

**Materials List – Winter 2024**

**\*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.**

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

**Bundling Up with Beanies** - Required: One 5 OZ or larger skein of worsted weight yarn in a color of your choosing, a 5mm crochet hook or circular knitting needle, sharp scissors and a yarn needle.

**Digital Illustration with Procreate** - Required: iPad/tablet, stylus and the Procreate app.

**Early American Penny Rug** - Review designs/kits ($25-$75) at jconnerhookedrugs.com and email jconnerhookedrugs@gmail.com at registration, specifying your choice(s). Pay Janet in class. Bring small, sharp fabric scissors and a bagged lunch to class.

**Granny Square Greatness** - Required: 5mm crochet hook, sharp scissors, a yarn needle and at least 5 Oz of yarn per color, in up to 4 colors.

**Hand Drumming Workshop** - Required: Djembe, Ashiko, Conga or other hand drum. Note: Some rentals available, $5/drum, payable to instructor in class. Reserve drum by emailing info@namorydrum.com at registration.

**Handmade Paper Bowls** - Required: Small plastic cereal bowl.

**Intermediate Watercolor / Watercolor Basics** - Required: 1 small tube each: cadmium yellow (light), cobalt blue, alizarin crimson, additional colors you may already have, 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. $80). Note: Please purchase Arches, as the quality of watercolor paper is essential for handling the techniques you will be taught in class.

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

**Jazzercise** - Required: Bring a water bottle and yoga mat, wear workout gear (comfortable, fitted, flexible fabrics are suggested) and supportive cross-trainers or athletic shoes.

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

**Pickleball Fitness** - Required: Wear appropriate workout gear and footwear, bring a hand or bath towel, a yoga mat and a resistance tube, light to medium resistance, with a handle on each end (https://www.walmart.com/ip/SPRI-Professional-Strength-Resistance-Tube-MediumResistance-Level-Exercise-Bands-Blue/413900072, approx. $11).

**Pie Crusts & Tart Doughs** - Required: Please bring 1 LB unsalted butter (room temp), a rolling pin and baggies for pie dough.

**Seasonal Wellness with Chinese Medicine** - Required: Dress comfortably and bring a yoga mat, blanket, pen and notepad.

**Spanish for Beginners** - Required: *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approx. $12, Amazon).

**Tarot Foundations** - Required: Tarot Deck (preferably Rider Waite Smith Tarot Deck (available on Amazon, Flourish in Biddeford or Leapin’ Lizards in Portland). Recommended: *78 Degrees of Wisdom* by Rachel Pollack.

**Techniques in Pen & Ink** - Required: 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).

**The Hero/Heroine’s Journey** - Required: Journal for writing, a writing utensil and comfortable clothing/shoes for walking around the room.

**Ukulele For Beginners**: Buying a ukulele? Duncan can provide you with brand, price, style and size recommendations as well as local stores where you can purchase an excellent beginner's ukulele. Contact us and we'll have him reach out to you! Required: Five days before to the commencement of the program, important documents will be sent to the email address you provided at registration. Before attending the first session, please read this email carefully.

**Watercolor Basics**: See Intermediate Watercolor above.

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

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