revolutionary war through more modern times that we used to sing around the campfire. We will sing them around the indoor campfire.

April 17 – No Session, Spring Break**April 24 – Russell Shorto**

Subject: "Taking Manhattan: The Extraordinary Events That Created New York and Shaped America"

Description: Russell will discuss his new book, titled above. Copies of the book will be available for sale after the talk.

May 1 – Ian Gray

Subject: If it Takes all Summer: The Overland Campaign of 1864

Description: Learn about the clash of the larger-than-life figures of Ulysses S. Grant and Robert E Lee and how the gruesome campaign of 1864 spelled the beginning of the end for the rebellion.

May 8 – Kevin Dodge

Subject: Native Birds

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

* Lunch provided for Lunch & Learn

LUNCH & LEARN

We are pleased to announce that the ACM Foundation's Lunch and Learn series has now merged with the Allegany Center of Lifelong Learning. We invite our community to join us in continuing to enjoy a variety of education and learning opportunities.

LUNCH & LEARN

*Personal Enrichment & Wellness***PERSONAL IMPROVEMENT****An Introduction to Voiceovers (C/S536)**

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

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

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

RECREATION & PASTIMES**Discover Digital Photography (ONL157)**

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



Start Dates: 2/12, 3/12, 4/16, 5/14, 6/11, 7/16
6 weeks in length; 24 hours

Online

Instructor: Beverly Richards Schulz

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301) 784-5340 or

visit www.ed2go.com/allegany

Instant Guitar for Hopelessly Busy People (C/S571)

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

4/8, Tuesday (1 session)

6:30 PM – 9:00 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

Personal Enrichment & Wellness

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.

4/7, Monday (1 session)

6:30 PM – 9:30 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

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.

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

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



Start Dates: 2/12, 3/12, 4/16,

5/14, 6/11, 7/16

6 weeks in length; 24 hours

Online

Instructor: Sara Hardin

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301) 784-5340 or

visit www.ed2go.com/allegany

2/19 – 4/9, Wednesday (8 sessions)

6:00 PM – 7:30 PM

ACM: CE Bldg.

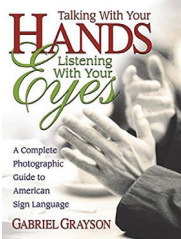
Instructor: Deborah Dilbon

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 prerequisite 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.



2/19-4/9, Wednesday (8 sessions)

7:30 PM – 9:00 PM

ACM: CE Bldg.

Instructor: Deborah Dilbon

Course Cost: \$35

Maryland Senior Course Cost: \$20

Personal Enrichment & Wellness

Speed Spanish (ONL184)

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



Start Dates: 2/12, 3/12, 4/16, 5/14, 6/11, 7/16
 6 weeks in length; 24 hours
 Online
 Instructor: Dan Mikels
 Course Cost: \$120
 Maryland Senior Course Cost: \$110
 Call (301) 784-5340 or
 visit www.ed2go.com/allegany

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

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

Personal Enrichment & Wellness

MOTORCYCLE RIDER EDUCATION**Motorcycle Safety Independent Training Center**

Under contract with

Motorcycle
Safety
Program***Please Note***

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

Basic Rider Course (BRC) (MVA275)

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

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

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

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

- 4/12 & 4/13, Saturday/Sunday (2 sessions)
- 4/26 & 4/27, Saturday/Sunday (2 sessions)
- 5/3 & 5/4, Saturday/Sunday (2 sessions)
- 5/17 & 5/18, Saturday/Sunday (2 sessions)
- 5/31 & 6/1, Saturday/Sunday (2 sessions)
- 6/14 & 6/15, Saturday/Sunday (2 sessions)
- 6/28 & 6/29, Saturday/Sunday (2 sessions)
- 7/12 & 7/13, Saturday/Sunday (2 sessions)
- 7/26 & 7/27, Saturday/Sunday (2 sessions)
- 8/9 & 8/10, Saturday/Sunday (2 sessions)
- 8/23 & 8/24, Saturday/Sunday (2 sessions)
- 9/6 & 9/7, Saturday/Sunday (2 sessions)
- 9/20 & 9/21, Saturday/Sunday (2 sessions)

All sessions:

Saturday and Sunday: 8:00 AM – 4:30 PM

Course Cost: \$299 (all fees included) (Fee discounts or waivers do not apply)

Call 301-784-5341 to register.

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