



Old Orchard Beach/Saco Adult & Community Education

Materials List – Fall 2022

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

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

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

Beginner Chess: Some chess sets will be available, but feel free to bring your own. Any book dealing with chess basics; examples include: *Bobby Fischer Teaches Chess* by Bobby Fischer, *The Complete Book of Chess Strategy* by Jeremy Silman, and *Play Winning Chess* by Yasser Seirawan.

Beginner Digital Photography: DSLR camera, fresh batteries and memory card. Recommended: Laptop computer (no WiFi access).

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

Cape Cod Blueberry Picking Basket: A bucket (for wetting reeds), sharp scissors and a kitchen sponge. Kit, including all basket materials, is \$20 and payable to instructor in class.

Cardio, Strength & Stretch: Workout gear, water and a set of hand weights anywhere from 5-15 lbs.

Certified Residential Medication Aide 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 your scheduled test. Note: CASAS assessment testing is highly recommended. Please call our Saco Learning Center at 207-282-3846 or learningcenter@rsu23.org to set up a testing appointment.

DIY Hair Treatments - Bring two clean 12-16 ounce lidded jars and an apron.

Folk Art Rug Hooking - Note: Review designs/kits for a small mat or chair pad at www.jconnerhookedrugs.com and email the instructor, jconnerhookedrugs@gmail.com, specifying your choice(s), materials approx. \$41-\$60 and payable to instructor in class. Bring a bag lunch and sharp fabric scissors, if you have some.

Hand Drumming - Djembe, Ashiko, Conga or other hand drum.

Note: Some rentals are available at \$5/drum, payable to instructor in class. Please reserve your drum by emailing info@namorydrum.com after you register.

Holiday Card Making - Bring a lunch/drink and your adhesive (or purchase some from the instructor); Faith recommends Tombow (in the white bottle, not the clear one), approx. \$5 or double-sided tape, available at Walmart for approx. \$.99.

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

Intro to German: *Practice Makes Perfect: Basic German* by Jolene Wochenske, ISBN 978-1260120912 (approx. \$16 on Amazon).

Never-ending Card: Please email adulthoodinfo@rsu23.org upon registration indicating which theme you are most interested in (birthday, friendship, baby or Christmas/winter) to ensure the instructor has the materials you will need.

Paint Your Pet: Email your pet portrait to dawn@dawnburnsart.com upon registration. Please note that the 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.

Photographing Nature: Bring a camera with fresh batteries or fully charged SmartPhone and your questions!

Tarot: Rider Waite Smith Tarot Deck (Amazon, appx. \$18) and *Guided Tarot for Seamless Readings: A Beginner's Guide to Cards, Meanings, Spreads and Intuitive Exercises* by Stefanie Caponi (approx. \$16), ISBN 978-0593196991. Please read the introduction and chapter one before the first session.

The Art of Shibori Dyeing: Bring one pair of heavy-duty plastic gloves and one light-colored 100% cotton item to dye (T-shirt, handkerchief, pillowcase, etc.); dyeing is outside, so dress for the weather, wear clothing for dyeing and bring lunch.

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

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).

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

Yoga for Healing: Bring a yoga mat, small blanket and (optional) yoga blocks.