

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

January / February / March 2014



Achieving Results for Our Community

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.

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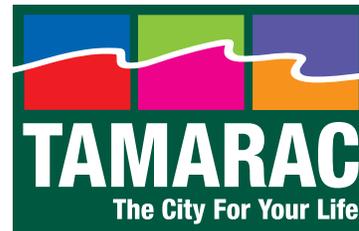
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IMPORTANT NUMBERS

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
(Activated During Emergencies)
 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) 597-3537
 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 (954) 720-2225
(Non-Emergency)
 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
(Also used for afterhours Utilities emergencies.)
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

THE BUSINESS OF GOOD GOVERNMENT

What helps make a city good or even great over the long-term? Security, jobs and housing are the basics. Sound finances certainly; a core community that cares – all key factors. But what helps move a city beyond average are the people and processes put in place to maximize resources and opportunities.

In the City of Tamarac, we've developed a strategic planning process and a system of checks and balances which ensure the direction we move in reflects the voice of the people we serve.

How do we know if what we're doing is working? We ask. We ask at every opportunity: from questionnaires after the public interacts with our staff to biennial surveys of our residents and businesses. We plan our actions, tweak our programs and develop our budgets based on the feedback.

That's why Tamarac has been able to weather the economic turmoil from which property values are just beginning to recover. That's why we're agile enough to capitalize on opportunities as they arise: a healthy reserve fund allowed the City to buy land when the market was weak and aggregate property for the planned Tamarac Village mixed-use development. And that's why we make tough decisions which will have long-term positive

impacts on our city. Case in point: Tamarac's purchase of the Colony West Golf Club.

The 240 acres of the two courses touch on 23 different neighborhoods. When the course fell into bankruptcy, the City made the decision to buy it rather than see the land developed. It was a strategic move keyed specifically into our quality of life commitment to the community.

We carry this strategic thinking through our daily operations and it's working: Tamarac residents are significantly more satisfied with City services than those across the country: 23 percentage points above the national average. And, we not only successfully weathered the economic downturn, we were able to increase our bond rating to AA-.

It's for these reasons and more that Tamarac has just received the international Palladium award for performance excellence, making us only the third city in the nation to receive this prestigious honor. It's a tremendous achievement and the recognition for our efforts is humbling. But what's even more important is that the award focuses attention on what our employees do best: service delivery. And that's what will help Tamarac thrive in years to come.

Satisfaction Remains High in Tamarac

The results are in from the City's biennial community survey and they're impressive. Among the findings:

- 80% of those surveyed are satisfied with the quality of services the City provides. That's 23 percentage points higher than the national average.
- Overall satisfaction with City services has improved since 2011, while satisfaction on both the state and national levels has declined.
- The City of Tamarac is increasingly viewed as a business-friendly community.

Why do we conduct this survey? It provides the best opportunity for us to get feedback from residents throughout the community. The data we obtain is used in conjunction with the feedback we receive daily through letters, emails, and attendance at meetings; the results help us to determine community priorities, where to allocate resources and how to ensure Tamarac will continue to be "The City For Your Life".

Survey results also show resident satisfaction is consistent throughout the City and that satisfaction has *increased* over past years as we've addressed resident concerns. In response to past survey results the City made improvements to sidewalks, expanded the Tamarac transit bus route, and increased the availability of parks through new playgrounds and walking paths.

But there are always areas for improvement. Public safety is an important issue to our residents and Tamarac has been proactive in addressing that. In 2012, the City added five deputies and one administrative officer to our BSO staff; in 2013 the City added another deputy and an additional Community Service Aide. BSO staff continues their community outreach and education to HOA groups and the business community to identify any perceived law enforcement issues as well as provide crime prevention education. These efforts are working: compared to 2012, overall crime in Tamarac is **down** 15%.

Residents have also shown strong interest in code enforcement and preservation of the City's appearance. Tamarac is working on several initiatives: we recently completed two major studies related to improving the appearance of Tamarac's main corridors and retail areas. Those findings – together with the survey results – are being used in our annual strategic planning process to identify priorities. The City will also begin power washing medians on major streets to improve community appearance.

The biennial survey provides interesting insight into what matters most to our residents. A presentation on the results can be found on the City website at <http://tamaracfl.swagit.com/play/10092013-716>. Take a few minutes to watch the video; it will give you a better idea of the areas we'll be focusing on in the future to continue to meet the needs of our diverse community.

