

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

July / August / September 2013



Inside: ART IN PUBLIC PLACES

Tam-A-Gram is the official publication of the City of Tamarac, Florida. The magazine is published quarterly and mailed to residents and businesses within the City.

Reader questions and comments are welcome. Please send your comments to:

Public Information Office
 Attn.: Tam-A-Gram
 7525 N.W. 88th Avenue
 Tamarac, Florida 33321

You may also email your comments or questions to the Public Information Office at: pio@tamarac.org. Please include "Tam-A-Gram" in the subject line of your email.

To submit "Life in Tamarac", or "Who Reads Us" pictures, please send **high-resolution** photos to pio@tamarac.org.

Tam-A-Gram, and other City publications, are available online at www.tamarac.org; or for an enhanced viewing/reading experience, visit www.issuu.com/tamaracflorida.

CITY COMMISSION:

- Beth Talabisco, Mayor
Email: Beth.Talabisco@tamarac.org
- Harry Dressler, Vice Mayor, District 4
Email: Harry.Dressler@tamarac.org
- Pamela Bushnell, Commissioner, District 1
Email: Pamela.Bushnell@tamarac.org
- Patricia Atkins-Grad, Commissioner, District 2
Email: Patte.AtkinsGrad@tamarac.org
- Diane Glasser, Commissioner, District 3
Email: Diane.Glasser@tamarac.org

CITY MANAGER:

Michael C. Cernech

PUBLIC INFORMATION OFFICE:

Elise Boston, Editor

Inside

7 | 8 | 9 | 2013

1

Public Art in Tamarac

3

Art in Progress

4

Crime Decreases

10

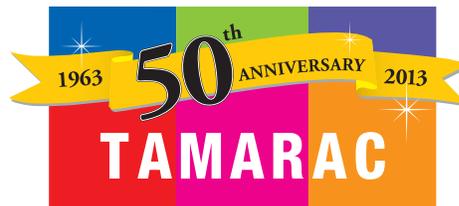
Hurricane Preparedness

11

It Starts in Parks

17

Time Capsule Dedication



IMPORTANT NUMBERS

MAIN NUMBER	(954) 597-3500
ADA Coordinator/Accessibility	(954) 597-3505
	1(800)955-8770 (Voice)
	1(800)955-8771 (TTY)
Citizen Hotline	(954) 718-1800
<i>(Activated During Emergencies)</i>	
Building Services	(954) 597-3420
Building Inspections	
Building Permitting and Inspection Results	
City Clerk's Office	(954) 597-3505
City Commission	(954) 597-3460
City Manager's Office	(954) 597-3510
PIO (Media)	(954) 597-3523
Community Development	(954) 597-3530

Code Compliance	(954) 597-3425
Business Revenue	(954) 597-3536
Financial Services	(954) 597-3550
Purchasing	(954) 597-3570
Customer Service	(954) 597-3590
Fire Rescue (Non-Emergency)	(954) 597-3800
Human Resources	(954) 597-3600
Job Line	(954) 597-3615
Risk Management	(954) 597-3613
Mayor and Commission	(954) 597-3460
Parks & Recreation	(954) 597-3620
Community Center	(954) 597-3620
Caporella Aquatic Center	(954) 597-3660
Caporella Fitness Center	(954) 597-3661
Social Services	(954) 597-3642

Transit/Shuttle Bus	(954) 597-3649
Police/BSO Tamarac District	
<i>(Non-Emergency)</i>	(954) 720-2225
Public Works	(954) 597-3700
Engineering	(954) 597-3712
Recycling & Trash Hotline	(954) 597-3740
Utilities (Water)	(954) 597-3750
Billing Inquiries	(954) 597-3590
Utilities (leaks, breaks, etc.)	(954) 597-3750
Water Treatment Plant	(954) 597-3775
<i>(Also used for 24-hour Utilities emergencies.)</i>	
Service Providers:	
Waste Management	(954) 974-7500
Comcast Cable	(954) 252-1937
Library (Tamarac Branch)	(954) 765-1500
Post Office (Tamarac Branch)	(954) 722-3152
Tamarac Theatre	(954) 726-7898

Public Art in Tamarac

As you travel around Tamarac, there are those things that you expect to see in any city: playgrounds, homes, businesses, schools. But, you'll also find the unexpected: sculpture, paintings, monuments and fountains. Little pockets of public art placed to provoke thought, to commemorate and to improve the visual landscape. Public art is integral to helping create a sense of place; that's why it's such a high priority in Tamarac. It's one of the things that helps define the uniqueness of our City.

The existing art projects, as well as those in the planning stages, are paid for from developer fees on new construction. One percent of the cost of construction projects in Tamarac is put into a fund dedicated to the purchase and placement of art for public spaces; no property taxes or sales taxes are used. The Public Art Committee administers the program and is responsible for the process of selection and installation of each project, as outlined by the Public Art Master Plan. At times, they also collaborate on design.

