



OOB/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. Please find below lists of additional materials for certain classes.

Advanced Beginner / Beginner Tai Chi

- Wear loose-fitting clothing and comfortable shoes
- Water

Advanced Intermediate Watercolor

- 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

Aerial Yin Yoga

- Wear comfortable, stretchy workout clothing that fits close to the body. Avoid anything too loose or flowy — there will be opportunities to go upside down!
- Plan to remove shoes and socks before class
- Leave jewelry at home — especially anything worn on the hands, wrists, or ankles — as it can snag on the hammock fabric
- Water

Aerial Yoga

- Wear comfortable workout-type clothes but nothing too loose
- Be prepared to go barefoot
- Water

Altoids and the Art of Small Talk

- Notebook/pen

Autumn Plant Walk along the Saco River

- Sunscreen
- Wear comfortable shoes and weather-appropriate clothing
- Optional: brimmed hat and binoculars

Basic Sewing Machine Maintenance

- Your sewing machine
- Extension cord or power strip
- Additionally, the instructor requests the following basic sewing machine repair supplies (hopefully, some of these are lying around the house!):
 - Stubby flathead screw driver
 - 1 or 2 Long handled flathead screwdrivers
 - 1 Phillips head screwdriver
 - 1 large tweezers
 - 1 set dental tools/scrapers (with several types of heads) \$4.50 on Amazon
 - Krud Kutter cleaner - Original Degreaser/Kitchen Cleaner \$13.50 on Amazon
 - Universal Sewing Machine oil (Zoom Spout is most common)
 - Pipe cleaners
 - Q-tips (the cheaper, the better!-, less cotton/fuzz)
 - Shop towels/paper towels with low fuzz (Scott Blue Shop Towels - 1 roll \$2.87)
 - 1 or 2 old toothbrushes.
 - Optional/nice to have: Plastic pry tools automotive kit \$6 on Amazon, Blue Creeper Multipurpose lubricant (for all metal sewing machines only), padded mat (to protect your work surface), Superlube Synthetic Grease, magnetic pick up tool, small magnetic tray (to hold parts), 1-2 small spray bottles and/or 1 squeeze bottle with needle cap.

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)

Certified Residential Medication Aide (CRMA) Certificate Program

- A 1.5 inch 3-ring binder
- \$125-\$150 fee for medication pass payable to the instructor at your scheduled test

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

Crocheting for Absolute Beginners

- One skein of solid light- or medium-colored medium/worsted weight 100% acrylic yarn (avoid variegated or dark colors—suggested brands: Lion Brand Wool-Ease, Red Heart Super Saver, Caron Simply Soft)
- One 5.0mm (H/8) or 5.5mm (I/9) crochet hook (ergonomic rubber-grip hooks are highly recommended)
- Small scissors
- Notepad/pen.
 - Optional: Small project bag or zippered pouch to keep your supplies together and a yarn/tapestry needle (blunt-tip, large eye)

Decorative Door Basket

- A bucket (for wetting reeds)
- Sharp scissors
- Kitchen sponge, or a spray bottle.
- Kit fee: \$20, payable to instructor in class

Digital Illustration with Procreate

- iPad/tablet, stylus with the Procreate app

Early Winter Welcoming Forest & Balk Walk at the Saco Heath

- Dress warmly
- Wear crampons or treads on your feet (so as to stay upright!)

Eat Biddeford Foodie Tour

- Wear comfortable walking shoes and weather-appropriate clothing
- Bring a shopping bag
- Water
- Money for extra purchases

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

Finish Your Unfinished Painting

- Your unfinished project
- The paint/brushes you have been using to work on your selected project

Folk Art Rug Hooking

- Kit fee: \$41-\$60 and payable to Janet in class (includes a hook, instructions, binding, burlap, a hoop and a selection of one-of-a-kind heirloom and hand-dyed wools.
- Your lunch
- Sharp fabric scissors

Gua Sha for the Meridians

- Wear a swimsuit top (no sports bras) if you would like work done on the skin of your upper back and shoulders.