Satisfaction Is On The Rise

Categories with significant increases in ratings points:



- Quality of City recreation programs and facilities



- Overall a
- The num
- Availabil
- Overall q

Tamarac Receives International Award for Performance Excellence

The City of Tamarac has joined the ranks of such prestigious organizations as Motorola, UPS and Hilton Hotels as a recipient of the Palladium award for performance excellence. Presented at the annual global summit in Boston, the award honors organizations throughout the world who translate strategic concepts into measurable results.

In Tamarac's case, that means developing programs and services which lead to higher resident satisfaction, improvements to employee performance, a strong financial

outlook and increased engagement of the workforce. "We clearly articulate our priorities and use the balanced scorecard process to link strategy to our daily operations" said Michael Cernech, Tamarac City Manager. "Scorecards successfully help guide our daily decisions because we can easily see the cause and effect relationship between our actions and the outcomes."

So successful that residents in Tamarac are significantly more satisfied with City services than those across the country: 23 percentage points above the national average. The City is setting the standard for communications and there's a significant increase in the quality ratings of recreation programs and facilities.

Tamarac is only the third city in the nation to receive this award. "While this is a tremendous honor," said Mr. Cernech, "what's really important is that it reflects our culture of management by data, employee empowerment and accountability to the people we serve."



Tamarac City Manager Michael Cernech and Management Analyst Bernadette Hughes received the Palladium Award for Executing Strategy from management experts Drs. Robert Kaplan and David Norton at the global summit in Boston.

appearance of canals
number of City parks
quality of walking/biking trails
quality of City parks



- The City's youth recreation/athletic programs
- Maintenance of major City streets

Billy Casper Golf Selected to Manage Colony West

Billy Casper Golf (BCG) – the largest domestic owner-operator of golf courses, country clubs and resorts – has been selected by the City of Tamarac to manage the 36-hole Colony West Golf Club. The City's goal is to restore the Championship Course to its glory when it ranked as one Golf Digest's "75 Best Public Courses in America".

The 240 acres of the two golf courses touch on 23 different neighborhoods. According to City Manager Michael Cernech, "Every dollar invested in the property positively impacts the neighborhoods that surround Colony West and, ultimately, all of Tamarac."

BCG will provide turnkey management of Colony West operations, marketing and sales, staffing and training, merchandising, restaurant activities, special events and financial management.



ColonyWest
GOLF CLUB

"Billy Casper Golf is the best choice to move Colony West forward," said Mr. Cernech. "Their extensive experience with these types of projects and powerful marketing platform will re-establish Colony West as a favorite among residents and visitors. Golfers will realize the difference in the short- and long-term."

Tamarac: Safe and Growing Safer

Nothing is more important than ensuring the safety and well-being of our residents and businesses. Statistics show that Tamarac's focus on crime prevention and increased visibility is making a significant difference. Compared to 2012, overall crime in the City is down 15%, residential burglaries have dropped by over 20% and auto thefts have been reduced by 18%. Those numbers are the reflection of a concerted effort on multiple fronts:

- BSO Tamarac's ongoing crime suppression efforts have shown impressive results, including an arrest and confiscation of over \$275,000 worth of counterfeit purses headed for resale.
- Officers and deputies are meeting regularly with faith-based organizations and homeowner associations to provide tips on how to reduce the chances of becoming a victim, and that outreach will be expanded during the coming year.
- The Citizens Observer Patrol (COP) program is looking to expand. The volunteer group helps fight crime by patrolling in the community, looking out for suspicious activity or potential hazards and offering assistance.

Now Tamarac is rolling out a program to increase our "eyes and ears" on the street even further. Members of the Public Services department have undergone training by BSO Tamarac on how



BSO Tamarac Capt. Neal Glassman with a cache of confiscated counterfeit merchandise.

to be more mindful of their surroundings while performing normal duties in and around the City. They won't intercede in a situation, but they will make a call to BSO to increase awareness and help speed up response time. This training will be conducted with all appropriate City staff over the coming months.

The downward trend in crime statistics is encouraging. Tamarac is an extremely safe community and, with the number of prevention initiatives in the works, should grow even safer.

