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COMMUNITY EDUCATION PROGRAM
Director, Samantha Gesuele, Ed. D.
Secretary, TBD

Dear North Shore Community Member,

The title of this booklet, "Community Education", is a statement of purpose as much as it is anything else. Our public schools have an opportunity, and even an obligation, to offer learning opportunities for all members of the district. This small compendium details those course offerings and extends an implicit invitation for you to participate. Whether a musical group, an exercise class or something that will tap your artistic tendencies, each of these classes allows you to continue to learn, hopefully in an area that you find enticing. In the event you do not see a class here that you would like to take, I further invite you to make a recommendation to us on what else you would like to see offered. We'll do our best to find an instructor and place that educational extension in our next edition.

Thank you for your participation, your support of the district and your ideas!

Sincerely yours,

Tom Dolan, Interim Superintendent

## WELCOME TO NORTH SHORE COMMUNITY EDUCATION

#### Office for Community Education:

450 Glen Cove Ave. Glen Head, NY 11545
Office hours are from **6:30-8:30 PM**Monday through Thursday

\*\*PLEASE NOTE OFFICE HOURS ARE SUBJECT TO CHANGE FOR THIS SEMESTER.

Director, Samantha Gesuele, Ed. D. Secretary, TBD

Please call or email with questions. (516) 277-7048 gesueles@northshoreschools.org

**FALL 2021** 

Classes will not be held on school holidays, or on days when North Shore Schools are closed due to weather. In the event that Community Education is cancelled due to weather, etc., please make sure that your instructor has your correct information so that we can contact you. For questions, you can email your instructor or Samantha Gesuele, Director of the program at gesueles@northsoreschools.org.

	NORTH SHORE SCHOOLS													
	COMMUNITY EDUCATION CALENDAR													
	September							October						
S	M	T	W	T	F	S	S	M	Т	W	T	F	S	
								4	5	6	7	8	9	
		<mark>Pleas</mark>	e regi	ster f	or clas	<mark>sses</mark>	10	XX	12	13	14	15	16	
	Via mail in registration						17	18	19	20	21	22	23	
			No la	ater th	<mark>nan</mark>		24	25	26	27	28	29	30	
							31							
	November							December						
S	M	T	W	T	F	S	S	М	Т	W	T	F	S	
	1	XX	3	4	5	6				1	2	3	4	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	
		23	XX	XX	XX	27	19	20	21	22	23	XX	25	
21	22	25	^^	///	, , , ,						_			
21 28	22 29	30	<b>77</b>		,,,,		26	XX	XX	XX	XX	XX		

Please mail in your form and payment. Walk in registration will be at North Shore High School on Monday, September 21 and Tuesday, September 22, from 6:00pm-7:30pm

Classes begin the week of Monday, October 4<sup>th</sup>, 2021, unless otherwise noted.

#### **COVID 19 Update**

Safety is our number 1 priority. We will follow all Center for Disease Control (CDC) and Department of Health (DOH) requirements when running classes. You may have noticed that our larger courses such as music and contact sports have been postponed. We hope to have these programs safely return then. Please see the district website under COVID 19 update for more information. You may be asked to fill out an attestation form when you are in the building, regarding Covid symptoms.

\*\*Under the current guidelines we will be at 6 feet social distancing and wearing masks when indoors.

When necessary, important information for the Community Education program will be posted on the district website under Community Education.

Please make sure you have your correct email and contact information on the registration form.

Most of our courses will take place at North Shore High School. However, the location is subject to change to another school within the district.

If you have any questions at all please do not hesitate to contact the director of the program, Dr. Samantha Gesuele at gesueles@northshoreschools.org.

#### **Walk in REGISTRATION DATES:**

## Monday, September 20 and Tuesday, September 21 from 6:00pm-7:30pm PLEASE REGISTER ASAP FOR ALL COURSES.

#### Registration:

Please register early for courses by mailing in your registration forms. All registration forms will be processed on a first come, first served basis.

A <u>separate check</u> and <u>separate form</u> for each course must be provided.

**Fees will only be accepted by the office for Community Education.** Instructors are **NOT** permitted to accept fees, unless noted. Please plan ahead and mail your registration form, attend the in-person registration.

