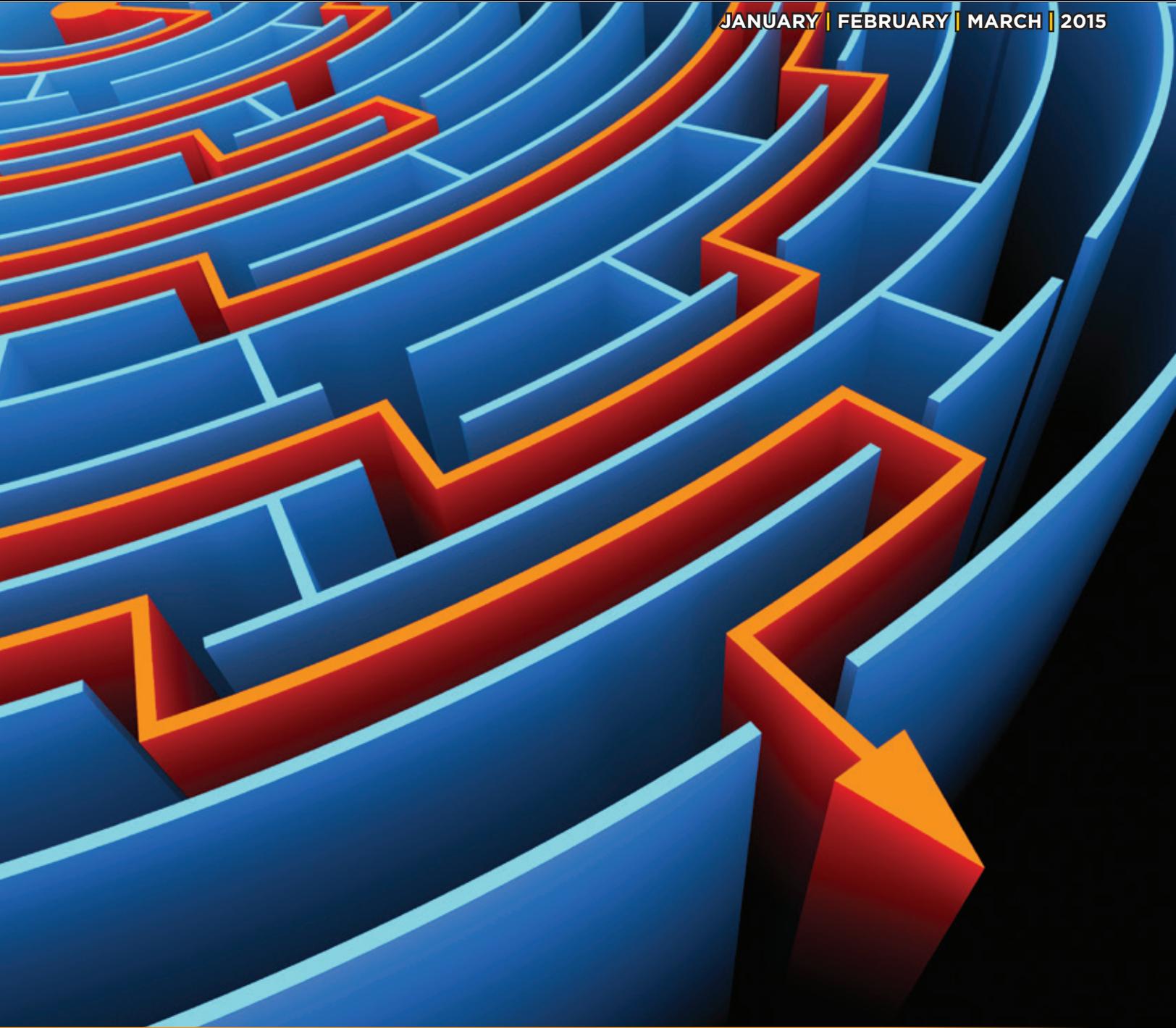


TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JANUARY | FEBRUARY | MARCH | 2015



THE RIGHT MOVES

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 pictures, please send high-resolution photos to pio@tamarac.org.

Tam-A-Gram and other City publications, are available online at www.tamarac.org.

