



Old Orchard Beach/Saco Adult & Community Education

Materials List – Spring / Summer 2021

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

ALL in-person/live classes require Masks & Physical Distancing. No exceptions.

AARP Smart Driver: Instructor will collect \$25 (\$20 for AARP members) for materials.

Advanced Beginner French: *Berlitz French Picture Dictionary* by Berlitz Publishing, ISBN 9781780044774 (approx. \$10 on Amazon).

Beginner Digital Photography with your Digital SLR: DSLR camera, fresh batteries, a memory card and your questions!

Beginner French: *French Phrase Book and Dictionary* by Berlitz Publishing, ISBN: 9781780044859 (approx. \$10 on Amazon). *In addition to an extensive pronunciation guide throughout the text, a digital app with more resources is included when buying a new copy.

Beginner Golf I thru IV / Intermediate Golf I/II: Bring proof of registration, sneakers/golf shoes and collared shirts. No jeans or T-shirts allowed.

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

Beginning Chess: Chess board/pieces and *The Complete Book of Chess Strategy* by Jeremy Silman (International Master) or any book dealing with chess basics.

Circle of Pickers & String Players: Bring proof of registration, selection of songs, music stand, a capo and your instrument. Note: No microphone/PA system. No outside food/beverages.

CRMA Certificate Program: Bring proof of registration, *The PDR Pocket Guide to Prescription Pills Book* ISBN# 9780553593563 (approx. \$10, Amazon), a yellow highlighter, a 1.5 inch 3-ring binder. \$100 fee for medication pass payable to the instructor at the time of your scheduled test. Note: CASAS assessment testing highly recommended. Contact Saco Learning Center at 207-282-3846 or learningcenter@rsu23.org to arrange testing appointment.

DIY Sashiko Stitched Needlebook: Bring proof of registration, any scraps of fabric you may want to incorporate into your needlebook, any tools you plan to house in your completed needlebook (for measurement) and a lunch, if you'd like.

Early American Penny Rug: Bring proof of registration. Purchase a kit (\$20-\$75), payable in class, containing a unique selection of pre-washed and hand-dyed wool, pattern, design suggestions and even the embroidery needle and threads! Visit www.jconnerhookedrugs.com to view patterns and email the instructor, jconnerhookedrugs@gmail.com, specifying your choice. Please bring a bag lunch and small sharp fabric scissors to class.

Fire Cider Health: Wear an apron and/or clothing that can tolerate a tumeric stain.

Basic Ingredient list. All items are best if they are fresh, and organic when possible. Dried herbs and ground spice will not work. This will depend on the jar or container you intend to use. This list is based off of one 16 oz wide-mouth Ball jar. Feel free to double amounts, and use multiple or bigger jars. 2 Cups Apple Cider Vinegar, 2 Tablespoons Horseradish, ¼ Cup Ginger, ½ Cup Garlic, 1 Tablespoon Tumeric, 1 Onion (Yellow or Purple preferred), 1 Cayenne pepper (this can be dried, whole if possible), 1 teaspoon Honey, 1 Jalapeno , 1 Lemon
Optional: 1 whole lime, Reishi Mushroom, Lemongrass, Rosemary, Thyme, Bay Leaves

Intro to Color Theory: Bring proof of registration, watercolor paper, watercolor palette w/ brush, pencil, round watercolor brush (if not bought with palette), cup for water (Michael's, approx. \$12).

Onigiri or Rice Balls: Sushi Rice, Plain rice will work as well if this cannot be found, short grain rice is preferred (1-2 Cups), Rice Wine Vinegar (White vinegar can be subbed but not recommended), Sugar. **Savory Version:** High Quality (preferably packed in oil) Canned Salmon or Tuna, Kewpie Mayonnaise (regular mayonnaise is fine), Scallions or chives, Furikake (non-spicy rice seasoning that can be found at any Asian market. Note: spicy version: <https://www.amazon.com/Nori-Fume-Furikake-Rice-Seasoning/dp/B00290NPTM>). **Sweet Version:** prepared sweetened red bean paste (most Asian markets carry this), typically it's either sweetened whole bean in a can, or a sweetened paste. Either is fine. (1 teaspoon per onigiri). If you can't find red bean paste, we can do a "New England alternative to Okinawa Brown Sugar" You'll need brown sugar (1 Tablespoon) and molasses (½ teaspoon). Your favorite chopped nut (about 1 Tablespoon) would be a nice addition to this sweet alternative. **Note:** You choose if you want to make a savory or sweet version (you do not NEED to purchase materials for BOTH, unless you choose to do so).

Outdoor Adventures in Watercolor III: Bring proof of registration. 1 small tube each: Cadmium Yellow, Lemon Yellow, Cobalt Blue, Cerulean Ultramarine, Cadmium Red, and Alizarin; 1 Round #10 watercolor brush, 1 drawing pencil HB basic #2, 1 eraser, 1 light board or piece of cardboard and several sheets of Arches watercolor paper, 140 lb. cold press, a portable watercolor easel and folding chair (optional) (mats. approx. \$40-\$50).

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

Paint Your Pet: Bring proof of registration, snacks and dress in clothing you don't mind getting paint on. **Email your pet portrait to dawn@dawnburnsart.com upon registration.** Please note that that best photos are clear, high-resolution with traditional, front-facing pet poses of a single pet. Your photo will be cropped into a head shot.

Pepperell Mills Plein Air Study: Bring proof of registration, an easel (optional), sunscreen, water bottle and a folding chair or blanket. Wear comfortable shoes and layered clothing.

Planter & Container Gardens: Bring proof of registration. Participants will pay Moody's approx. \$50, depending on materials chosen, to cover soil, plants & container costs.

Street Photography Workshop: Bring proof of registration, a digital or film camera or a camera phone, wear comfortable walking shoes and weather-appropriate clothes. Note: Parking fees vary, with many private lots offering all day parking for a flat rate. There is a municipal lot at 76-98 Milliken St. Metered parking is not recommended.

The Art of Japanese Shibori Dyeing: Bring proof of registration, one pair of heavy-duty plastic gloves and wear clothing for dyeing and bring a lunch, if you'd like. Note: You will be dyeing outside so dress appropriately for the weather, rain or shine.

Watercolor Basics / Watercolor Florals: 1 small tube each: cadmium yellow (light), cobalt blue, alizarin crimson, 1 round #10 watercolor brush; 1 inch wide flat brush, 1 drawing pencil #3B, 1 eraser, 1 light board or piece of cardboard and two sheets of Arches watercolor paper, 140 lb. cold press (approx. \$25-30).