#### By Mail:

Mail early! Registration forms, found at the back of this book, should be mailed to:

NORTH SHORE SCHOOLS
COMMUNITY EDUCATION PROGRAM
450 Glen Cove Ave.
Glen Head, NY 11545

## A separate registration form must be mailed for each person in each course.

Please assume that you have been accepted in your selected course, unless you are notified.

Mark your calendars! Reminder calls about class schedules will not be made.

Our brochure can be viewed on our website: <a href="www.northshoreschools.org">www.northshoreschools.org</a>
<a href="GENERAL INFORMATION">GENERAL INFORMATION</a>
<a href="Class starting">Class starting date is shown under each course.</a>

#### Fees:

- 1. The North Shore Community Education Program is a self-sufficient program and course fees are set with this goal in mind.
- 2. The fee for each course is listed with the course description.
- 3. An additional fee of \$5.00 per course will be charged for non-residents.

#### **Refunds and Transfers:**

- Absolutely no fees will be refunded after the commencement of classes. If a course is cancelled, you will be refunded or prorated if the course has already started.
- A written request for a refund must be made minimum one week before class starts. This request must be emailed in writing to gesueles@northshoreschools.org Telephone cancellations will not be accepted.
- 3. There is no provision for a partial fee for taking one session or part of a course.
- 4. All refunds due to enrollees after six weeks of registration will be processed through the District's general fund. Enrollees will be required to complete the required forms and return the signed and completed forms to the office for Community Education in order to receive their funds.
- 5. Registration fees will only be accepted by the office for Community Education. Instructors are not permitted to accept any registration fees. Please plan ahead and mail your registration form, attend the in-person registration evenings, or stop by during office hours.
- 6. Please consult your physician before starting any exercise program. North Shore School District and it's employees are not liable for accidents or injury which may occur during the Community Education Program.
- Office for Community Education (Hours subject to change for the Fall 2021 Semester):

  The office is open in the evening only. Office hours are from 6:30-8:30 PM,

  Monday through Thursday. Office hours are subject to change for Fall 2021.

  For additional information, please call (516) 277-7048 or email Dr. Samantha

  Gesuele gesueles@northshoreschools.org

#### **Eligibility:**

Priority is given to residents of the North Shore School District, 21 years and older. High School students may apply where there is a course opening, provided they have permission from the Director of Community Education.

#### **MUSIC**

**Chorus and Northwinds Band** 

Stay tuned for the Spring!

**LANDSCAPE AND DESIGN** 

Residential Landscape and Design #1

**HEALTH AND WELLNESS** 

Clean Eating 101 #2

**YOGA** 

Yoga #3 Yoga in the Afternoon #4 Meditation #5

**FITNESS** 

Country Dance Fusion #6 Beginner Tennis #7 Intermediate Tennis #8
Intermediate/Advanced Pickleball #9
Horseback Riding Lessons #10

#### **INFORMATIONAL**

Medicare Made Easy #11
Retirement Today #12
Planning for Your Child with Special Needs #13
America's Boating Course #14

#### **SAT/PSAT PREP COURSES**

Method SAT Test Prep (Register via Method) Lentz & Lentz SAT Test Prep (Register via Lentz)

#### **MUSIC**

#### NORTH SHORE COMMUNITY CHORUS We hope to see you in the spring!

For info go to www.northshorechorus.org





NORTHWINDS SYMPHONIC BAND We hope to see you in the spring!

For info email Helen Bauer <a href="https://doi.org/10.2016/ncbe.net">hband50@optonline.net</a>

#### LANDSCAPE AND DESIGN

Fee: \$65

7 Sessions

CC #1

Residential Landscape Design Tuesdays 6:30pm-8:30pm Starts: October 5<sup>th</sup>

This fall return to your outdoors! It's time to start setting goals and accomplishing projects around your yard that got sidelined by the pandemic! Perhaps you put that new veggie garden on hold or pruning those overgrown foundation shrubs? Come learn some do it yourself techniques that will make your yard the envy of the neighborhood!

Lecture topics are listed below. Each week designer, builder and arborist Steve Dougherty will deliver Power Point lectures, in-class demonstrations and distribute handouts to expose students to the many facets of residential landscape design and arboriculture that you can do yourself!