CITY COMMISSION:

Harry Dressler, Mayor
Harry.Dressler@Tamarac.org

Pamela Bushnell,
Vice Mayor District 1
Pamela.Bushnell@Tamarac.org

Michelle J. Gomez,
Commissioner District 2
Michelle.Gomez@Tamarac.org

Diane Glasser,
Commissioner District 3
Diane.Glasser@Tamarac.org

Debra Placko,
Commissioner District 4
Debra.Placko@Tamarac.org

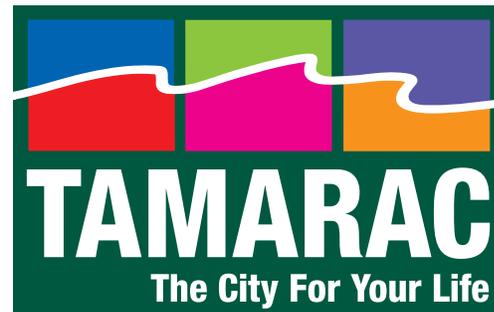
CITY MANAGER:

Michael C. Cernech

PUBLIC INFORMATION OFFICE:

Elise Boston, Editor

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IMPORTANT NUMBERS

MAIN NUMBER	(954) 597-3500	Financial Services	(954) 597-3550	Public Works	(954) 597-3700
ADA Coordinator/Accessibility	(954) 597-3505	Purchasing	(954) 597-3570	Engineering	(954) 597-3712
Voice	1 (800) 955-8770	Customer Service	(954) 597-3590	Recycling & Trash Hotline	(954) 597-3740
TTY	1 (800) 955-8771	Fire Rescue (<i>Non-Emergency</i>)	(954) 597-3800	Utilities (Water)	(954) 597-3750
Citizen Hotline	(954) 718-1800	Florida Power & Light	(954) 797-5000	Billing Inquiries	(954) 597-3590
(<i>Activated During Emergencies</i>)		Human Resources	(954) 597-3600	Utilities (leaks, breaks, etc.)	(954) 597-3750
Building Services	(954) 597-3420	Job Line	(954) 597-3615	Water Treatment Plant	(954) 597-3775
Building Inspections		Risk Management	(954) 597-3613	(<i>Also used for afterhours Utilities emergencies.</i>)	
Building Permitting and Inspection Results		Mayor and Commission	(954) 597-3460	Service Providers:	
City Clerk's Office	(954) 597-3505	Parks & Recreation	(954) 597-3620	Waste Management	(954) 974-7500
City Commission	(954) 597-3460	Community Center	(954) 597-3620	Comcast Cable	(954) 252-1937
City Manager's Office	(954) 597-3510	Caporella Aquatic Center	(954) 597-3660	Library (Tamarac Branch)	(954) 765-1500
PIO (Media)	(954) 597-3523	Caporella Fitness Center	(954) 597-3661	Post Office (Tamarac Branch)	(954) 722-3152
Community Development	(954) 597-3530	Social Services	(954) 597-3642		
Code Compliance	(954) 597-3425	Transit/Shuttle Bus	(954) 597-3649		
Business Revenue	(954) 597-3537	Police/BSO Tamarac District (<i>Non-Emergency</i>)	(954) 720-2225		

The Right Moves

Why do you live or work where you do? It's probably the people, the amenities, the lifestyle and how you view your future there. And the future can depend heavily on those entrusted with putting your tax dollars to work. So, how do City leaders figure out the right moves? The answer is relatively simple: matching your priorities to available dollars and determining the most efficient and effective way to make it all happen.

But it doesn't all happen overnight. There's simply not enough money to accomplish everything immediately. It does, however, follow a rational plan. A plan which uses existing resources appropriately, searches for an ever-dwindling pool of grant dollars, and methodically builds one step upon another. Sounds good, but what exactly does that mean?

Let's start with safety and security. In Tamarac's last customer satisfaction survey, residents told us that - even though crime statistics continue to decrease - we had some improvements to make in order for them to feel safer. So the Commission approved staffing of another five BSO deputies. City field staff members have been trained to be additional eyes and ears on the street, and more residents and their communities are becoming involved in the COPs program. How is that working out? BSO reports that overall crime was down 3% through 2014, following an 18% decrease the previous year.