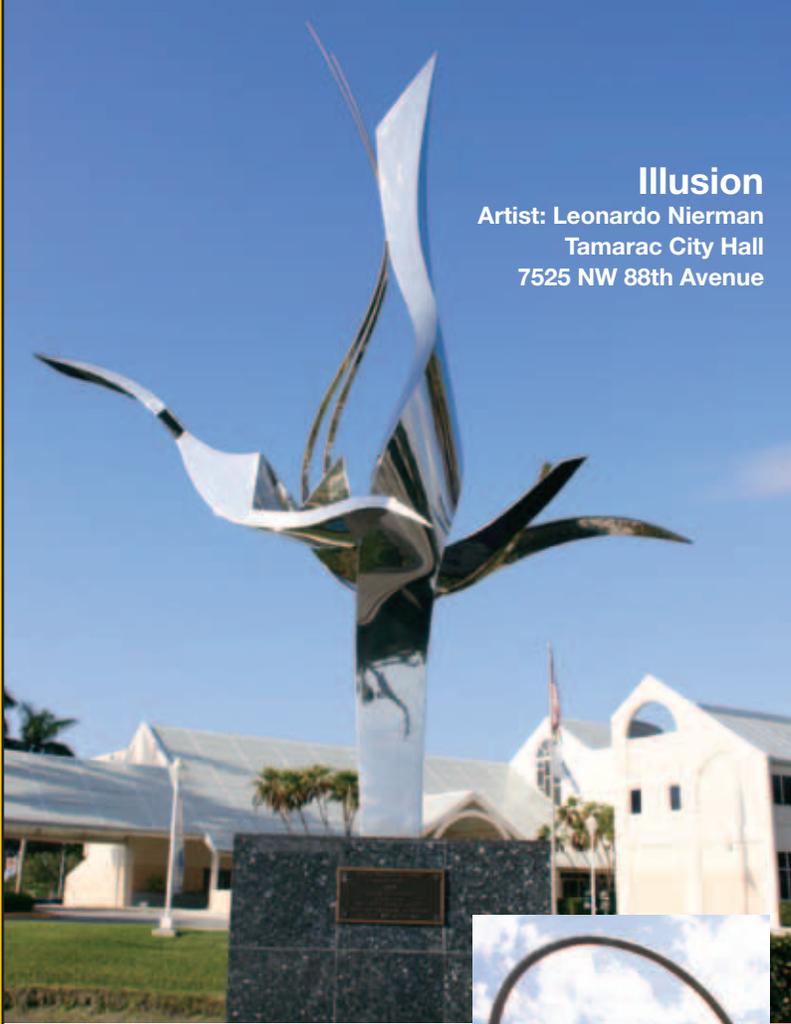
Public art not only beautifies the City, it reflects our unique character and celebrates cultural diversity. As you travel around, look for the unexpected with a new appreciation for the role public art plays in helping make Tamarac *The City for Your Life*.

*Art washes from
the soul the dust
of everyday life.*

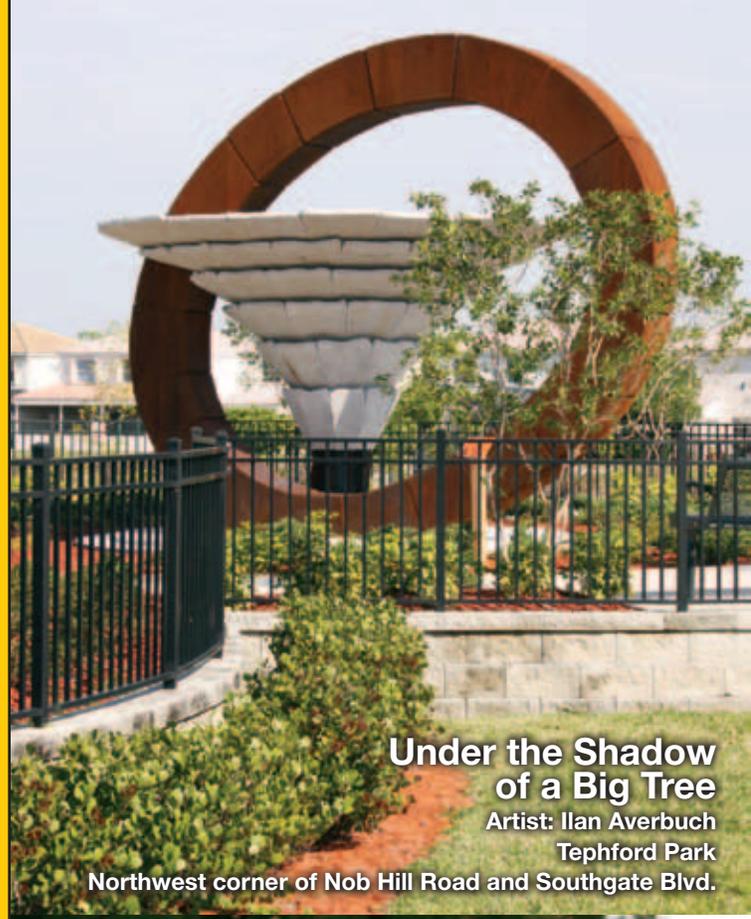
– Pablo Picasso

In the Spirit of Peace

**Artist: Beth Ravitz
Veterans Memorial Park
Northwest corner of
University Drive and
Southgate Blvd.**



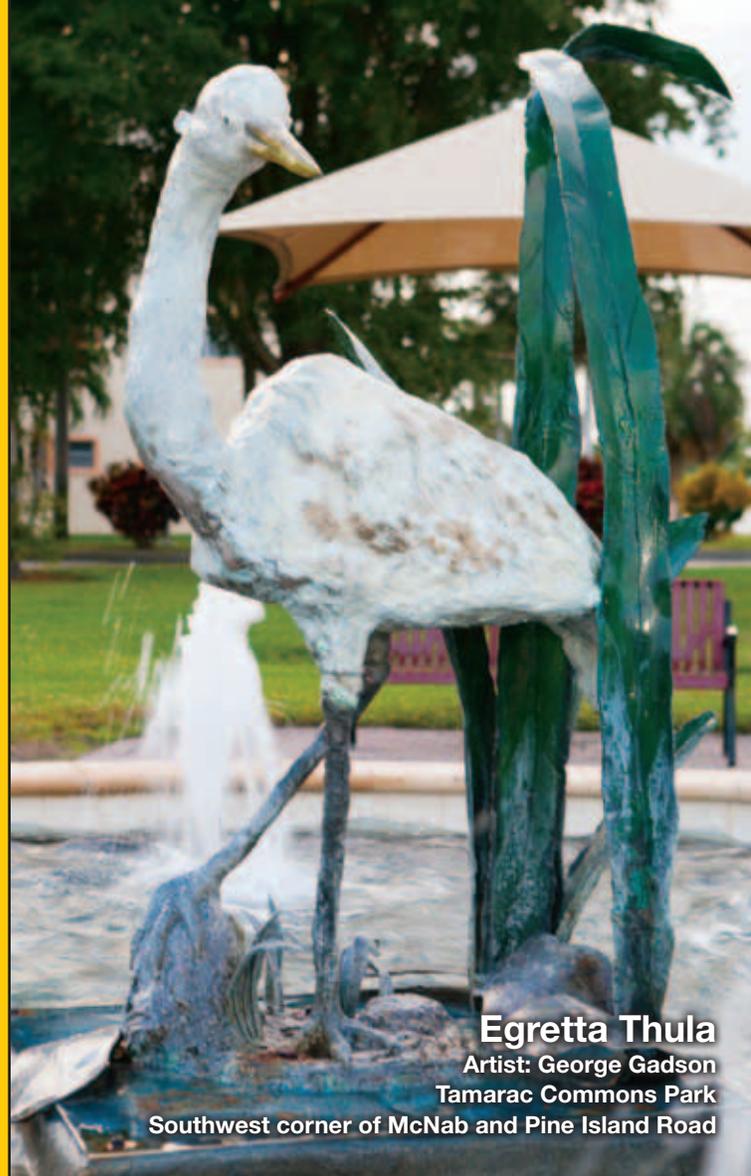
Illusion
Artist: Leonardo Nierman
Tamarac City Hall
7525 NW 88th Avenue



**Under the Shadow
of a Big Tree**
Artist: Ilan Averbuch
Tephford Park
Northwest corner of Nob Hill Road and Southgate Blvd.