Week # 1: October 5, 2021: Fall Lawn Renovating: Seed vs. Sod

Week # 2: October 12, 2021: Fall is For Planting: Simple Tree & Shrub Selection

Week # 3: October 19, 2021: Bulbs for Spring Color

Week # 4: October 26, 2021: Constructing a Rain Garden

Week # 5: November 9, 2021: Vegetable Gardening (New Class)

Week # 6: November 16, 2021: Winter & Spring Pruning: Techniques & Tools

Week # 7: November 23, 2021: Winterizing your Yard & Garden

Instructor: Steve Dougherty, ISA sdougherty42@gmail.com McMahon & Dougherty Landscape Design

**Location: NSHS Room J8** 

#### **HEALTH AND WELLNESS**

CLEAN EATING 101
Wednesday 6:00pm-8:00pm
Course date: October 20th

Fee: \$10 + materials fee CC #2 1 Session

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Feeling a little "off" from the stress of this past year? Maybe your energy level is a little low? Clean eating is guaranteed to help! Give yourself and your immune system a loving boost. Clean Eating 101 will simply explain whole foods and how to incorporate them into your life.

#### The class will cover:

- Whole foods from A-Z
- Tips for eating clean, learning what's right for you and sustainability
- Keys to healthy cooking with demonstrations and samplings

You will walk away feeling confident and empowered knowing how to eat clean. And eating clean is one of the greatest gifts you can give yourself in supporting your overall health.

BONUS: Easy health supportive (and delicious!) samples and recipes to take home.

- \*\*Please register early so that Chef Shannon can plan and prepare our delicious samplings.\*\*
- \*There is a materials fee of \$20 cash to be paid to the instructor at the start of class All food and safety protocols will be strictly followed, in addition to covid protocol.

Instructor: Shannon London, Certified Integrative Nutritionist, Health Coach & Wellness Chef

**Room: NSHS Family and Consumer Sciences H3** 



#### **ADOY**

YOGA FEE: \$55
Mondays 7:30pm-9:00pm CC# 3
Starts: October 18<sup>th</sup> 6 Sessions

In this course you will learn a series of postures, techniques in relaxation and exercises in breathing which are designed to bring you closer to that happy, healthy, more energetic self. You can learn to increase your powers of concentration as well as ways to reduce stress by relaxing both your body and mind. Regular practice of you will aid in strengthening muscles, firming the body, improving flexibility, posture and endurance. Yoga is for men and women of all ages. The class will be open to beginners as well as more advanced students and will be geared toward individual needs whenever possible. Please bring an exercise mat and wear loose clothing. It is advisable not to eat for one hour before yoga.

\*Due to social distancing requirements, this class will be held with limited enrollment. Registration is first come first serve.

Instructor: Patty Mitchell, KYT Location: NSHS Library

YOGA IN THE AFTERNOON Fee: \$55
Thursdays 4:30pm-6:00pm CC# 4
Starts: October 21<sup>ST</sup> 6 Sessions

Reduce stress and increase physical fitness through yoga. You will learn postures and techniques that will stretch and tone muscles, strengthen and trim the body and make it more flexible, and induce relaxation of the mind and body. The class is for beginners as well as those with yoga experience. Join us. You'll feel better for it!

Wear comfortable clothes and bring an exercise mat, beach towel or small blanket. It is advisable not to eat for one hour before yoga.

\*Due to social distancing requirements, this class will be held with limited enrollment. Registration is first come first serve.

Instructor: Patty Mitchell, KYT Location: Victorian House at NSHS

MEDITATION Fee: \$40
Tuesdays 7:30pm-8:30pm CC # 5
Starts: October 19<sup>th</sup> 6 Sessions

Our Reiki Master will teach you to open your mind and expand your thoughts through meditation and spiritual enrichment. These meditation and relaxation techniques quiet the mind while maintaining heightened awareness as the body experiences a deep physical rest. Meditation is a great way to reduce the adverse effects of stress on the heart and the entire body and get in touch with our inner self to restore your overall health and happiness. No prior experience is necessary. Wear loose clothing and bring a mat.

