



Old Orchard Beach/Saco Adult & Community Education

Materials List – Fall 2020

****NOTE: Please do not purchase materials until you know your class will run.****

Covid-19 Precautions: Masks & physical distancing required for ALL live classes.

An Intro to Blacksmithing: Wear long pants, closed-toe shoes. No polyester or synthetic material. Please bring a drink and a snack.

Beginner Belly Dance: Please wear comfortable clothing and bring water. Shoes and hip scarves are optional. This is a fragrance-free class.

Beginner Digital Photography: DSLR camera, fresh batteries, a memory card and your questions!
Recommended: Laptop computer.

Beginner/ Intermediate Golf: Clubs are provided or bring your own. Sneakers/golf shoes and collared shirts required. No jeans or T-shirts allowed.

Beginner Guitar: Nylon or steel stringed acoustic guitar, picks (plectrums), an electronic tuner and the book *Hal Leonard Method Complete Set* (approx. \$20-\$25).

Crochet Basics: One size H or larger crochet hook and whatever yarn you have on hand.

Excel Spreadsheet: Excel 2010 or newer on your home computer.

Intro to Drawing: Drawing pad, pencil-charcoal, soft or extra soft vine; Strathmore charcoal paper, gum or kneaded rubber eraser and an easel (optional, for physical distancing) (approx. \$20)

Intro to German: *Practice Makes Perfect: Basic German* by Jolene Wochenske, ISBN 9781260120912 (approx. \$16 on Amazon). Note: It is best to purchase a new book so you can use the code that comes with the book for the extra resources, which will be used in class.

Outdoor Yoga for EVERY Body!: Wear loose, comfortable clothing. Bring a yoga mat, 2 yoga blocks (or 2 thick books), a yoga strap (or long scarf), a blanket, water and (optional) bug spray.

Piano 101/102: A touch-sensitive keyboard with sustain pedal. Alfred's Basic Adult All-in-One Course, Book 1 by Alfred Publishing ISBN: 9780882848181. Midtown Music in Biddeford can help you find the right keyboard and book if needed.

Tap Your Way to Fitness Level I/II: Bring water, wear loose clothing and flat/low-heeled tap shoes.

The Art of Visible Mending: Garment for mending, fabric to make the patch (of a similar weight to the garment), sewing needle, sashiko or embroidery thread, scissors and 4 - 10 straight pins (materials approx. \$10).

Wake Up Workout Section I/II: Wear loose clothing, sneakers and have water, hand weight and a band, belt or towel available during class.

Watercolor Basics: 1 sm tube ea: Cadmium Yellow (light), Cobalt Blue, Alizarin Crimson, 1 Round #10 watercolor brush, 1 inch wide flat brush, 1 #2 pencil, 1 eraser, 1 light board or piece of cardboard, two sheets of Arches watercolor paper, 140 lb. cold press and an easel (optional, for physical distancing) (approx. \$25-\$30).

Yoga Nidra Guided Meditation: Required: Bring a mat, wear comfortable clothing and minimize the use of perfumes.