



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 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

SPRING 2018

COMMUNITY EDUCATION OFFERINGS

TUESDAYS

FITNESS FUSION

Dates: March 20, 27; April 10, 17, 24; May 1, 8, 15

Time: 9:30 AM – 11:00 AM

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: March 20, 27; April 10, 17, 24; May 1, 8, 15

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: March 21, 28; April 11, 18, 25; May 2, 9, *Thursday, May 17

Session 2 Dates: May 23, 30; June 6, 13, 20, 27

Time: 5:30 PM – 7:00 PM

Location: CSH High School Conference Room

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.

***Thursday**

ADVANCED FRENCH

Session 1 Dates: March 21, 28; April 11, 18, 25; May 2, 9, *Thursday, May 17

Session 2 Dates: May 23, 30; June 6, 13, 20, 27

Time: 7:00 PM – 8:30 PM

Location: CSH High School Conference Room

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.
***Thursday**

****NOTE:** *In the event the instructor has a professional conflict with a class, the classes will be rescheduled during the same week, either on Tuesday or Thursday. Your understanding is greatly appreciated by the instructor.*

THURSDAYS

TAI CHI

Dates: March 22; April 12, 19, 26; May 3, 10, 17, 24

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

Dates: April 12, 19, 26; May 3, 10, 17, 24, 31

Time: 7:00 PM – 8:30 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 guided visualization of 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.

Closed - Enrollment capacity has been reached

We welcome the community to the following school events:

- March 23: Jr. High School Musical – 7:00 PM, PAC
- March 24: Jr. High School Musical – 7:00 PM, PAC
- March 25: Jr. High School Musical – 7:00 PM, PAC
- April 20: Senior High School Comedy Night – 7:00 PM, PAC
- April 26: Lloyd Harbor Musical, Grade 6, 7:00 PM, LH Gym
- April 27: Lloyd Harbor Musical, Grade 6, 7:00 PM, LH Gym
- May 4: WSSPTG Talent Show – 7:00 PM, PAC
- May 16: Junior High Spring Concert & Art Show – 7:00 PM, PAC
- May 22: West Side School Spring Concert, Grades 5 & 6 – 7:00 PM, PAC
- May 23: Senior High Spring Concert & Senior Art Exhibition- 7:00 PM, PAC
- May 24: Lloyd Harbor Spring Concert, Grades 5 & 6, 7:00 PM, PAC
- May 25: Coffee House JamFest (on the lawn CSHHS)
- May 30: Science Symposium Student Exhibit – 7:00 PM, PAC
- May 31: High School Art Celebration “Night of the Living Museum”, 6-9 PM, PAC

**SPRING 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.

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 Dr. Lydia Bellino
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 Dr. Lydia Bellino at (631) 367-5912
Monday through Friday, 9:00 AM to 3:00 PM.**