Instructor: Patty Mitchell, KYT Room: NSHSN2



#### **FITNESS**



**COUNTRY DANCE FUSION** Mondays 8:00pm-9:30pm

Starts: October 4<sup>th</sup> (No class 10/11)

FEE: \$55 CC #6 **6 SESSIONS** 

**Learn** the most popular COUNTRY, LATIN, AND BALLROOM Dances in a **simple** to learn **LINE** format. The best part is that partners are **not** required. Besides an hour and half of learning how to line dance it's also a great way to exercise and meet some terrific people. This class is for men and women of all ages. Line dancing is done to many popular music styles including: <u>country</u>, <u>pop</u>, <u>swing</u>, <u>rock & roll</u>, <u>Latin</u>, <u>rhythm and blues</u> and jazz.

**Instructors: Rico and Carmen Location: Glen Head School Gym** 7 School St. Glen Head, NY 11545 BEGINNER TENNIS

Saturdays 10:00am - 11:00am

CC #7

Dates: September 25, October 2, , October 23, October 30

4 Sessions

For the beginner tennis player, it is necessary to learn such fundamentals as proper footwork, forehand, backhand and serve. Bring racquet and sneakers and meet at the High School tennis courts. \*Please bring one new, sealed can of tennis balls.

Rain Dates: November 13, November 20

\*Class is limited to 6 participants

Instructor: Jerry Vivona Location: High School Tennis Courts

INTERMEDIATE TENNIS

Saturdays 9:00am - 10:00am

CC #8

Dates : September 25, October 2, October 23, October 30

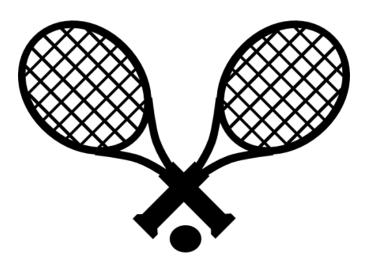
4 Sessions

This course is for the tennis player who has experience and wants to sharpen both skills and strategy. Bring racquet and sneakers and meet at the High School tennis courts. \*Please bring one new, sealed can of tennis balls.

Rain Dates: November 13, November 20

\*Class is limited to 6 participants

Instructor: Jerry Vivona Location: High School Tennis Courts



#### INTERMEDIATE/ADVANCED PICKLEBALL

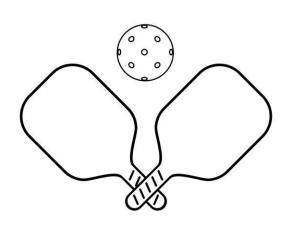
Wednesdays 7:00pm - 9:00pm

Starts: October 6th

Fee: \$75 CC# 9 8 Sessions

Long Island pickleball has matured over the years, developing multiple levels of pickleball players. This advanced group of pickleballers will play on two officially lined indoor gym courts at the Glen Head Elementary School. They will practice advanced skills such as dink shots, drop shots, 3rd shot strategies, partner play, etc. \*Potential members should only consider joining this advanced pickleball group if they already have experience and ability playing at this high level of pickleball play. Class size is limited to 12, register early.

Facilitator: Jason Hill, IPTPA certified Location: Glen Head School Gym 7 School St. Glen Head, NY 11545



PICKLEBALL



**HORSEBACK RIDING LESSONS** 

Beginner/Advanced

Starts: Flexible dates

CC #10

Call instructor at 499-1254 for choice of day and time.

\*REGISTER FIRST WITH NORTH SHORE COMMUNITY EDUCATION FOR THE DISCOUNTED LESSON FEE.

**Lesson Fee:** \$199 per person, payable to instructor at first class.

Fee includes 5 one hour sessions (1/2 hour ground and 1/2 hour riding)

5 Sessions – Classes can be scheduled on any day of the week. Private one on one sessions as well as groups up to four.

The rider will learn control of the horse through proper guiding, seat and leg positions. Exercise and patterns will be given at the walk and beginner trot. Groundwork will also be introduced.

Proper attire is required: Long pants and boots with a small heel. Helmets will be provided.

