



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.

AARP Smart Driver

- Materials fee due to the instructor in class: \$20 for AARP members, \$25 for non-members

Advanced Beginner Ballroom Dancing for Couples

- Wear soft-soled shoes and comfortable clothing.

Advanced 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 Guitar Method Complete Edition: Books 1, 2 & 3* by Will Schmid and Greg Koch (approx. \$20–\$25).

Advanced Smartphone Photography–Live Online

- Computer
- Stable internet connection
- Fully charged smartphone (Android or Apple)

Akasha Yoga: A Journey to Your True Self

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

Basic Sewing Machine Maintenance

- Your sewing machine and an extension cord or power strip
- Headlamp and/or small flashlight
- Stubby flathead screwdriver
- 1 or 2 long-handled screwdrivers
- Phillips head screwdriver

- 1 large tweezers
- 1 set of dental tools/scrapers (with several types of heads)
- Krud Kutter kitchen degreaser
- Universal sewing machine oil with Zoom spout
- Plastic pry tool kit
- Pipe cleaners
- Q-Tips
- Shop towels/low-fuzz paper towels (recommends 1 roll Scott Blue Shop Towels)
- 1 or 2 toothbrushes
- Optional: Blue Creeper Multipurpose lubricant, padded mat to protect your work surface, Superlube Synthetic Grease, magnetic tool, small magnetic tray to hold parts, 1 or 2 small spray bottles, and 1 squeeze bottle with needle cap.

Beginner Adult Ballet

- Ballet flat shoes
- Wear something comfortable to move in

Beginner Golf

- Golf clubs (putter, sand wedge, 7 iron, and driver)
- Wear sneakers/golf shoes, and collared shirts. NO jeans, gym shorts, or T-shirts.

Beginner Tennis

- Wear sneakers or tennis shoes
- A tennis racket
- A can of balls
- Water
- Sunscreen and sunglasses

Beginning Latin

- *Oxford Latin Course Part 1* (ISBN 0-19-521203-7), by Maurice Balme & James Morwood, Oxford University Press. Used copies can be found online for under \$20.

Best Clothing and Makeup for Your Coloring

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

Camp Cooking Methods

- Class will be mostly outside, so please dress for the weather
- If you have a mess kit (plate, bowl, fork, spoon, cup), please bring it

Clawhammer Banjo for Beginners

- A 5-string banjo (If you don't currently have a banjo, you can still observe techniques to practice later in addition to receiving beginning instructional material.)

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

Clinical Martial Arts

- Wear loose, comfortable clothing
- Water
- Towel

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

Depression-Era Cooking

- An apron

Diabetic-Friendly Meals

- An apron

Digital Photography for Beginners

- DSLR camera
- Charged batteries
- An empty memory card
- Optional: Laptop (Windows platform preferred)

Digital Photography for Newbies–Live Online

- Computer
- Stable internet connection
- Your camera

Drawing Basics

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

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.

Genealogy Workshop

- Your laptop or iPad

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)

Intermediate Digital Photography

- A computer
- A stable internet connection
- Your camera

Intermediate French

- Textbook: 15-Minute French, DK Publishing, 2023 Edition, ISBN 978-0744073713 (approximately \$15)

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

- Sewing machine
- Extension cord
- 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

Intro to Nature Journaling

- A 5.5- X 8.5-inch spiral multimedia sketchbook
- A mechanical pencil with an eraser
- Several gel or ballpoint pens with fine or medium points
- A container to hold your materials when traveling to different sites.
- Optional: Watercolor pencil set (recommended: Pentel Arts Aquash water brushes)

Introduction to Pilates Mat

- A yoga mat
- Wear something comfortable to move in

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

Line Dancing

- Wear comfortable clothing and soft-soled shoes

Miniature Punch Needle Rug Hooking

- Visit jconnerhookedrugs.com to view available kits, and email fcjc@roadrunner.com to reserve your favorite(s). Kits are \$25 each, payable to Janet in class, and contain original folk art designs, hand-dyed and natural wool threads, and instructions
 - A bag lunch
 - Small sharp fabric scissors
 - An Ultra-Punch Small Punch needle (approx. \$27)
 - 7" Morgan-brand locking embroidery hoop (approx. \$15)
- Tools also available for purchase in class

New Moon Circle

- Wear weather-appropriate clothing/shoes
- A water bottle
- A journal/notebook
- A writing utensil

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.)

Photography After Dark

- Computer
- Stable internet
- A camera (digital, DSLR, or smartphone)

Pickleball Taster and Pickleball Practice & Play

- A pickleball paddle
- 2 pickleball balls marked with your name
- Water
- Wear weather-appropriate active wear and tennis shoes

Seated Folk Dances

- Wear comfortable clothing so you can move easily while seated.

Smartphone Photography–Live Online

- A computer
- Stable internet connection
- Fully charged smartphone (Android or Apple)

Spanish for Beginners Level I and Level II

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

The Hustle

- Wear smooth-soled shoes and comfortable clothing.

Traditional New England Barn Dance

- Wear comfortable clothes and soft soled shoes

Understanding Anxiety

- A yoga mat
- Journal
- Pen
- Wear anything that is comfortable (yoga or workout clothes not required)

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.

Watercolor Basics

- 1 small tube each of cadmium yellow (light), cobalt blue, and alizarin crimson (recommended: Winsor & Newton Cotman or higher quality)
- 1 paint palette (recommended: folding)

- 1 round #10 watercolor brush (recommended: Winsor & Newton Sceptre Gold II)
- 1 inch-wide flat brush
- 1 drawing pencil #2H
- 1 eraser
- 1 lightweight board or piece of cardboard and something to prop it up on (pencil case, slim book, etc)
- Water cup
- 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.

If you go to The Art Mart in Portland to purchase your materials and mention Russel's class, you can receive 10% off of your order.

Wandering Watercolors

- 1 small tube each of cadmium yellow (light), cobalt blue, and alizarin crimson watercolor paints and any other colors you already have (recommended: Winsor & Newton Cotman or higher quality)
- 1 paint palette (recommended: folding palette)
- 1 round #10 watercolor brush (recommended: Winsor & Newton Sceptre Gold II)
- 1 inch-wide flat brush
- 1 drawing pencil #2H
- 1 eraser
- 1 lightweight board or piece of cardboard and something to prop it up on (pencil case, slim book etc)
- 1 lidded container for water
- 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.*
- A folding chair (optional)

Total supply cost around \$90. If you go to The Art Mart in Portland to purchase your materials and mention Russel's class, you can receive 10% off of your order.