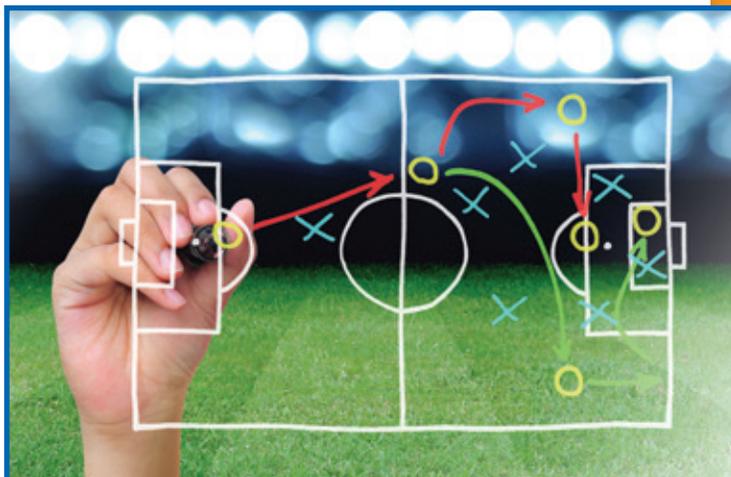
Tamarac's Fire Rescue department strives for an 8 minute or less response time in 90% of their calls. As more people recognize our City as an increasingly attractive place in which to live and work,

the growing population and heavier traffic make reaching that goal more challenging. That's why this spring you'll see the demolition and start of reconstruction of the fire station on Commercial Boulevard near the Turnpike. And during that same time period, you'll see the addition of a fire rescue station on University Drive across from the hospital. Details on both are elsewhere in Tam-A-Gram.

In the coming months you'll also hear about the results of the long-range Parks and Open Space master plan, designed to ensure that we meet the needs of existing and future residents.

Community appearance was another key driver in customer satisfaction. The corridor improvement program was an outgrowth of that and, in 2015, the first decorative walls will be constructed on the eastern side of the City. They'll improve appearance and provide a buffer against busy roads.

Making the right moves requires studied, deliberate actions over the long term. It's the proverbial marathon, not a sprint: not always easy, not always fast, but always focused on what's best for Tamarac's future.



Because Every Minute Counts

Technological advances in firefighting and emergency rescue have made successful outcomes much more common. But response times will always be the critical factor. Tamarac strives to respond to emergencies in 8 minutes or less, 90% of the time. As the City continues to grow and develop, the challenge becomes how to maintain that high standard. That's why we're making some significant improvements to Tamarac's fire rescue facilities.

This spring, Fire Station 78 - on the eastern edge of the City - will be demolished and a state-of-the-art facility constructed in its place. Built in 1978 at 4801 West Commercial Boulevard, the orientation of the current station limits the ability to access the congested Commercial/Turnpike intersection and adds critical seconds to response times. That's all about to change.

In addition to improved access, the new station will have an additional bay to house another fire rescue vehicle, as well as doors which open more quickly to allow trucks a faster exit. The new Station 78 will also feature a distinctive sculpture on its exterior representing the history of firefighting. It's yet another initiative from the City's Public Art program.

Construction on the site is expected to last 18-24 months. In the interim, members of Station 78 will be working in temporary

quarters just a few blocks away: a modular unit projected to be placed on open space in the Mainlands community.

Maintaining rapid response times is critical throughout the rest of Tamarac as well. To help ensure a consistently high level of service, especially in the area east of University Drive and north of McNab, the City has purchased a parcel of land on University and 72nd Street (the site of the former Piccadilly restaurant). A portion of that property will be dedicated to a permanent fire rescue station. Until a facility can be built, a modular unit will be placed on site and staffed full time by firefighter/paramedics and a rescue/ambulance.

Located across the street from University Hospital, the station is expected to open in late spring and will help ensure timely response to nearby communities including Southgate Gardens, Lake Colony and Heathgate Sunflower. Future plans include the possible addition of a fire engine. The appropriate vehicle and personnel will be relocated from the existing fire station adjacent to City Hall.

Safety and security in Tamarac is of primary concern for both our residents and the City. Initiatives like new fire stations and improved rescue response are just some of the ways we ensure that you not only *feel* safe, you *are* safe.

Artist's rendering of proposed Fire Station 78.



Election Results

Mayor Harry Dressler and Commissioners Michelle J. Gomez and Debra Placko have been officially sworn in to office for their four-year terms. The Commission also selected Pam Bushnell to serve a one-year term as Vice Mayor.