**Instructor: Diane Phillips Location: Heavensent Farms** 

> 44 Seneca Avenue Dix Hills, NY

Fee: \$20

#### INFORMATIONAL

Medicare Made Easy Fee: \$15
Time: 6:30pm-7:30pm CC #11
Date: Tuesday, October 12<sup>th</sup> 1 Session

Medicare Made Easy is designed to eliminate the confusion of Medicare. This course will give you a better understanding of the A-B-C & D's of Medicare. When should you sign up for Medicare? What is the annual enrollment period? You will learn about original Medicare, Medicare Advantage Plans, Prescription Drug Plans and Medicare supplement Plans. The discussion will highlight the changes for 2022 and you will have the opportunity to have your questions answered.

Instructor: Julie Ward-Abdo, Senior Health Plan Finder, <a href="mailto:jwardabdo@gmail.com">jwardabdo@gmail.com</a>

**Location: NSHS J3** 

Retirement Today Fee: \$15
Time: 7:00pm-9:00pm CC #12
Date: Tuesday, November 9<sup>th</sup> 1 Session

Retirement planning is challenging enough, but with tax changes, inflation fears, low interest rates and more issues facing us, it's never been harder to manage retirement successfully. In this workshop, attendees will receive vital information on the problems retirees face today, and the process of building a retirement income and survival plan that will work.

Instructor: Workshop led by veteran financial advisor Shane Parouse, ChFC, of Shelter Rock Wealth Management.

**Location: NSHS J3** 

**Planning for Your Child with Special Needs** 

Time: 7:00pm-8:30pm CC #13
Date: Monday, November 22nd 1 Session

Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. With new tax laws and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Creating financial security during uncertain times; Strategies to protect your child's assets; Special Needs Trusts; Government Benefits; Guardianship; and Future housing.

Fee: \$15

FEE: \$25 + Book Fee

**Instructor:** Jeffrey R. Silverman, JD CFP®. Mr. Silverman is a Certified Financial Planner™ practitioner and attorney. His financial planning practice has offices in Syosset and Hauppauge, New York.

**Location: NSHS J3** 

**AMERICA'S BOATING COURSE** 

Tuesdays 7:30pm-9:30pm CC #14
Starts: Tuesday, October 26th 6 SESSIONS

United Power Squadron Course – Includes PWC Operation

This course covers boat handling, rules of the road, compass and chart familiarization, Aids in navigation, running lights and equipment, inland boating and piloting, boat Trailering, personal watercraft operation (Jet Ski, See Doo, etc.) and Federal and State boating laws. Successful completion of this course (including passing grade on exam) satisfies the 8 hour requirement by New York State for operation of a personal watercraft and entitles you to a certificate usually honored by insurance companies for a 5-10% discount. Minimum age for children to operate watercraft is 14 years old. **Children under 16 must be accompanied by a registered adult.** 

A book fee of \$60.00 cash is payable to the instructor on the first night.

Instructor: Cyril Fabijanic Room: NSHS A4



SAT AND PSAT PREP

## SAT/PSAT REVIEW

## SPONSORED BY NORTH SHORE H.S. COMMUNITY ED. IN-PERSON CLASSES ARE BACK!!!!

In-Person Courses Meet At No. Shore H.S. – Starting September 23rd Virtual Class Options are Also Available





A moderately priced, high-quality SAT preparatory program servicing New York, New Jersey, Connecticut, Massachusetts and Rhode Island.

## For More Information Call (845) 638-2826! To Register Visit: www.LentzSATPrep.com

Lentz & Lentz SAT Prep is offering an eight session, 24-hour professional comprehensive SAT/PSAT preparatory course. Our comprehensive individualized program is geared to assist bright, average, and underachieving students. Class time is split equally between English and math, covering all facets of the exam.

#### IN-PERSON COURSE DETAILS

In-person classes are being conducted at No. Shore H.S. starting September 23<sup>rd</sup> and running weekly on Thursday nights from 6:30 – 9:30 pm through Nov. 4<sup>th</sup>. This program will prepare for the November SAT and October PSAT.

