



# Old Orchard Beach/Saco Adult & Community Education

## Materials List – Winter 2023

**\*Please wait to purchase materials until you know your class will run.**

**\*\*Proof of registration required for all courses not held at OOB High School.**

**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 2 sheets of Arches watercolor paper, 140 lb. cold or hot press; palette, and a water jar (approx. \$50-\$100). **Note:** Please purchase Arches paper, as the quality of watercolor paper is essential for handling the techniques taught in class. Feel free to bring any watercolor paint you may already have.

**Beginner American Sign Language Section I/II:** *Signing Illustrated Expanded* by Mickey Flodin ISBN-13: 978-0399530418 or ISBN-10: 039953041X (approx. \$15, 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 buy used in class \$13), yellow highlighter, 1.5-inch 3-ring binder. \$100 fee for Med Pass payable to instructor at your scheduled test.

**DIY T-Shirt Quilt:** Bring at least 10 clean and freshly ironed T-shirts, scissors or a rotary cutter & mat, pins, thread, a fabric ruler, a seam ripper, and your sewing machine.

**DIY Toilet Bombs:** Bring a 24-cup mini muffin pan or equivalent silicone molds in any shape, two large mixing bowls, a mixing spoon and apron.

**Early American Penny Rug:** Purchase kit with all materials included (\$20-\$75), payable to instructor in class. Visit [www.jconnerhookedrugs.com](http://www.jconnerhookedrugs.com) to view patterns. Email instructor at [jconnerhookedrugs@gmail.com](mailto:jconnerhookedrugs@gmail.com), with your choice. Bring bag lunch & small sharp fabric scissors.

**Hand Drumming Workshop:** Djembe, Ashiko, Conga or other hand drum. **Note:** Some rentals are available at \$5 per drum, payable to instructor in class. Reserve a drum via email: [info@namorydrum.com](mailto:info@namorydrum.com) at registration.

**Intermediate French:** *Berlitz French Picture Dictionary* by Berlitz Publishing, ISBN 9781780044774 (approx. \$10 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 (approx. \$25 at Michael's or Amazon).

**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. \$50-\$100).  
**Note**: Please purchase Arches paper, as the quality of watercolor paper is essential for handling the techniques taught in class. Feel free to bring any watercolor paint you may already have.

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

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