



**COLD SPRING HARBOR**  
**CENTRAL SCHOOL DISTRICT**

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Michael Loughren–Principal, West Side Elementary School  
Lynn Herschlein–Principal, Goosehill Primary School

Cold Spring Harbor Community Center  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724

Cold Spring Harbor High School  
82 Turkey Lane  
Cold Spring Harbor, New York 11724

Lloyd Harbor Elementary School  
7 School Lane  
Lloyd Harbor, New York 11743

West Side Elementary School  
1597 Laurel Hollow Road  
Laurel Hollow, New York 11791

Goosehill Primary School  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724

FALL 2018

COMMUNITY EDUCATION OFFERINGS

TUESDAYS

**FITNESS FUSION**

**Dates: October 9, 16, 23, 30; November 6, 13, 20, 27**

**Time: 9:30 AM – 11:00 AM**

**Location: Community Center Board Room**

**Instructor: Dorothy Mandrakos**

*This series of eight classes introduces you to the healing arts of qigong, yoga and meditation. Qigong is a moving, meditative form of exercise that is both relaxing and invigorating!. Yoga increases strength and flexibility. Meditation allows you to clear your mind and improve concentration. Beginners welcome! Please bring a mat and water.*

**YOGA**

**Dates: October 16, 23, 30; November 6, 13, 20, 27; December 4**

**Time: 7:30 PM – 9:00 PM**

**Location: Lloyd Harbor School Cafeteria**

**Instructor: Richard Wos**

*Why not begin to discover your inner self and cultivate your mental and physical well-being? Yoga is an enjoyable means to maintaining youthfulness, flexibility and strength. This course is suitable for all levels. Instruction in basic yoga positions can be adapted to all ages and physical conditions.*

WEDNESDAYS

**INTERMEDIATE FRENCH** \*\* (see note from the instructor below)

**Session 1 Dates: October 10, 17, 24, \*30; November 7, 14, \*20, 28**

**Session 2 Dates: December 5, 12; January 9, 16, \*22, 30; February 6, 13**

**Location: CSH High School Room 101**

**Time: 5:30 PM – 7:00 PM**

**Instructor: Martine Tawaji**

*This class is NOT a beginner level class. Students will master basic conversation skills. We are now offering the option of two separate sessions. If you would like to attend both, please include a separate check for each session. Martine Tawaji is a native French speaker, law school graduate, experienced teacher and recipient of the 2005-06 Dowling College/News 12 Long Island Educator of the Month.*

**\*Tuesdays**

## **ADVANCED FRENCH**

**Session 1 Dates: October 10, 17, 24, \*30; November 7, 14, \*20, 28**

**Session 2 Dates: December 5, 12; January 9, 16, \*22, 30; February 6, 13**

**Location: CSH High School Room 101**

**Time: 7:00 PM- 8:30 PM**

**Instructor: Martine Tawaji**

*This class is addressed to students with a basic knowledge of French. We are now offering the option of two separate sessions. If you would like to attend both, please include a separate check for each session. Martine Tawaji is a native French speaker, law school graduate, experienced teacher and recipient of the 2005-06 Dowling College/News 12 Long Island Educator of the Month.*

**\*Tuesdays**

**\*\*NOTE:** *In the event the instructor has a professional conflict with a class, the classes will be rescheduled. Your understanding is greatly appreciated by the instructor.*

## **THURSDAYS**

### **TAI CHI**

**Dates: October 18, 25; November 1, 8, 15, 29; December 6, 13**

**Time: 7:30 PM – 9:00 PM**

**Location: Lloyd Harbor School, Cafeteria**

**Instructor: Richard Wos**

*Richard Wos has taught Martial Arts for 10 years and Tai Chi for over 25 years. It is the most popular health exercise in China and is one of the safest methods known. The class will focus on Stress reduction while strengthening and improving the overall health of each individual. Tai Chi is a low-impact exercise that puts minimal stress on the joints and muscles. The benefits of Tai Chi include: Better mood, with lower levels of depression, stress and anxiety; greater aerobic capacity and muscle strength; more energy and stamina; enhances flexibility, balance, and agility; lower blood pressure and improved heart health; reduced inflammation.*