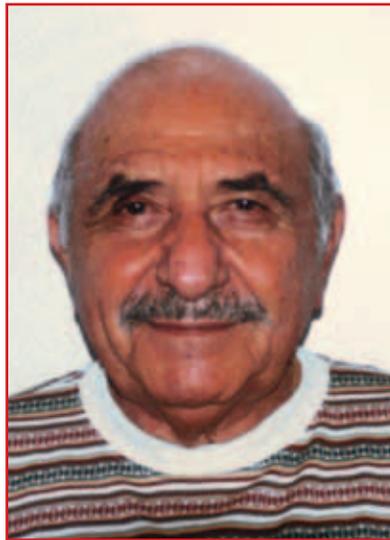
Edward Levy and Ken Behring Named Tamarac's Pioneers

City founder Ken Behring and community volunteer Edward Levy have been honored as Tamarac's newest members of the Broward County Historical Commission's Pioneers. Through his foresight and vision Mr. Behring turned miles of scrubland into housing communities. Those communities became the basis of a thriving city which just celebrated its 50th anniversary.

After a distinguished military career including time spent as a POW, Ed Levy devoted his professional life to government service. He still serves the public: for over thirty years he has unselfishly helped veterans and their spouses navigate through the Veterans Administration system to obtain their full benefits. For the past seven years, Mr. Levy has also served as the veterans' advisor at the Tamarac Community Center.



Ken Behring



Edward Levy

Historical Society Launches Hall of Fame

Do you know of an individual or organization worthy of induction into the inaugural class of the Tamarac Historical Society's Hall of Fame? The primary consideration is the contribution or service rendered in the public interest of the City. Nomination forms, including qualification criteria and submittal instructions, are available on their website www.tamarachistoricalsociety.webs.com.

The awards will be presented in July, in conjunction with the Historical Society's fifth anniversary.

DEADLINE APPROACHING FOR TAMARAC UNIVERSITY

You have through the end of January to apply for admission to the 2014 class of Tamarac University (TU). Evening classes are held during the spring and are open to residents and members of the business community.

The seven week interactive program gives a behind-the-scenes look at Tamarac, along with the opportunity to meet your local government officials and City staff to learn about the role of local government and public service.

**For further information and a TU application,
please go to the City's website at:
<http://www.tamarac.org/TU>**



Fire Rescue Welcomes Recruits



Tamarac's Fire Rescue department held a badging ceremony for their newest recruits. This marked the culmination of six weeks of intense training and preparation for the seven men and women.

Michelle Gomez Named Vice Mayor



Michelle J. Gomez, reappointed in October to fill the vacant commission seat in District 2, has been selected as Vice Mayor by her fellow commissioners. A real estate attorney affiliated with the Fort Lauderdale firm Saunders, Curtis, Ginestra & Gore, P.A., Vice Mayor Gomez received her Juris Doctor from Nova Southeastern University, Shepard Broad Law Center and earned a Master of Arts – Public Communication, from The American University in Washington, D.C.

Get Healthy in the New Year

Are you ready to get in shape and live a healthier lifestyle in 2014? Then join the Tamarac Wellness Center. The Center offers a variety of free weights, life fitness machines, treadmills, elliptical cross trainers and stationary bikes. It's a friendly, non-competitive workout environment with an awesome view of the competitive pool.

Whether your goal is to tone, strengthen, increase flexibility or improve cardiovascular health, you can reshape your future at the Tamarac Wellness Center. On your first visit, the staff will show you the facility and help you become familiar with the equipment. Personal weight training



classes are available to teach you the basic concepts of safety, technique and various training methods.

Visit the Tamarac Wellness Center at 9300 NW 58th Street, contact us at (954) 597-3660 or visit the website at www.tamarac.org for more information. As a special incentive, the first 200 people to sign up for membership in 2014 will receive a free "Steps to Living Healthy" calendar.

9/11 Art Honors Firefighters

During a trip to New York City for the 9/11 memorial ceremony, several members of Tamarac's Fire Department were on the receiving end of a very special gift: art depicting the flag raising at Ground Zero. Travelling on their own to honor the twelfth anniversary of the attacks, they took part in the emotional ceremony along with hundreds of men and women from fire service around the world. During a tour of New York fire stations, the Tamarac contingent met an artist who dedicates his work to honor firefighters from that fateful day. His drawing will hang prominently in Tamarac's fire station 15.



