



Old Orchard Beach/Saco Adult Education

Learning for Better Living

In general, we recommend that you bring a notebook and something to write with (or a digital alternative) to any class. For fitness classes, wear comfortable clothing, supportive shoes, and bring water. Please find below lists of additional materials for certain classes.

Note: Not all classes are listed here, just courses that require additional materials.

10 Handmade Holiday Cards

- Water and a lunch
- An adhesive that is not a glue stick (I.e. Scor-Tape, double-sided tape, Tombow white glue, or a tape runner)

Akasha Yoga: A Journey to Your True Self

- Wear loose, comfortable clothing
- A yoga mat (or notify us if you need one)

Beginner Adult Ballet

- Ballet flat shoes
- Wear something comfortable to move in

Beginner Guitar

- A nylon or steel-stringed acoustic guitar
- Picks (plectrums)
- An electronic tuner (or a smart phone with a tuner app)
- Textbook: *Hal Leonard Method Complete Edition* (approx. \$20–\$25).

Beginner Hip Hop

- Wear clothing they are comfortable moving in and dance sneakers that are not outdoor shoes.

Best Clothing and Makeup for Your Coloring

- A pen and notepad
- Wear a lower neckline (I.e. a V-neck or scoop)

Computer Tutoring

- Your MacBook or PC laptop (If you do not have one, you can use one of our Windows laptops.)
- All usernames and passwords for your computer and/or any programs (Microsoft, websites, email, etc.) that you need assistance with.

Cooking with Sourdough

- An apron
- Baggies for leftovers
- A small lidded container to bring your sourdough starter home

Country & Latin Line Dancing

- Wear comfortable clothing and soft-soled shoes

Create Your Own Mythic Story

- A journal
- A writing utensil
- Wear comfortable clothing and shoes for walking around the room

Creative Writing Mini Workshop

- 12 copies of a short, original writing sample for the first class

Darn Your Knitted Clothing

- For the second class, bring your own yarn and worn clothing item(s) to mend

Diabetic-Friendly Meals

- An apron

Drawing Basics

- A drawing pad
- Pencil-charcoal
- Soft or extra soft vine charcoal
- Strathmore charcoal paper
- A gum or kneaded rubber eraser
- Optional: Easel.

Early American Penny Rug

- Reserve your kit (\$25–75, payable to Janet in class) that include a unique selection of pre-washed and hand-dyed wools, patterns, design suggestions, embroidery needle, and threads. View kits at jconnerhookedrugs.com and email jconnerhookedrugs@gmail.com to reserve
- A small, sharp pair of fabric scissors
- A bagged lunch

Early Winter Welcoming Forest Walk

- Wear comfortable boots with good grips or walking poles and weather-appropriate clothing

Essentials for iPads–Online

- An iPad Pro (M4/3rd gen+), iPad Air (M2/3rd gen+), iPad (7th gen+), or iPad mini (A17 Pro /5th gen+)
- A strong internet connection
- A Mac computer, iPad, or iPhone to access videos and articles

Essentials for iPhones–Online

- iPhone with iOS 18 (iPhone XR, 11 through 16, and SE (2nd & 3rd generations)
- A strong internet connection
- A Mac computer, iPad, or iPhone to access videos and articles.

Folk Art Rug Hooking

- Kits, ranging from \$41-\$60 and payable to Janet in class, include a hook, instructions, binding, burlap, a hoop and a selection of one-of-a-kind heirloom and hand-dyed wools. Review designs/kits at jconnerhookedrugs.com and email jconnerhookedrugs@gmail.com specifying your kit choice(s).
- Your lunch
- Sharp fabric scissors

Granny Squares for Beginners

- A size 5 crochet hook
- At least 3oz each of 4 different colored worsted weight acrylic yarns (avoid dark colors, no black or navy)

Handmade Paper Bowls

- A small plastic cereal bowl

Intermediate Digital Photography

- A computer
- A stable internet connection
- Your camera

Intro to Akasha Yoga

- A yoga mat (or indicate at registration that you need to borrow one)
- Wear loose, comfortable clothing

Intro to American Kempo Kickboxing

- Wear sneakers and comfortable athletic clothing
- Optional: a yoga mat for stretching

Intro to iPhone Basics–Online

- An iPhone
- A strong internet connection
- A Mac computer, iPad, or iPhone to access videos and articles

Intro to Machine Sewing

- A sewing machine
- An extension cord
- Basic supplies (sewing kit: needles, thread, scissors, pins etc.)