Dawn and Dusk
Artist: Jane DeDecker
Tamarac Community Center
8601 West Commercial Boulevard



Egretta Thula
Artist: George Gadson
Tamarac Commons Park
Southwest corner of McNab and Pine Island Road

Works in Progress



Caporella Park

Several public art projects around Tamarac are in various stages of completion:

CAPORELLA PARK

Now in its final stages is a multi-part installation at Caporella Park, 5200 Prospect Road. Designed by nationally renowned artist Mary Ann Baker, it consists of a redesigned fishing pier, playground enclosure and a pedestrian bridge.

50TH ANNIVERSARY TIME CAPSULE

Designed by the City's Public Art Committee, the time capsule will be dedicated on Friday, July 19th at 5:30 pm and the public is invited. A barbeque and entertainment will follow the dedication, to be held at the Tamarac Community Center, 8601 West Commercial Boulevard.

9/11 MEMORIAL

Tamarac has been given a portion of a steel beam from New York City's Twin Towers. The Public Art Committee has drafted a concept for the display, which is to be placed outside the entrance to City Hall.

PUBLIC BENCHES

Benches, reflecting an artistic design, will be placed – or in some cases replaced – in public spaces throughout Tamarac. The look will support and enhance the efforts to improve the City's major corridors. The City is currently seeking design proposals.

Mr. Cernech Goes to Harvard

Tamarac City Manager Michael Cernech has been selected by the International City/County Management Association (ICMA) to receive a scholarship to the Harvard Kennedy School (HKS) Senior Executives in State & Local Government Program. The HKS program provides a unique opportunity to challenge conventional thinking, thought processes, and the values that drive leadership decisions. He is attending Harvard this summer.

"The City of Tamarac is a high performance organization thanks, in large part, to the leadership of Mike Cernech," said Mayor Beth Talabisco. "The HKS experience will help our city manager continue to effectively meet the changing needs of our constituents and our community."

Cernech began his tenure with Tamarac in 2001 as assistant city manager, was appointed deputy city manager three years later and was named city manager in 2011.



Tamarac City Manager Michael Cernech

Tamarac Again Named a Playful City

For the fourth year in a row, the City of Tamarac has been named a Playful City USA community. The designation celebrates local policies that increase play opportunities for children. Tamarac was recognized for its innovative programs to encourage residents to live an all-around healthier lifestyle.



One of those programs, CATCH Kids Club, has proven so successful that it was expanded to a second elementary school in the City. It's designed to increase access and opportunities for play, and partners the City's Parks & Recreation department with Tamarac Elementary to enhance existing physical education classes with wellness and nutrition components.

The "Let's Move/Play Together Program" consists of children ages 5-11 from the Parks Department's FastTrac program and Tamarac Elementary's hearing impaired group. The two groups learn about the most important mechanisms for building muscle: staying fit and proper nutrition, as well as how to maintain a healthy heart through good eating habits and physical activity.

Tamarac also conducts annual "Play Days", with organized games and challenges, entertainment and giveaways. It's a free event, scheduled on an early school release day, and has seen attendance double each year since it began in 2010. This year's Annual Play Day will be held on September 26, 2013 from 1:30 – 3:30 pm at Tamarac Park, located at 7501 N. University Drive.

Crime Is On the Decrease

Crime in Tamarac was down 17.5 percent in the first four months of 2013 compared to the same period last year, according to BSO District Chief Neal Glassman. The most significant decrease, 39.6 percent, was in the residential burglary category. Capt. Glassman credited the addition of five uniformed officers and the creation of an extra policing district with making an impact.

BSO has also expanded the COPS citizen patrol to Tamarac parks, using trained volunteers to increase monitoring and visibility.

"We are on the right track here. The City has made significant progress," said Glassman.

Business in Tamarac

Things are “hopping” in Tamarac’s industrial real estate market. That’s the assessment of commercial/industrial real estate developer Malcolm Butters of Butters Construction. The City Commission recently approved his plans for development on two of the last industrial parcels in the Tamarac Commerce Center. Both will house Class “A” warehouses. According to Mr. Butters, the \$12 million project will create up to 400 construction jobs and have a significant ripple effect on Tamarac businesses.



Tamarac Recognized As a Healthy Employer

The City of Tamarac has been named one of the healthiest employers of 2013. The awards program by the South Florida Business Journal recognizes companies and organizations in the tri-county area that incorporate healthy practices in the workplace.

Tamarac takes a proactive approach to building and maintaining a healthy workforce. According to City Manager Michael Cernech, “We recognize that employees’ personal health and well-being greatly impact a positive and productive workplace for everyone. This, in turn, positively impacts the level of service we can provide to our residents.”



TAMARAC UNIVERSITY CLASS OF 2013



The sixth class of Tamarac University has now graduated, making 145 residents and members of the business community who have gone through the multi-week program to learn more about the inner workings of the City. Graduates now have a better appreciation of the role they play in helping improve government effectiveness.

HOA Liaison Seminars

The City of Tamarac's free HOA Liaison seminars have been scheduled through the end of 2013, so mark your calendars!

JULY
Wednesday
10
6:30 pm

Topic:
Hurricane Preparedness

Featuring attorneys from the firm of Katzman, Garfinkel & Berger as well as representatives of the Tamarac Fire Department.

Upcoming seminar dates:

SEPT
Wednesday
11

NOV
Wednesday
20

All meetings will be held at the Tamarac Community Center, 8601 W. Commercial Blvd. Board members and property managers are welcome.

Please RSVP to (954) 597-3539.