#### VIRTUAL COURSE DETAILS

For students who would rather prep virtually, Lentz & Lentz is also offering fully live interactive SAT PREP classrooms hosted through Zoom on weekday nights or weekends. Students can choose from seven different virtual schedules with courses preparing for the upcoming fall SAT(s) and October PSAT. For virtual schedules, dates, and times, please visit:

https://lentzsatprep.com/live-virtual-courses/

#### **HIGHLIGHTS**

- Money-back guarantee within three calendar days if not satisfied by first session
- Small class sizes Social Distancing Protocols in Place
- Expert high school and college teachers
- Test taking skills & strategies
- Copyrighted curriculum covering all aspects of the test
- Extra help at no charge
- Homework designed to reinforce SAT skills
- Supplementary online podcasts for missed lessons and optional review
- Simulated exams used for practice
- Speed-reading and shortcut math
- Free refresher sessions

#### **HOW TO REGISTER?**

Visit <u>LentzSATPrep.com</u> and simply click "Register"

If you need additional information, please call (845) 638-2826.

#### North Shore High School Fall 2021 SAT Course

#### PREPARATION FOR THE DECEMBER 4 SAT

Monday and Wednesdays
Eight 2-Hour Classes
7 to 9 pm
In-Person at North Shore High School

October 20, 25 November 1, 3, 8, 15, 17, 29 \$300

Required Text (available online and at local bookstores):
The Official SAT Study Guide, 2020 Edition
by The College Board

Visit www.collegeboard.org to register and pay for the exam

Registration: www.methodlearning.com/northshore

All North Shore High School students have free access to the Method Test Prep website. Visit the registration page for instructions on how to create and access a free account.

Questions? Contact Kevin Dennis kevin@methodlearning.com/516-597-4997



Mail to:

### NORTH SHORE SCHOOLS COMMUNITY EDUCATION PROGRAM 450 GLEN COVE AVE.

GLEN HEAD, NY 11545

#### **CHECKS PAYABLE TO: North Shore Schools**

PLEASE submit separate registration forms AND checks for each course.

IF YOU DON'T HEAR FROM US, YOU HAVE BEEN ACCEPTED INTO YOUR DESIRED COURSE(S).

\*\* MUST HAVE A SEPARATE FORM AND SEPARATE CHECK FOR EACH COURSE AND EACH PARTICIPANT: NO EXCEPTIONS PLEASE

NSS COMMUNITY EDUCATION REGISTRATION FORM PLEASE PRINT CLEARLY.								
Name:								
Address:								
Cell Phone:								
Home Phone:								
Email Address:								
Course Title:	CC#							
Day:	Time:							
Course Fee:	\$							
Non-resident Fee \$5.00	\$ Check							
Total:	\$ Cash							

\*\* MUST HAVE A SEPARATE FORM AND SEPARATE CHECK FOR EACH COURSE AND EACH PARTICIPANT: NO EXCEPTIONS PLEASE

## NSS COMMUNITY EDUCATION REGISTRATION FORM PLEASE PRINT CLEARLY. Name: Address:\_\_\_\_\_ Cell Phone: Home Phone: Email Address: Course Title:\_\_\_\_\_CC#\_\_\_\_ Day:\_\_\_\_\_Time:\_\_\_\_ Course Fee: Non-resident Fee \$5.00 \$\_\_\_\_\_ Check Cash Total:

## NSS COMMUNITY EDUCATION REGISTRATION FORM PLEASE PRINT CLEARLY. Name: Address:\_\_\_\_ Cell Phone: Home Phone:\_\_\_\_\_ Email Address: Course Title:\_\_\_\_\_CC#\_\_\_ Day:\_\_\_\_\_Time:\_\_\_\_ Course Fee: \$\_\_\_\_\_ Check Total: Cash

## NSS COMMUNITY EDUCATION REGISTRATION FORM PLEASE PRINT CLEARLY. Name:\_\_\_\_\_ Address:\_\_\_\_\_ Cell Phone:\_\_\_\_\_ Home Phone: Email Address:\_\_\_\_\_ Course Title: \_\_\_\_\_CC#\_\_\_\_ Day:\_\_\_\_\_Time:\_\_\_\_ Course Fee: \$\_\_\_\_\_ Non-resident Fee \$5.00 \$\_\_\_\_\_ Check \$\_\_\_\_\_ Cash Total:

# North Shore

112 Franklin Avenue Sea Cliff, New York 11579

Non-Profit Org. U.S. Postage PAID Sea Cliff, NY Permit NO. 30

## ECRWSS CURRENT RESIDENT

REGISTER NOW: CLASSES BEGIN MONDAY, October 4th, 2021