Intro to Modern Calligraphy

- One black Pentel Sign Brush Pen
- One black Tombow Dual Brush Pen
- One Canson XL Marker Pad
- One pencil
- Optional: Colored brush pens or colored markers
- Recommended local shops to purchase the supplies: Artist & Craftsman Supply in Portland, The Art Mart in Portland, Ruth's Reusables Recraft Store in Portland. Recommended online shops: Artist & Craftsman, Paper & Ink Arts, Blick Art Supplies

Introduction to Pilates Mat

- A yoga mat
- Wear something comfortable to move in

Landscape Photography

- A computer
- A stable internet connection
- Your camera of choice (digital or smartphone)

Latin Partner Dancing

- Wear soft-soled shoes and comfortable clothing

Layouts and Spreads for Tarot Readers

- A Tarot deck, preferably the Rider Waite Smith Tarot Deck: available at Flourish in Biddeford and Leapin' Lizards in Portland

Make Scones!

- An apron
- Baggies for leftovers

Master Your Mac Photos App: Organize Like a Pro

- A strong internet connection
- A laptop or iPad to watch videos
- An iPhone to try out the course materials

Meditation & Breathwork–Live Online

- Access to stable internet
- A computer, laptop, tablet, or phone to access Zoom
- An extra layer
- A yoga mat

Move, Meditate, Create!

- Water
- A yoga mat
- Dress comfortably

Nightclub Two Step

- Wear comfortable clothing and soft-soled shoes

One-on-One Sewing Tutoring

- Basic supplies that you need to finish your project (sewing machine, extension cord, basic sewing kit: needles, thread, scissors, pins etc.)

Photograph Snowflakes!–Live Online

- A computer
- Access to a stable internet connection
- Your camera of choice (digital camera or smartphone)

Rotisserie Chicken Meals

- An apron
- Baggies for leftovers

Sew a Hem With Me!

- A sewing machine
- Pieces of clothing that need to be hemmed (pants are easiest to start with) or old clothes to practice on

Sheet Happens

- An apron

Spanish for Beginners Level I and Level II

- Textbook: *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386

Tarot Salon

- A Tarot deck (Preferably the Rider Waite Smith Tarot Deck or the one you are currently using)

Tarot: A Path to Personal Growth

- A Tarot deck, preferably the Rider Waite Smith Tarot Deck: available at Flourish in Biddeford and Leapin' Lizards in Portland
- Recommended: *Tarot For Your Self* by Mary K. Greer, *78 Degrees of Wisdom* by Rachel Pollock.

The Exploding Memory Box

- Double-sided tape

- If you want to start decorating the box right away, bring personal mementos to include in your box: photos, ticket stubs, menus, letters, etc.

Traditional New England Barn Dance

- Wear comfortable clothes and soft soled shoes

Unlock Your Memoir: Digital Tools to Spark Your Story–Online

- A strong internet connection
- A Mac computer, iPad, or iPhone to access videos and articles.

Visible Mending: Weave Darning

- A knitted item of clothing (or two) that needs darning
- Yarn that matches the weight of your clothing item's
- A darning egg/mushroom or embroidery hoop

Watercolor Basics

- 1 small tube each of cadmium yellow (light), cobalt blue, and alizarin crimson
- 1 paint palette (Russel says folding ones are ideal!)
- 1 round #10 watercolor brush
- 1 inch-wide flat brush
- 1 drawing pencil #2H
- 1 eraser
- 1 lightweight board or piece of cardboard
- 2 sheets of Arches watercolor paper, 140 lb. cold press, 22x30 inches *Note: Please purchase Arches, as the quality of watercolor paper is essential for handling the techniques you will be taught in class.*
- Any colors you already have.