Drop Savers Water Conservation Poster Contest Winners



DIVISION 1 (Kindergarten and First Grade)

Chandler Forges

Kindergarten, Charter School of Excellence



DIVISION 2 (Second and Third Grade)

Andres Benitez

Grade 2, Charter School of Excellence



DIVISION 3 (Fourth and Fifth Grade)

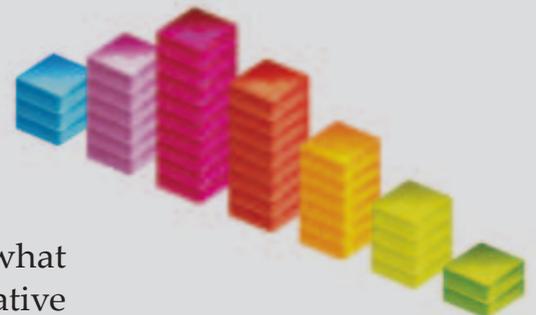
Isabella Silvera

Grade 5, Excelsior Charter School

Survey Says...

At the beginning of summer, as is done every two years, surveys were mailed to hundreds of residents throughout Tamarac to help the City determine how to prioritize where best to devote time and resources. On **Wednesday, October 9**, you'll

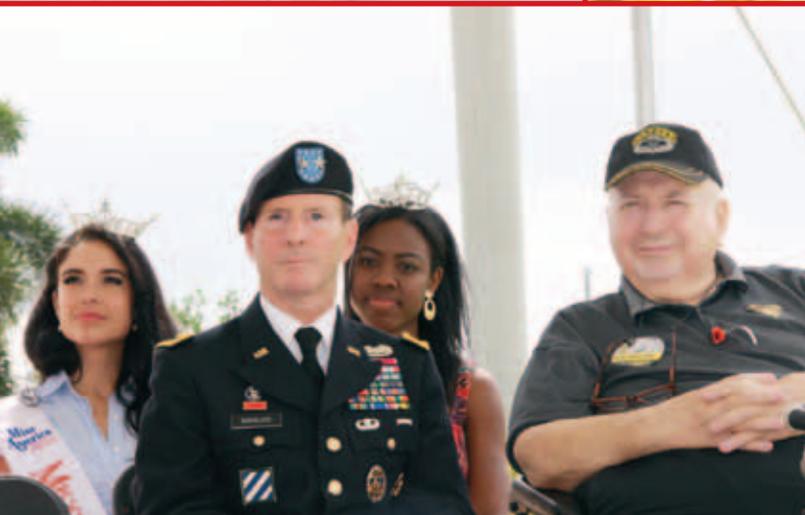
be able to find out just what you told us. A representative of the national firm which administered the survey, ETC Institute, will share the results at a special presentation at 6 pm at City Hall. It's open to the public and will take place



prior to the regularly scheduled Commission meeting.

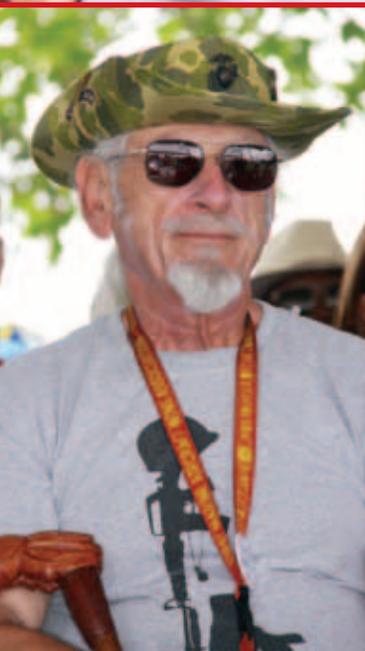
Please join us; it's a good way to find out where the focus will be in Tamarac over the coming years.

Tamarac Remembers



Memorial Day 2013

This year's winners of the *What Memorial Day Means to Me* essay contest: Pamela Delgado, Renaissance Charter School; Sheri-Ann Keen, Tamarac Elementary; and Dahlia Dawson, Challenger Elementary School with members of the Tamarac City Commission.



Hurricane Preparedness

We're in the midst of hurricane season and it's always best to be prepared. The National Hurricane Center recommends the following for your hurricane checklist:

- Water: At least 1 gallon of water daily per person for 3 to 7 days
- Food: At least enough for 3 to 7 days, to include:
 - Non-perishable packaged or canned food and juices
 - Manual can opener
 - Cooking tools (pots, portable stove or grill with fuel/charcoal)
- Linens: blankets/pillows, etc.
- Clothing: seasonal/rain gear/sturdy shoes
- Medical: first aid kit/medicines/prescription drugs
- Toiletries/hygiene items/moisture wipes
- Flashlight/batteries, car charger(s) for cell phones
- Radio: battery operated and NOAA weather radio
- Telephones: fully charged cell phone with extra battery and a traditional (land line) telephone set
- Cash (with some small bills) and credit cards; banks and ATMs may not be available for extended periods
- Toys, books and games
- Place important documents in a waterproof container or watertight plastic bag
- Tools: keep a set with you during the storm
- Fill vehicle fuel tanks
- Pet care items (proper identification, ample supply of food and water, and a carrier or cage)

Pet-friendly shelter registration

Service animals are accommodated at all shelters. If you plan on sheltering with your pet, however, you must stay at Broward County's pet-friendly shelter at Millennium Middle School in Tamarac, operated by the Humane Society of Broward County and the American Red Cross. Pre-registration is required, and owners are expected to shelter with their pets and care for them. Call (954) 989-3977 and press 6, or visit www.humanebroward.com to register.

Emergency Preparedness for Residents at Risk

If you are disabled, frail or have health issues that may make you vulnerable in the event of an emergency:

- Gather information
- Register with Broward County's Vulnerable Population Registry
- Make arrangements for animals
- Prepare important documents
- Prepare equipment and collect supplies



CodeRED is a free service for Tamarac residents that offers emergency notification before, during and after an event takes place. Receive notices for events such as boil water warnings, major road closures, and up-to-date hurricane information (pre and post storm).

Take a few moments to sign up online at www.tamarac.org. Simply click on Emergency Alerts!