Handmade Paper Bowls

- Small plastic cereal bowl

How Your Emotions Support Your Relationships

- Optional deck of reference cards for emotions available for purchase at \$16, payable to the instructor in class with cash or Venmo

Instant Piano for Hopelessly Busy People–Live Online

- Stable internet connection
- A computer, tablet or cellphone
- A piano or keyboard available during class

Intro to Drum Circles

- Your djembe-style hand drum. If you need to borrow a drum for the class, please mention it at registration. Drums will be available on a first-come, first-served basis.

Intro to Gua Sha

- Wear a swimsuit top (no sports bras) if you would like work done on the skin of your upper back and shoulders.

Intro to Mac Basics–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

Intermediate Watercolor

- 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
- Two 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

Intro to iPhone Basics–Online

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

Intro to Modern Calligraphy

- 1 black Pentel Sign Pen Brush
- 1 black Tombow Dual Brush Pen
- 1 Canson XL Marker Pad
- 1 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, and Ruth's Reusables Recraft Store in Portland. Recommended online shops: Artist & Craftsman, Paper & Ink Arts, Blick Art Supplies

Intro to Pilates Reformer

- Wear comfortable workout-type clothes
- Be prepared to go barefoot, or wear grip-socks (available for purchase at EverCore)

Intro to iPhone Basics–Online

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

Just Swing for Beginners

- Wear comfortable clothing and soft-soled shoes

Knitting for All

- Knitting needles
- Yarn
- Pattern
- Knitting markers
- Your current project, if you have one

Late Summer Trees & Bird Walk

- Sunscreen
- Wear comfortable shoes and weather-appropriate clothing
- Optional: brimmed hat and binoculars

Latin Partner Dancing

- Wear soft soled shoes and comfortable clothing

Line Dancing

- Wear comfortable clothing and soft-soled shoes

Maine Driving Dynamics

- Required to complete enrollment:
 - Date of birth
 - Driver's license number
 - Address on license

Make & Take: Scented Candle

- Note: Candles need to be cured, so students will need to return for pickup from Northista's locker, located outside of her studio **OR** have it shipped for an additional \$8, payable to Shannan in class).

Mixed Media Collage Level 1

- Sketchbook
- Any found objects you would like to use to make marks on your art piece (ex: kitchen supplies, sticks, fabric, stencil, and more)

Mixed Media Collage Level 2

- Sketchbook
- OPTIONAL canvas or wood board for final piece, should you choose to not use paper
- Any found objects you would like to use to make marks on your art piece (ex: kitchen supplies, sticks, fabric, stencil, and more)

Nature & Bird Photography–Live Online

- A computer
- A stable internet connection
- Your fully charged camera

Navigating Gluten Free

- Pen & notepad

New Moon Circle

- Wear weather-appropriate clothing/shoes
- Water bottle
- Journal/notebook, writing utensil

Photoshop Elements–Live Online

- A computer
- A stable internet connection
- Adobe Photoshop Elements (any version) installed prior to class.

Saco River & City Plant Walk

- Sunscreen
- Wear comfortable shoes and weather-appropriate clothing
- Optional: brimmed hat and binoculars

Same Mac, New Tricks–Online

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

Spanish for Beginners Level 1

- *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approximately \$12).

Symbolism in the Tarot

- A Tarot deck (preferably Rider Waite Smith Tarot Deck or the one you are currently using)
- Book recommendations (helpful but NOT required, bring them if you have them):
 - *78 Degrees of Wisdom* by Rachel Pollack
 - *The Big Book of Tarot Symbols: Beginners Guide to Decoding the Cards* by Liz Dean

Tarot for Self-care

- A Tarot deck (preferably Rider Waite Smith Tarot Deck or the one you are currently using)
- Book recommendations (helpful but NOT required, bring them if you have them):
 - *Tarot for Self Care: How to Use Tarot to Manifest Your Best Self* by Minerva Siegel
 - *Tarot for Yourself* by Mary Greer
 - Optional: *Guided Tarot for Seamless Readings* by Stefanie Caponi

Traditional New England Barn Dance

- Wear comfortable clothes and soft soled shoes
- Water

Understanding Your Psychic Abilities Level 2

- Bring a notebook/pen
- A personal item such as a hat, scarf, or jewelry

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

Wandering Watercolors

- 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 light board or piece of cardboard or portable watercolor easel
- a lidded jar of water

- 2 sheets of Arches watercolor paper, 140 lb. cold press *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
- Optional: folding chair

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
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