### **YOUR PSYCHIC CONNECTION**

**Dates: October 11, 18, 25; November 1, 8, 15, 29; December 6**

**Time: 7:00 PM – 8:30 PM**

**Location: Community Center Board Room**

**Instructor: Victoria DeLaurentis**

*Victoria believes that we are all connected to the energies of this world. In this class you will hopefully open up your mind consciousness as we discuss different topics such as how to feel and notice different energies and benefit from them, learning what your name means, how different numbers in our lives affect us, how to find the right Crystal for you, can your Hand tell you something about yourself, the meanings of animals in your life/dreams/and mediation. Each short topic will be followed by a Guided Meditation and then shared discussion to help interpret the meaning for you. **This popular class fills up quickly and is limited to ONLY 12 participants. NO EXCEPTIONS.***

**We welcome the community to the following school events:**

- October 26-28: Sr. High Drama Production – 7:00 PM, PAC
- November 16: Coffee House Jam – 7:00 PM, High School Cafeteria
- December 9: West Side School Musical – 2:00 PM, PAC
- December 13: Junior High Winter Concert & Art Exhibit – 7:00 PM, PAC
- December 19: Senior High Winter Concert & Art Exhibit - 7:00 PM, PAC
- January 23, **2019**: West Side Winter Concert, Grade 5 & 6 - 7:00 PM, PAC
- February 8-10: Senior High School Musical - 7:00 PM, PAC
- March 6: Jr./Sr. High International Night – 6:00 PM, High School Cafeteria
- March 7: Jr./Sr. High School Jazz & Pops Concert – 7:00 PM, PAC
- March 29: Junior High Spring Musical - 7:00 PM, PAC
- April 5: High School Comedy Night - 7:00 PM, PAC
- April 11 - 12: LHS Grade 6 Musical – 7 PM, LH Gym
- May 3: Jr./Sr., High School Drama Club Production – 7:00 PM, PAC
- May 16: LHS Spring Concert, Grades 5 & 6 - 7 PM, PAC
- May 29: West Side Spring Concert, Grades 5 & 6- 7 PM, PAC
- May 31: Coffee House JamFest (on the lawn CSH Jr./Sr. High School
- June 5: LHS 4<sup>th</sup> Grade Spring Concert – 7:00 PM, LHS Gym
- June 6: CSHHS Art Celebration “Night of the Living Museum” – 6-9 PM, PAC
- June 7: WSS Talent Show – 7:00 PM, PAC

FALL 2018  
COMMUNITY EDUCATION OFFERINGS  
General Information

**FEES: MAIL-IN ONLY!**

**Cold Spring Harbor CSD Residents - \$80.00**

**Cold Spring Harbor CSD Resident Seniors (60 years or older) - \$65.00**

**All Non-Residents - \$90.00**

**PAYMENTS:** All checks must indicate an address, or proof of residency will be required (license, utility bill, etc.). **CASH will not be accepted.** Please be sure to register prior to attending class.

**ENROLLMENT:** On a **first-received basis**. Classes will be cancelled if minimum enrollment is not met, so please mail in your registrations promptly.

**ACCEPTANCE:** Please assume you have been registered unless otherwise notified.

**REFUNDS:** Fees will be refunded, upon request, **BEFORE** the beginning of the semester. Please note that we are unable to refund students for classes they are unable to attend.

**NOTE: We regret we are UNABLE TO ACCEPT REGISTRATIONS IN PERSON**

Please complete the Registration Form below and **mail with your check, payable to**

**Cold Spring Harbor Central School District**, to the following address:

**Cold Spring Harbor Central School District  
Francis Roberts Community Center  
c/o BUSINESS OFFICE  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724**

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State & Zip: \_\_\_\_\_

Course Name(s): \_\_\_\_\_

Session or Date (where applicable): \_\_\_\_\_

Check One: Resident \_\_\_\_ Senior Resident \_\_\_\_ Non-Resident \_\_\_\_

Enclosed is a check # \_\_\_\_\_ (NO CASH) in the amount of \$ \_\_\_\_\_.

**Questions? Please call (631) 367-5912  
Monday through Friday, 9:30 AM to 3:00 PM.**