Discovery

Discover the Benefits of Tamarac Parks and Recreation



COMMUNITY (Investment and Enrichment)

Florida's parks have become an integral component in economic development as well as an investment in the arts and cultural growth within our communities. Parks provide the setting for social events large and small, where people can connect with each other and participate in classes and group activities for personal enrichment. Parks also provide an investment in infrastructure needed to accommodate revenue generating sporting events and tourism, benefiting the local economy and community as a whole. **It starts in parks.**

Tamarac Parks and Recreation e-Newsletter

The Parks & Recreation Department now has a monthly e-Newsletter! P&R e-News highlights Department happenings including events, trips, classes and services.

To have P&R e-News delivered monthly to your inbox send an email to:

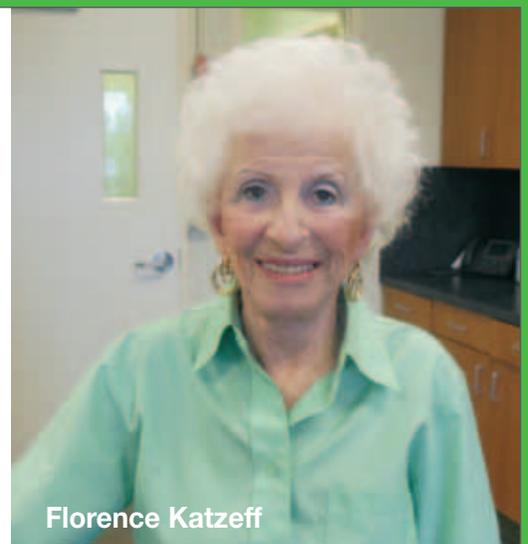
Tamarac.Parks@tamarac.org
and put
"ADD me to the e-Newsletter"
in the subject line.

Volunteer of the Quarter

The volunteer of the Quarter is **Florence Katzeff**.

Florence has worked with our Tiny Tots program for the past year and is known as Grandma Flo to the kids. She always looks forward to seeing her kids; she arrives early and greets them with smiles and hugs. Florence

has been assisting with the Tiny Tots cooking class and has recently been helping with the Krafty Kids class. She's very dedicated and it shows: Grandma Flo is loved by the kids in the Tiny Tots program. Thank you Grandma Flo, we love you too!



Florence Katzeff

WELLNESS CENTER

We invite you to visit the Tamarac Wellness Center. We have a variety of free weights, life fitness machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. The Wellness Center offers a friendly non-competitive workout environment with an awesome view of our competitive pool or community garden. If this is your first visit, our qualified friendly staff will show you around and help you get familiar with the equipment. We also have personal training sessions available. Visit the Tamarac Wellness Center today at 9300 NW 58th Street, or contact us at (954) 597-3661 or visit our website at tamarac.org/parks.

Personal Weight Training sessions are available by appointment.

1 person individual session	\$40.00
2 person shared session	\$25.00 per person
3 person shared session	\$20.00 per person

FACILITY LOCATIONS

Caporella Aquatics and Wellness Complex
9300 NW 58th Street

Caporella Park
5200 Prospect Road

Gary B Jones Park for People and Pups
8101 Southgate Boulevard

Sunset Point Park
11000 McNab Road

Tamarac Community Center
8601 West Commercial Boulevard

Tamarac Multi-Purpose Center
7531 North University Drive

Tamarac Park Recreation Center
7501 North University Drive

Tamarac Sports Complex
9901 NW 77th Street

Tephford Park
10003 Southgate Boulevard

Veterans Memorial Park
7825 Southgate Boulevard

For more information on any of the programs or activities listed in the Discovery section of the Tam-A-Gram, please contact Tamarac Parks and Recreation at: (954) 597-3620. Times and locations may be subject to change without notice.



CAPORELLA AQUATIC & WELLNESS CENTER

Visit the Caporella Aquatic Center located at 9300 NW 58th Street. Enjoy its many amenities including a 25 meter swimming pool with zero depth entry and slide, children's water playground, 3,000 sq. ft. fitness room, locker rooms, picnic tables, and more.

POOL HOURS:

Weekdays: Pool: 10:00 am – 6:00 pm
Slide and Sprayground: 2:30 – 6:00 pm
(10:00 am – 6:00 pm in July and August)

Saturdays: Pool, Slide, and Sprayground: 10:00 am – 6:00 pm

Sundays: Pool, Slide, and Sprayground: 10:00 am – 4:00 pm
(10:00 am – 6:00 pm in July and August)

For Aquatic Center admission fees and rental information, please call (954) 597-3660.

Lap Swimming

When: Monday and Wednesday: 10:00 – 11:00 am

Proactive Arthritis Water Exercise Class

Work on balance and coordination while increasing range of motion, joint flexibility, muscle strength, and cardiovascular fitness without causing strain.

When: Mondays and Wednesdays, 10:00 – 11:00 am

Fee: Senior Program Members: **FREE**
Non-Senior Program Members: \$2/Class

Swim Lessons

Parent Tot: Ages 3-5

Tot Only: Ages 3-5. No parent. Will learn to ask for permission to enter, how to exit, submerging, floating, front kick & arm paddling.

Level One: Ages 5 & over. Learn to blow bubbles, front and back float, glide and kick, and front crawl stroke.

Level Two: Ages 5 & over. Learn freestyle with breathing, backstroke, and breaststroke.

Adult Level 1: Ages 18 & over. Front/back float, basic freestyle, backstroke and endurance.

When: Call for days and times

Fee: Residents: \$40, Non-residents: \$50

Water Aerobics

Get a total body workout to improve motor skills, balance, strength and posture. Moderate to high level of cardio will be achieved.

When: Monday and Wednesday, 6:00 – 6:45 pm

Fee: Residents: \$45, Non-residents: \$55, 8 classes

Aqua Zumba

Jump into this Latin-inspired, easy to follow, calorie burning dance fitness party.

When: Tuesdays, 6:00 – 6:45 pm

Fee: Residents: \$15, Non-residents: \$20, 4 week session. Call (954) 597-3660 for class dates.



