



Learning for Better Living

# Old Orchard Beach/Saco Adult & Community Education

## Materials List – Winter 2022

**\*\*NOTE** Please do not purchase materials until you know your class will run.  
Proof of registration required for all classes not held at OOB High School.  
Masks & Physical Distancing Required for All In Person Classes.

**14 Days to Stop Smoking:** Registered students will receive a link to purchase the *Retrain Your Brain To Successfully Stop Smoking* eBook (\$10).

**Acrylic Painting for Beginners:** Box set of acrylic paints (at least red, blue, yellow, and white), a set of acrylic paintbrushes in a variety of brush sizes, container for water, and a palette (mats. approx. \$30).

**Advanced Beginner American Sign Language:** *Signing Everyday Phrases: More Than 3,400 Signs*, Revised Edition ISBN 978-0399533099 (approx. \$17, Amazon).

**Advanced Watercolor:** 1 sm tube ea: Cadmium Yellow (light), Lemon Yellow, Cadmium Yellow (medium), Cerulean Blue, Cobalt Blue, Cadmium Red (medium), Alizarin Crimson, Ultramarine (or French Ultramarine), Burnt Umber, Burnt Sienna; 1 Round #10 watercolor 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 (or hot press, if preferred); palette for mixing and a water jar (approx. \$40-\$50).

**Beginner American Sign Language:** *Signing Illustrated Expanded* by Mickey Flodin ISBN-13: 978-0399530418 or ISBN-10: 039953041X (approx. \$15, Amazon).

**Beginner French:** *French Picture Dictionary* (Berlitz Publishing). ISBN: 978-1780044774 (approx. \$10 on Amazon).

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

**Certified Residential Medication Aide Certificate Program:** *The 2020 Nurse's Drug Handbook* ISBN-13: 978-1284167900 (approx. \$42, new on Amazon - or purchase a used copy from the instructor for \$13), 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.

**Circle of Pickers:** Bring a selection of songs, a music stand, a capo, your instrument and have a blast! Note: No microphone/PA system. Food and beverages available for purchase at the venue (no outside food or drink please).

**Deodorant & Lip Balms:** Bring a glass (4-cup) measuring cup and heat-resistant silicone spatula.

**Drumming 101:** one 12-inch drum pad with two 5A drum sticks (approx. \$30 on Amazon).

**Early American Penny Rug:** 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](http://www.jconnerhookedrugs.com) to view patterns and email the instructor, [jconnerhookedrugs@gmail.com](mailto:jconnerhookedrugs@gmail.com), specifying your choice. Please bring a bag lunch and small sharp fabric scissors to class.

**Hand Drumming Workshop:** Djembe, Ashiko, Conga or other hand drum. Note: There are some rentals available at \$5 per drum, payable to instructor in class. Please reserve your drum by emailing [info@namorydrum.com](mailto:info@namorydrum.com) as soon as you register.

**Healing Stress & Trauma During Covid-19:** Registered students will receive a link to purchase the *Retrain Your Brain - Healing Trauma* eBook (\$10).

**Hoop**ing: Hoop and wear clothing that is easy to move in. NOTE re purchasing your hoop: Get a beginners MDPE hoop (for waist hooping) or Polypro hoop (for off body tricks). If you have a weighted hoop, use it for waist hooping and get a kid's toy hoop for off body tricks, as a weighted may hurt your hands.

**Human Design**: Find your free Human Design chart at myhumandesign.com & bring it with you to class. Contact Jennifer at jgreenthinking@gmail.com if you questions about the Human Design chart.

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

**Knit with Your Arms**: three balls of bulky or super bulky weight yarn. Lion's Brand Wood Ease or Lion's Brand Hometown USA is suggested.

**Mermaid Tail Dry Land Workout**: Mermaid fin & tail, weights, towel and water. If you need a tail/fin, your instructor recommends: www.finfin.com, order a Mermaidens tail and monofin.

**New Attitude Workout Plus**: Wear loose clothing, sneakers, bring hand weights, a mat and water.

**Spanish for Advanced Beginners**: A valid Gmail address, *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approx. \$12, Amazon).

**Tap Your Way to Fitness**: Wear loose clothing, flat/low heeled tap shoes and have bring water.

**Tarot**: Bring a *Rider Waite Smith Tarot Deck* (appx. \$18 on Amazon).

**Techniques in Pen & Ink**: Mechanical pencil, eraser, four pieces of Bristol paper (8x10-inch recommended, or preferred size), India ink, dip pen, nib, .05 Micron Pigma pen (approximately \$25 at Michael's or Amazon).

**The Mind Body Weight Loss System**: Registered students will receive a link for the purchase of *The Mind-Body Weight Loss System* (\$10) eBook prior to class.

**Wake Up Workout**: Wear loose clothing, sneakers and have water, hand weights, mat and a band or towel available during class.

**Watercolor Basics**: 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).

**Winter Moisturizers & Healing Salve**: Bring a glass (4-cup) measuring cup and heat-resistant silicone spatula.

**Yin Yoga**: Wear comfortable, loose-fitting clothing; bring a yoga mat, yoga blocks, a bolster of some sort (couch pillows work) and a blanket.