Taste of Tamarac



tamarac

Veterans Day



Turkey Trot 5K Run



Holiday Lighting



Discovery

Discover the Benefits of Tamarac Parks and Recreation



It Starts In Parks.

"It Starts In Parks" is an initiative of the Florida Recreation and Park Association intended to better position parks and recreation in the future to be recognized and supported for the important benefits and services provided by the profession to citizens of, and visitors to, the state of Florida. The intended outcome of the initiative is that people in the state of Florida will know, value, and support the profession of parks and recreation.

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.

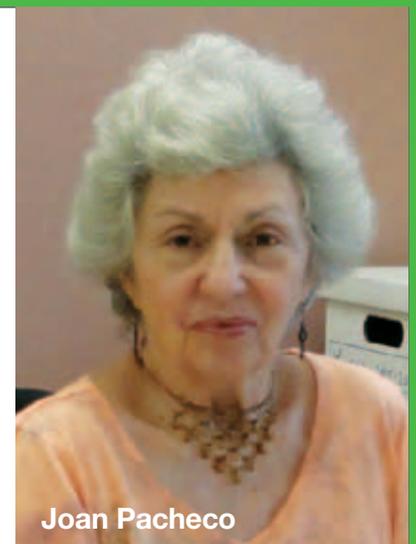
To have it delivered monthly to your email, send us an email at:

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

Volunteer of the Quarter

Entering her fourth year as a volunteer, Joan Pacheco has shown her dedication and commitment. Working in Parks and Recreation administration, she provides office support and ensures that all volunteers stay in the information loop by sharing

minutes of meetings they may have missed. Joan is flexible enough to be available when needed and has become an important member of the Parks staff; keeping them organized and on track. Job well done.



Joan Pacheco

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 become 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

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

Sundays: Pool, Slide, and Sprayground: 10:00 am – 4:00 pm

Pool closed: Months of December, January, and February

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

Lap Swimming

When: Monday and Wednesday: 10:00 am – 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 am – 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: \$45, Non-residents: \$55

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 pm – 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: Thursdays, 6:00 pm – 6:45 pm

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

Tamarac Swim Team

Tamarac Swimming Inc. is offering a competitive swim team program for children ages 5-13 and a United States Masters Swimming program for adults 18-90 at the Caporella Aquatic Complex, 9300 NW 58th Street. Free tryouts on Saturdays at 10 am. For additional details and pricing contact Coach Marty Grady (954) 805-6512 or email tamaracswimming@gmail.com.



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 |
| Belly Dancing | Mon. | 5:00 - 6:00 pm | 6 - 12 yrs. | \$40/\$50 | 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 | Recreation 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 | Recreation 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 | Recreation 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 Red Extension 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 for FREE respite for your loved ones so you can attend this meeting at (954) 370-2140.

When: 1st and 3rd Tuesday of each month, 10:00 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.

Lower Your Prescription Costs

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

VITAS (Volunteer Income Tax Assistance Program)

In partnership with Minority Development, free tax assistance will be provided by volunteers beginning mid-January. Dates and times to be announced. Earned income tax credit available, if eligible. Please call (954) 597-3642 to make an appointment. First come, first served.

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 am – 11:00 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 am 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: January 21st, February 21st, March 21st,
11:00 am – 12:00 pm

FREE Eyeglass Repair Program

When: Tuesday,
10:00 am – 12:00 pm

Hearing Screenings

When: 2nd Tuesday of each month,
9:00 am - 10:45 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

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

Catch That Bus



There's a new look to one of the buses in the City's transit system: it's been wrapped with artwork designed to illustrate why Tamarac is The City For Your Life. You'll spot this eye-catcher as it drives the Red Extension route.

ADULT RECREATION ACTIVITIES

| Activity | Day | Time | Ages | Resident/ Non-Resident Fee | Location | Session |
|----------------------------|---------------------------------|--|-----------|-------------------------------------|-------------------|-------------------------------------|
| Aerobic Cycling | Tues. Wed. Thurs. 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 |
| Belly Dancing | Wed. | 6:00 - 7:00 pm | 16 & over | \$40/\$50 | Recreation Center | 4-week |
| 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 Studio | Thurs. | 6:00 - 8:30 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. | 6:00 - 7:00 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

Preventative Health and Wellness Expo

The City of Tamarac and Tamarac Chamber of Commerce present a **free** communitywide event. The Expo will include health and wellness vendors offering their products and services, health screenings, raffle prizes and much more. Vendors wishing to exhibit must fill out an application. Call (954) 722-1520 for more information.

