



COLD SPRING HARBOR
CENTRAL SCHOOL DISTRICT

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Lynn Herschlein - Principal, Goosehill Primary School

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

Cold Spring Harbor Jr./Sr, 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
Syosset, New York 11791

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

FALL 2019

COMMUNITY EDUCATION OFFERINGS

MONDAYS



YOUR PSYCHIC CONNECTION - "BEGINNER CLASS" (6 weeks only)

Dates: October 7, 21, 28; November 4, 18, 25

Time: 7:15 PM – 8:45 PM

Location: Community Center Board Room

Instructor: Victoria DeLaurentis

Victoria, a psychic medium, invites you to learn more about yourself through our weekly guided meditations, followed by a message circle. Learn how connected you are to the world around you. Besides meditation, you will have the opportunity to use and learn about other tools, such as a Pendulum, Angel and Animal Cards, Numerology, and how to sharpen your own intuition. This class is limited in size and fills up quickly.

TUESDAYS

FITNESS FUSION

Dates: October 8, 15, 29; November 5, 12, 19, 26; December 3

Time: 9:30 AM - 10:30 AM

*** **NEW SECTION** (Same DATES as the morning class)*****

Time: 4:00 PM - 5:00 PM

Location: Community Center Board Room

Instructor: Dorothy Mandrakos

This class introduces you to Qigong, yoga and meditation. Qigong is a series of slow, gentle movements designed to help relieve stress and improve your mood. Yoga increases flexibility and helps alleviate anxiety. Meditation allows you to clear your mind and deepen concentration. Boost your energy with these three healing arts for body, mind and spirit. Beginners welcome! Please bring a mat, a block and water. For more information, visit Ms. Mandrakos' website at www.dorothymandrakos.com. Dorothy Mandrakos teaches Qigong and yoga privately and at local libraries. A former beauty, health and fitness editor for Self, Seventeen and Mademoiselle, she has a wealth of experience in the health and fitness industry.

YOGA

Dates: October 8, 15, 22, 29; November 5, 12, 19, 26

Time: 7:30 PM – 9:00 PM

Location: Lloyd Harbor School, Little Theatre

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 2, 10, 16, 23, 30; November 6, 13, 20** **Time: 5:30 PM – 7:00 PM**
Session 2 Dates: Nov. 26*, Dec. 4, 11, 18; Jan. 2, 8, 15, 21*** **Instructor: Martine Tawaji**
Location: CSH High School Room 101

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.

****Thursday**

***Tuesday**

ADVANCED FRENCH

Session 1 Dates: October 2, 10, 16, 23, 30; November 6, 13, 20** **Time: 7:00 PM – 8:30 PM**
Session 2 Dates: Nov. 26*, Dec. 4, 11, 18; January 2, 8, 15, 21*** **Instructor: Martine Tawaji**
Location: CSH High School Room 101

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.

****Thursday**

***Tuesday**

****NOTE:** *In the event a date conflict should occur either by the instructor or the school district, the class(es) will be rescheduled before the end of the session. Your understanding is greatly appreciated.*

THURSDAYS

TAI CHI

Dates: September 26; October 3, 10, 17, 24, 31, November 7, 14 **Time: 7:30 PM – 9:00 PM**
Location: Lloyd Harbor School, Little Theatre **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 -** *This class is open to PRIOR session students ONLY!***

Dates: September 26; October 3, 10, 17, 24, 31; November 7, 14 **Time: 7:15 PM – 8:45 PM**
Location: Community Center Board Room **Instructor: Victoria DeLaurentis**

*Victoria, a psychic medium, invites you to learn more about yourself through our weekly guided meditations followed by a message circle. Learn how connected you are to the world around you. Besides meditation, you will have the opportunity to use and learn about other tools such as a Pendulum, Angel and Animal Cards, Numerology, and how to sharpen your own intuition. **This class is limited to 12 participants only and fills up quickly.***

We welcome our CSHCSD Community to the following school events:

- October 25-26 Senior High Drama Production – 7:00 PM, PAC
- October 27 Senior High Drama Production – 2:00 PM, PAC
- November 23: West Side School Musical – 7:00 PM, PAC
- November 24: West Side School Musical – 2:00 PM, PAC
- December 5 & 6: Lloyd Harbor Musical, Grades 5 & 6- 7:00 PM, PAC
- December 12: Junior High Winter Concert & Art Exhibition - 7:00 PM, PAC
- December 18: Senior High Winter Concert & Art Exhibition - 7:00 PM, PAC
- January 22: West Side School Winter Concert, Grades 5 & 6 - 7:00 PM, PAC
- January 23: Lloyd Harbor School Winter Concert, Grades 5 & 6 - 7:00 PM, PAC
- January 30: Jr./Sr. High Jazz & Pops Concert - 7:00 PM, Jr./Sr. HS Cafeteria
- February 7: Senior High School Musical - 7:00 PM, PAC
- February 8: Senior High School Musical - 7:00 PM, PAC
- February 9: Senior High School Musical - 2:00 PM, PAC
- March 5: Jr./Sr. High International Night – 6:00 PM, Jr./Sr. HS Cafeteria
- March 27: Junior High Musical - 7:00 PM, PAC
- March 28: Junior High Musical - 7:00 PM, PAC
- March 29: Junior High Musical - 2:00 PM, PAC
- April 24: High School Comedy Night - 7:00 PM, PAC
- May 1: Jr./Sr. High Drama Club Production – 7:00 PM, PAC
- May 13: Junior High Spring Concert & Art Show - 7:00 PM, PAC
- May 14: Lloyd Harbor Spring Concert Grades 5 & 6 – 7:00 PM, PAC
- May 18: Science Research Symposium Student Exhibit – 7:00 PM Jr./Sr. High School
- May 19: District-Wide Technology & Innovation Showcase- 6:30-9 PM- Jr./Sr. H.S.
- May 20: Senior High Spring Concert & Art Exhibition -7:00 PM, PAC
- May 28: WS Spring Concert, Grades 5 & 6 – 7:00 PM, PAC
- June 2: West Side School, Grade 4 Spring Concert – 7:00 PM –WS Gym
- June 4: High School Art Celebration “Night of the Living Museum” 6-9 PM, New Gym
- June 5: Coffee House JamFest (on the lawn Jr./Sr. High School)
- June 10: Lloyd Harbor School, Grade 4 Spring Concert – 7:00 PM – LH Gym

FALL 2019
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.

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? Call (631) 367-5912
Monday through Friday, 9:00 AM to 3:00 PM**