YOUTH RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Location	Session
Animation Class	Wed.	6:30 - 8:00 pm	14 yrs. & over	\$70/\$80	Recreation Center	6-week
Basketball Fundamentals	Wed.	6:00 - 7:00 pm	7 - 13 yrs.	\$30/\$40	Recreation Center	4-week
Cartooning Class	Sat.	10:30 am - 12:00 pm	10 yrs. & over	\$60/\$70	Recreation Center	6-week
Fashionista	Sat.	12:30 - 1:15 pm	5 - 13 yrs.	\$40/\$50	Community Center	4-week
Gymnastics	Tues.	6:00 - 6:45 pm	5 - 12 yrs.	\$40/\$50	Recreation Center	4-week
Hip Hop/Cheerleading/Tumbling	Sat.	11:00 am - 12:00 pm	5 - 12 yrs.	\$40/\$50	Recreation Center	4-week
Imagination Mornings	Wed.	10:30 - 11:15 am	2 - 4 yrs.	\$20/\$30	Recreation Center	4-week
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 12 yrs.	\$40/\$50	Community Center	4-week
Kempo Karate	Mon. & Wed.	5:30 - 6:30 pm	7 - 18 yrs.	\$70/\$80	Recreation Center	4-week
Kids Cooking	Tues.	6:00 - 7:00 pm	7 - 12 yrs.	\$40/\$50	Recreation Center	4-week
Kratfy Kids	Tues.	10:30 - 11:15 am	2 - 4 yrs.	\$20/\$30	Recreation Center	4-week
Level 1 & 2 Ballet, Tap & Jazz	Sat.	10:00 - 11:00 am	3 - 12 yrs.	\$40/\$50	Community Center	4-week
Little Sprouts Cooking	Mon.	10:30 - 11:15 am	2 - 4 yrs.	\$20/\$30	Recreation Center	4-week
Taekwondo (Beginner)	Tues. & Thurs.	5:00 - 6:00 pm	4 - 12 yrs.	\$80/\$90	Recreation Center	4-week
Taekwondo (Advanced)	Tues. & Thurs.	6:00 - 7:00 pm	7 - 12 yrs.	\$80/\$90	Recreation Center	4-week
Teen Club	Thurs.	7:00 - 8:00 pm	12 - 17 yrs.	\$25/\$35	Multi-Purpose Center	Annually
Tennis Lessons	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50	Sports Complex	4-week
Tiny Tots Program (includes Imagination Mornings, Kratfy Kids, and Little Sprouts Cooking)	Mon. - Wed.	Times Vary	2 - 4 yrs.	\$45/\$55	Recreation Center	Monthly Membership
Wing Chun	Mon. & Wed.	6:30 - 8:00 pm	10 yrs. & over	\$80/\$90	Recreation Center	4-week

SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless noted otherwise. Call the Information and Referral line at (954) 597-3642 for more information on social service programs that may be available in Broward County. For transportation issues, to register for our Transportation Program or to inquire about transit, please call (954) 597-3649. Schedules for the Red and Yellow Transit Routes are available at www.tamarac.org and at City facilities.

PROGRAMS

Caregiver Support Group

Are you a full-time caregiver for someone over the age of 60? Do you feel stressed out and overwhelmed? Meet others who share similar experiences caring for a loved one. In partnership with Jewish Family Services. Please call Susan Panzer at Jewish Family Services, (954) 370-2140 for FREE respite for your loved ones so that you can attend this meeting.

When: 1st and 3rd Tuesday of each month, 10:30 am

Financial Counseling: Do you need to learn how to manage your finances?

Learn how to budget or use online banking during your one-on-one counseling session with a financial specialist. Also get assistance with applying for federal programs such as Medicaid, Food Stamps, and Cash Assistance. Free for Tamarac residents. Please call (954) 720-2485 to set up your free sessions. By appointment only. A partnership with Monarchcare Inc., a non-profit social services agency.

Free Spanish Counseling - Consejería en Español

Para adultos que viven en Tamarac.

Sesiones conducidas por licencia terapeuta.

Por favor llame al Alex Pineda (954) 864-4552 para hacer una cita.

Lower Your Prescription Costs

Start saving today with the City of Tamarac Prescription Discount Card program. Benefits include an average saving of 20%, free enrollment, coverage for all family members, and no income requirements. Please call Social Services at (954) 597-3642 for locations.

MEALS ON WHEELS AT TCC

Could you or someone you know benefit from Broward's Meals on Wheels? Then please join us for the grand opening of the program's Tamarac group meal site:



Wednesday, August 14, 12 – 1 pm
Tamarac Community Center, Hibiscus Room

Free giveaways!

The Meals on Wheels program will be available each week on Wednesday and Thursday, and is open to all Broward County residents, ages 60 and over.

Prior registration is required, so order your delicious meal in advance by calling Tamarac Social Services at (954) 597-3642.

SERVICES/GROUPS

All services and groups held at the Tamarac Community Center, 8601 W. Commercial Boulevard / (954) 597-3620.

Bereavement Support Group

When: Every Monday, 10:00 – 11:30 am

Center for Communications - Free Amplified Phone

Provides amplified phones and TDDs free of charge to residents of the State of Florida who are deaf and/or hard of hearing. Please call Social Services at (954) 597-3642 for information.

When: 3rd Wednesday of the month, 10:00 to 11:00 am

FREE 911 Cell Phones for Seniors

Call (954) 597-3642 to set up an appointment.

Donations of cell phones are accepted.

When: 2nd Monday of each month, 9:00 am

FREE Blood Pressure Screenings

When: 2nd Tuesday in July and Sept and 2nd Friday in August, 11:00 am - 12:00 pm

FREE Eyeglass Repair Program

When: Tuesday, 10:00 am - 12:00 pm

FREE Individual Limited Senior Counseling

Please contact Sharon Roseman, LCSW at (954) 895-6031 to make an appointment. Short-term counseling only. Tamarac residents only.

Hearing Screenings

When: Screenings will resume in October on the 2nd Tuesday of each month, 9:00 - 10:45 am

Senior Support Group - Get Support for Life Issues

When: 2nd and 4th Tuesday of each month, 10:30 - 11:30 am

Senior Social

Join us for bagels and coffee and an educational lecture.

When: 3rd Tuesday of each month, 11:00 am

SHINE Counselor

Serving Health Insurance Needs for the Elderly. Questions regarding your Medicare/Medicaid insurance? Call the Area Agency on Aging and Disability Resource Center to speak to a SHINE counselor: (954) 745-9779.

Veterans Advisor (MAY AND JULY ONLY)

When: Friday, 8:00 – 11:00 am, no appointment necessary.



ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Location	Session
Aerobic Cycling	Tues. Wed. Thur. Sat.	7:15 - 8:15 pm 6:30 - 7:30 pm 6:15 - 7:15 pm 10:00 - 11:00 am	16 & over	\$5/\$6	Community Center	Per Class
Badminton	Mon., Wed. Sat.	6:00 - 9:00 pm 5:00 - 9:00 pm	13 & over	\$3/\$5	Community Center	Per Class
Cultural Creations Cooking	Thurs.	6:30 - 8:00 pm	13 & over	\$40/\$50	Recreation Center	4-week
Line Dancing (Beginner)	Thurs.	6:30 - 8:00 pm	18 & over	\$7/\$8	Community Center	Per Class
Line Dancing (Interm)	Tues.	7:00 - 9:00 pm	18 & over	\$5/\$6	Community Center	Per Class
Line Dancing (Interm)	Thurs.	8:00 - 9:30 pm	18 & over	\$7/\$8	Community Center	Per Class
Mixed Art	Wed.	9:30 - 11:30 am	18 & over	\$40/\$50	Recreation Center	6-week
Pilates & Yogalates	Sat.	9:30 - 10:30 am	16 & over	\$5/\$6	Recreation Center	Per Class
Pottery Class	Mon.	6:00 - 8:45 pm	16 & over	\$50/\$60	Recreation Center	6-week
Taekwondo	Tues. & Thurs.	7:00 - 8:00 pm	13 & over	\$80/\$90	Recreation Center	4-week
Table Tennis	Sat.	2:00 - 9:00 pm	18 & over	\$1/\$2	Community Center	Per Class
Tennis Lessons	Sat.	9:00 - 10:00 am	13 & over	\$40/\$50	Sports Complex	4-week
Zumba	Wed & Fri.	7:00 - 8:00 pm	13 & over	\$25/\$35 \$32/\$42 \$35/\$45	Community Center	4 Classes 6 Classes 8 Classes

RECREATION CENTER FITNESS SCHEDULE

Total Fitness Training	Tues. & Thurs	6:00 - 7:00 pm				
Zumba Fitness	Mon. Wed.	7:00 - 8:00 pm 9:30 - 10:30 am				
Zumba Toning	Tues. & Thurs. Wed.	9:30 - 10:30 am 7:00 - 8:00 pm				

COMMUNITY CENTER FITNESS SCHEDULE

Body Sculpting	Thurs. & Fri.	6:00 - 7:00 pm				
Boot Camp	Wed.	7:00 - 8:00 pm				
Kickboxing	Mon.	6:15 - 7:15 pm				
Pilates	Mon. & Thurs.	7:00 - 8:00 pm				
Strength Training Aerobics	Wed.	6:00 - 7:00 pm				
Weights with Will	Tues.	6:00 - 7:00 pm				
Yoga	Mon. Thurs. Sat.	5:30 - 6:30 pm 7:00 - 8:00 pm 9:00 - 10:00 am				

Where: Tamarac Community Center
Fee: Residents: \$5, Non-residents: \$6 per class
 Residents: \$45, Non-residents: \$54 for 10 classes
 Residents: \$132.50, Non-residents: \$198.75 - Annual membership
 Senior Resident: \$106.00, Senior Non-Resident: \$149.00 - Annual membership

For more activity information, please call the Tamarac Community Center at (954) 597-3620

or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at <https://webtrac.tamarac.org>

SPECIAL EVENTS



4th of July All-American Celebration

Happy Birthday America and the City of Tamarac! Come celebrate at the biggest and best birthday party in the City of Tamarac at the All-American Celebration Event! The All-American Celebration takes place on Thursday, July 4th, 2013 from 6:00 - 9:30 pm at the Tamarac Sports Complex located at 9901 NW 77th Street, Tamarac.

We invite you and your friends and family to a free outdoor concert with the band **HEAT WAVE**, a dynamic group performing an energetic array of musical medleys to provide the perfect listening experience for America's birthday.

Grab your lawn chairs and your camera and get a snapshot with Uncle Sam and Betsy Ross as they make an appearance during the event. There will also be an entertainment area with fun rides, arts & crafts, and games to keep the children busy. Over **20 food trucks** will be on site offering a variety of food for purchase.

The night is not over until after the impressive choreographed fireworks display, which kicks off promptly at 9 pm.

Limited parking. Please use the shuttle from Tamarac City Hall (7525 NW 88th Ave) and Tamarac Community Center (8601 W. Commercial Blvd).

For more information, call the City of Tamarac Parks and Recreation Department at (954) 597-3620.

4th of July All-American Swim Party

Celebrate the 4th of July with some fun in the sun. There will be a DJ, raffle prizes, games and much more.

Where: Caporella Aquatic Center, 9300 NW 58th St.

When: Thursday, July 4th, 12:00 - 4:00 pm

Tamarac Community Farmers Market

The market is a great place to shop for fresh produce, spices, honey, sauces, baked goods, hummus, pickles, and other artisanal goodies. Come meet the producers and

sample their locally prepared, all natural products.

Where: Veterans' Memorial Park, 7825 Southgate Blvd.

When: Every Sunday of the month, 9:00 am - 2:00 pm

Community Garage Sale

Where: Tamarac Park, 7501 N. University Dr.

When: Saturday, August 24th, 7:30 am - 12:30 pm

Fee: \$20 per vendor space

Princess Party

Join us for a royal celebration and get treated like a princess. Enjoy cupcakes, cookies, punch, games, crafts, and giveaways. You will be greeted by royalty and have your picture taken with the Queen. Sign up at the Tamarac Community Center. Pre-registration is required (space limited to the first 100 children).

Ages: 5 -11 years old

Where: Tamarac Community Center

When: Saturday August 17th, 10:00 am - 12:00 pm

Fee: Residents: \$10, Non-residents: \$20

4th Annual Tamarac Play Day

The City of Tamarac has been named a Playful City - a national role model, leading the way for play, and growing the next generation of healthy and productive adults. Celebrate Tamarac's Play Day with your family and friends and get on the right track to a healthier lifestyle and enjoy the benefits of playing in your City's parks. The City's "Day of Play" will consist of organized games, parent/child challenges, prizes, raffles and the chance to win a bike.

Where: Tamarac Park, 7501 N. University Dr.