Where: Tamarac Community Center

When: Saturday, February 8th, 9:00 am – 12:00 pm

Concert In the Park

Join us for country sounds from the local music group Shadow Creek. Come hungry as food trucks will be on site offering a variety of food and snacks for the evening.

Where: Tamarac Sports Complex, 9901 NW 77th Street

When: Friday, March 28th, 7:00 pm – 9:00 pm

Community Garage Sale

Where: Tamarac Community Center

When: Saturday, April 5th, 7:30 am – 12:00 pm

Fee: \$20 per vendor space

Artist of the Month Exhibit

Visit the Tamarac Community Center to view:

January: Leaders of Tomorrow School Students, Cultural Diversity Month

February: Lester Gunther, "Impressions of the Caribbean"

March: Daniel Mandel, Portraits and Others (Ink, Oil and Charcoal)

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 marketing approach 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.

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).**

Broward Center: The Wizard of Oz

When: Thursday, January 16th, Bus leaves at 5:00 pm and returns at 11:00 pm

Fee: Residents: \$80, Non-Residents: \$90

Plaza Theater: My Life on a Diet

When: Thursday, January 31st, Bus leaves at 4:00 pm and returns at 11:00 pm

Fee: Residents: \$60, Non-Residents: \$70

Vizcaya Moonlight Garden Tour

When: Thursday, February 14th, Bus leaves at 4:30 pm and returns at 11:00 pm

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

Broward Center: Memphis the Musical Production

When: Thursday, February 27th, Bus leaves at 5:00 pm and returns at 11:00 pm

Fee: Residents: \$75, Non-Residents: \$85

Actor's Playhouse at Miracle Mile: Monty Python's Spamalot

When: Thursday, March 13th, Bus leaves at 4:30 pm and returns at 10:00 pm

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

Broward Center: Green Day's American Idiot

When: Thursday, March 27th, Bus leaves at 5:00 pm and returns at 11:00 pm

Fee: Residents: \$60, Non-Residents: \$70

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 of these activities for \$25 a year!

The Senior Program is available to seniors 55 and up, Monday through Friday, 8:30 am – 4 pm. For more information and to check out our program listing, please visit the Tamarac Community Center located at 8601 W Commercial Blvd., 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 or just pay \$3 to enjoy 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 will ensure that we have something for every level of ability, from high impact cardio to gentle Chair Yoga.

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

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. For information on field closures due to rain or maintenance, call (954) 597-3667.

YOUTH FLAG FOOTBALL

Registration for Youth Flag Football begins in January. The league is for boys and girls ages 5-14. Practices will begin in March with games starting in April. The season will conclude in May. Registration is available at the Tamarac Community Center, located at 8601 W. Commercial Boulevard. Space is limited. Volunteer coaches are needed. For additional information, please call (954) 597-3620.

Fee: Residents: \$80, Non-Residents: \$90

ADULT FLAG FOOTBALL

Registration for the new Adult Flag Football League begins in January. The league is for adults ages 18 & older. Deadline to register will be February 28th, with games beginning in March. For additional information, please call (954) 597-3620.

PLEASE CALL (954) 597-3620 FOR THE FOLLOWING ATHLETIC LEAGUES:

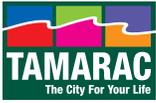
Youth Flag Football, Youth Soccer, Youth Basketball, Girl’s Softball, Men’s Basketball, Co-Ed Softball, and Men’s Softball.

Men’s Soccer: (786) 367-0972

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

Youth Football/Cheerleading: (954) 721-5131

***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
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Health & Wellness Expo

Make this the year that you focus on living a healthier lifestyle, inside and out. Join the City of Tamarac and the Tamarac Chamber of Commerce at the Preventative Health and Wellness Expo to discover new health services and heart healthy choices. There'll be fitness demonstrations, health screenings, information, children's activities, refreshments and raffles. And, it's all free!

Saturday, February 8th
9 am – 12 pm

Tamarac Community Center
8601 W. Commercial Blvd.

Vendors are needed. If you're interested please call the Tamarac Chamber at (954) 722-1520.

