

## Griffing Center 12220 Griffing Boulevard

Annual Membership required:  
North Miami Residents - **FREE**  
Non-Residents - \$20.00

### Crochet Class

Monday 11:00 am - 1:00 pm  
\$10 - per session (5 classes)  
September 30 - October 28, 2013  
November 18 - December 16, 2013  
Learn how to crochet to make beautiful ponchos, hats and more.  
Supplies to be purchased by students.

### Jewelry Class

1st, 3rd & 5th Wednesday of the month  
11:30 am - 1:30 pm  
\$24 - per session (6 classes)  
October 2 - December 18, 2013  
\*NO CLASS: 11/6  
Learn to bead using stringing and wirework techniques.  
Supplies to be purchased by students.

### Nature's Art Class

Tuesday or Thursday 10:30 am - 1:30 pm  
\$16 per session (7 classes)  
September 10 - October 29, 2013  
September 12 - October 31, 2013  
\$10 mini session (4 classes)  
November 12 - December 17, 2013  
November 14 - December 19, 2013  
\*NO CLASS: 10/1, 10/3, 11/26, 11/28, 12/3, 12/5  
Learn how to leaf print, paint on clothing, glass, recycled bottles & more.  
Supplies to be purchased by students.

### Salsa Class

Friday 11:00 am - 12:00 pm  
September 27 • October 11  
October 25 • November 8  
Put on your dancing shoes and join us for an hour of fun. Partners are not required.  
Will resume in January.



### Pilates

Friday 7:00 - 8:00 pm  
\$5 per class or \$32 (8 classes)  
September 6 - October 22, 2013  
\$5 per class or \$28 (7 classes)  
November 1 - December 20, 2013  
\*NO CLASS: 11/29  
Bring your own fitness mat and towel.

## Bus Trips & Dine Out Club

\$3 Transportation Fee  
Required by Friday, 1 week prior to the trip.  
Cancellations must be made a minimum of 48 hours prior to event at Griffing Center only.  
Entrance fees and meals are additional and paid to venue site day of trip.  
Additional Pick - Up Sites  
Upon request at time of registration  
Gwen Margolis Community Center  
Sunkist Grove Community Center

### Saturday Adult Bus Trips

**Miami Beach Botanical Gardens**  
September 28 • 11:00 am - 5:00 pm  
Free Admission  
Bus leaves at 11:00 am from Griffing Center

**The Barnacle**  
October 26 • 10:00 am - 4:00 pm  
\$2 Admission \$3 Tour  
Bus leaves at 10:00 am from Griffing Center

**Sawgrass Mills Mall**  
November 23 • 10:00 am - 5:00 pm  
Bus leaves at 10:00 am from Griffing Center

**IGFA Museum & Islamorada Cafe**  
December 21 • 10:00 am - 5:00 pm  
\$5 Seniors (62+ with ID) / \$10 Adults  
Bus Leaves at 10:00 am from Griffing Center  
\*\* Return times are estimates \*\*

### Wednesday Dine Out Trips

Bus leaves Griffing Center at 12:45 pm

|              |                |
|--------------|----------------|
| September 11 | Rusty Pelican  |
| October 9    | Smokey Bones   |
| November 13  | Cracker Barrel |
| December 11  | Rustic Inn     |

## Clubs & Groups at Griffing Center

### CENTRAL HOMEOWNERS

Tuesday 7:00 pm  
FREE - Open to Residents  
10/15, 11/19 & 12/17

### GREEN THUMB GARDEN CLUB

Thursday 1:00 pm - 3:00 pm  
Griffing Membership Required  
10/3, 11/7 & 12/5

### HEALTH & WELLNESS SEMINAR

Friday 1:00 pm - 3:00 pm  
FREE - Open to the Public  
10/11, 11/8 & 12/13

### SEW'N SEWS QUILTERS

Wednesday 9:30 am - 12:00 pm  
Griffing Membership Required  
ONGOING

## Joe Celestin Center 1525 NW 135 Street

Hours of Operation  
Monday - Friday 8:00 - 11:00 am & 3:00 - 9:00 pm  
Saturday 8:00 am - 12:00 pm & 4:00 - 9:00 pm

Register at  
Parks and Recreation Office  
12300 NE 8 Avenue

\*Program times, fees & information are subject to change

## FINE ART CLASS

Age: 15 and Up  
Friday 5:00 - 7:00 pm  
and Saturday 10:00 am - 12:00 pm  
Focusing on Landscape & Animal painting in acrylic on 9x12 canvas.

## MUSCLE FORGING

Age: 18 and Up  
Fees: \$5 per class or \$40 (10 classes)  
Monday 7:00 - 7:50 pm,  
Tuesday 6:00 - 6:50 pm,  
Wednesday 8:00 - 8:50 am & 7:00 - 7:50 pm,  
Thursday 6:00 - 6:50 pm  
An exciting class in total body fitness. Body forging is designed to maximize fat loss and increase flexibility.

## FIT 'N' FIRM

Age: 18 and Up  
Fees: \$5 per class or \$40 (10 classes)  
Monday 6:00 - 6:50 pm,  
Tuesday 8:00 - 8:50 am & 7:00 - 7:50 pm,  
Wednesday 6:00 - 6:50 pm,  
Thursday 8:00 - 8:50 am & 7:00 - 7:50 pm  
Get your body firm with this energetic class consisting of abs and total body sculpting.

## PILATES

Age: 18 and Up  
Fees: \$5 per class or \$40 (10 classes)  
Saturday 8:00 - 8:50 am  
A series of mat exercises to tone your entire body. This unique workout builds core strength, coordination, balance and flexibility.

## CARDIO/SCULPT

Age: 18 and Up  
Fees: \$5 per class or \$40 (10 classes)  
Saturday 9:00 - 9:50 am  
Burn calories in this class of cardio warm up, aerobics, body sculpting, abdominal, floor work and cool down.