When: Thursday, September 26th (Early Release Day), 1:30 - 3:30 pm

Artist of the Month Exhibit

Visit the Tamarac Community Center to view:

July: Susan Buzzi, "Cancer Survivor Community Exhibition" (Photography)

August: Lester Gunther, Impressions, (Oil Painting)

September: Jose Luis Galindo, "Earth Day" (Photography)

Show Your Talent!

Calling all local artists! Show off your creativity and share your love of art with the residents of Tamarac. If you are interested in displaying your artwork, applications are available at the Tamarac Community Center or call (954) 597-3635.

Become a Sponsor!

Sponsoring a special event is a great way to reach your desired audience. By partnering with the City of Tamarac, we will provide you with an avenue to promote your business and assist in increasing visibility in the community. Contact the Tamarac Parks and Recreation Department at (954) 597-3632 for more information.

ATHLETIC LEAGUES

The following sports leagues are offered in the City of Tamarac. Please contact the sports league at the phone number provided for more information. The athletic fields are available to rent at a nominal fee. Contact (954) 597-3620 for more information.

YOUTH SPORTS LEAGUES Phone Number

Little League..... (954) 720-0301
(www.tamaraclittleleague.com)

Youth Football/Cheerleading (954) 721-5131

Youth Flag Football (954) 597-3620

Youth Soccer..... (954) 597-3620

Youth Basketball (954) 597-3620

Girl's Softball (954) 597-3620

ADULT LEAGUES Phone Number

Men's Basketball..... (954) 597-3620

Co-Ed Softball (954) 597-3620

Men's Softball (954) 597-3620

Men's Soccer (786) 367-0972

ADULT TRIPS

Register for all trips at the Tamarac Community Center, located at 8601 W Commercial Boulevard, from 8:00 am - 8:00 pm. All bus trips will leave from this location. **For information, call (954) 597-3620. Trips are subject to cancellation. No refunds one month prior to trip date (no exceptions).**

Norton Museum of Art and City Place

When: Tuesday, July 9th, Bus leaves at 9:00 am and returns at 4:00 pm

Fee: Residents: \$20, Non-Residents: \$30

Actors Playhouse: Rated P for Parenthood

When: Thursday, July 18th, Bus leaves at 4:00 pm and returns at 11:00 pm

Fee: Residents: \$45, Non-Residents: \$55

Marlins vs. Mets Game

When: Thursday, August 1st, Bus leaves at 11:00 am and returns at 5:00 pm

Fee: Residents: \$30, Non-Residents: \$40

Weight Watchers the Musical

When: Thursday, August 29th, Bus leaves at 4:00 pm and returns at 10:00 pm

Fee: Residents: \$50, Non-Residents: \$60

Artist's Alley Studios and Galleries

When: Thursday, September 19th, Bus leaves at 4:00 pm and returns at 10:00 pm

Fee: Residents: \$15, Non-Residents: \$20

Victorios Art Studio/ IL Mulino Restaurant

When: Thursday, September 26th, Bus leaves at 4:00 pm and returns at 10:00 pm

Fee: Residents: \$40, Non-Residents: \$50

50th Anniversary Time Capsule Dedication

Friday, July 19th 5:30 pm

Join us to celebrate the dedication of Tamarac's Time Capsule, designed by the City's Public Art Committee. A barbeque and entertainment will follow the dedication, which will be held at the Tamarac Community Center, 8601 West Commercial Boulevard.

SENIOR PROGRAMS

Calling all Seniors! Want to live a more vibrant life, form new friendships, feel a sense of achievement, and get in heart healthy shape? Be part of the fun and become a member of the award winning Tamarac Community Center Senior Program!

With over 40 different activities, programs and services per week, there is truly something for everyone. The Senior Program has over 800 members who participate in activities such as Jazzercise, painting, line dancing, scrabble, volleyball, chair yoga, and much, much more. Where else can you enjoy all these activities for \$25 a year!

The Senior Program is available to seniors ages 55 and up from Monday through Friday, 8:30 am – 4:00 pm. For more information and to check out our program listing, please visit the Community Center at 8601 W. Commercial Blvd., or call **(954) 597-3620**, or visit us on the web at **www.tamarac.org**. You can also get updates on the Senior Program through **Twitter** and **Facebook** (join our fan page "Parks and Recreation"). Membership renewals start October 1st.

Tamarac Senior Program Schedule

MONDAY

Jazzercise • Board Games, • Proactive Arthritis
Water Exercise • Yoga • Line Dancing
Volleyball, • Zumba, • Meditation, • Tai Chi, • Bingo
Happy Hookers (knitting group), • Mah Jong

TUESDAY

Walking Club • Jazzercise • Creative Writing
Mah Jong • Healthy Heart • Chair Yoga
Badminton/Pickleball • Painting • Computer Class

WEDNESDAY

Proactive Arthritis Water Exercise
Extended Chair Yoga • Volleyball • Stretch & Tone
Zumba • Pickleball • Core Yoga

THURSDAY

Walking Club • Jazzercise • Healthy Heart for Balance
Line Dancing • Spanish • Volleyball • Chair Yoga
Senior Dance • Mah Jong • Computer Class

FRIDAY

Computer Club • Jazzercise • Carol's Cardio
Stretch & Tone • Jewelry Making • Yogalites
Battle of the Sexes Trivia

Sign up today, or just pay \$3 for an entire day's worth of activities. Enjoy computer classes for just \$10 per month. Come to our Senior Dance Social every Thursday with coffee and refreshments for \$1, or **free** with your paid membership. Our numerous exercise classes ensure that we have something for every level of ability, from high impact cardio to gentle Chair Yoga.

***PLEASE NOTE: Adult Trips are subject to change and/or cancellation, please call to verify dates and times.**



City of Tamarac
7525 N.W. 88th Avenue
Tamarac, Florida 33321-2401

Prst Std
US Postage
PAID
Miami, FL
Permit No. 4603

Keep in Touch

There are so many ways to learn about what's going on in Tamarac and to let us know what's on your mind.

- Attend Workshops and City Commission meetings via the internet or in person. Check www.tamarac.org for dates and times.
- Go to the home page on the City's website and hit the "Notify Me" button to receive event and project updates or click on the big red button to "Report a Concern".
- Complete the survey after you've had a transaction with one of our staff.
- Attend community meetings and special events.

We really want to hear from you; it's how we'll ensure that Tamarac continues to be *The City for Your Life*.