Homeowner Association Liaison Seminars

Mark your calendars, the dates for the 2015 Homeowner Association Liaison Seminars have been announced:

- **Tuesday, Feb. 24**
- **Tuesday, May 12**
- **Tuesday, Aug. 18**
- **Tuesday, Nov. 17**

All seminars will begin at 6:30 p.m. at the Tamarac Community Center, 8601 W. Commercial Boulevard.



Mainlands Park Ribbon Cutting

Join us for the official opening of the 23-acre Mainlands Park. The latest addition to Tamarac's vibrant park system is designed for both passive and active enjoyment.

Saturday, January 10
Mainlands Park
4500 Monterey Drive
10:30 a.m. – 12:30 p.m.

TU Has Class

The application deadline for Tamarac University (TU) is rapidly approaching. Submit your paperwork for the 2015 session by January 30, to learn more about the ins and outs of running the City and how you can become more involved.

Classes begin in March and are held in the evening at different facilities throughout the City. Visit www.tamarac.org to apply.

New Financing Option to Help Lower Bills

Tamarac has become the first city in Broward County to form an alliance with the Florida PACE Funding Agency to provide a way for home and business owners to invest in money-saving improvements. PACE is providing Tamarac property owners with up to 100% financing for energy and storm safety improvements. The money can be paid back through an annual assessment on the tax bill, over a period of up to 25 years.

This method, called Property Assessed Clean Energy (or PACE), is approved by the state and will be done in conjunction with the Broward County Property Appraiser's office. The program is geared toward home improvements that promote energy efficiency, renewable energy or harden a property against hurricanes.

How does it work? Let's say you're looking to replace your old air conditioning unit, insulate the attic and replace the water heater. Instead of reaching into your pocket for the \$10,000 (or more) that it will cost, you can now finance the

improvements and pay that off over time. Financing is available for 100% of the improvement cost, with no credit score requirements. The only out-of-pocket cost is the \$25 application fee.

Not planning on owning the property for 25 years? PACE allows you to pass the annual amount on to the next owner, or settle up at closing. The amount may also be paid off in full at any point, without penalty.

It's a safe and sensible way to modernize your property and save on utility bills and property insurance. For more information, check out PACE's Evest Florida website at www.EvestFlorida.com or call (866) 558-3180.



Introducing Tamarac Gift Cards

Coming soon to a Parks and Recreation location near you: Tamarac gift cards. The cards, in denominations of \$25 and \$50, can be used for the City's long list of recreation programs at the Community Center, Aquatic Center and Recreation Center.

Buy one for yourself; buy one for your children or grandchildren.

They never expire and can easily be reloaded.



BSO Tamarac Insurance Roundup

BSO Tamarac's District Office served as the headquarters for Broward's Fraudulent Insurance Verification Operation. It enabled law enforcement officers throughout the county to be proactive in the fight against vehicle insurance fraud.

Agents from 28 different insurance companies relayed verification information to road deputies in real time during traffic stops. Under Florida law, anyone who presents fraudulent proof of insurance commits a third degree felony.



New Non-Emergency Phone Number

Broward County has a new number to call for non-emergency police and fire situations: (954) 764-HELP (4357).

But remember to call 911 when you need immediate assistance to save a life, stop a crime or report a fire.

Woodmont Joins BSO/Tamarac

Woodmont residents have joined with BSO/Tamarac for a new Citizen Observer Patrol (COP) initiative. It's a volunteer program that teams residents with the Sheriff's office to stop crimes before they are committed. The Woodmont COPs will patrol their community in specially marked cars, looking out for suspicious activity and offering assistance to local residents.



Planning For Tomorrow

Better regulations, better development, better Tamarac! You're invited to join the conversation.

What's important for high quality development in our City? What changes are needed in our Land Development Regulations and Comprehensive Plan to better enable us to revitalize the community? Hear from our team and share your thoughts and concerns at this important workshop and open house.

Date:
Tuesday, January 13

Where:
Tamarac Community Center
8601 West Commercial Boulevard
(Ballroom)

Time:
6 – 8 p.m.

Questions? Call (954) 597-3530.

Tamarac's New Turf Field



The sun broke through and a great crowd turned out for the ribbon cutting at the new synthetic turf field at the Tamarac Sports Complex.

It was a very special moment when a plaque was unveiled honoring the memory of Brandon Myrick of the Tamarac Cougars.



9/11 Memorial

A beautiful ceremony marked the unveiling of the addition to Tamarac's 9/11 memorial. Designed by the Public Art Committee, it features a piece of limestone from the Pentagon in Washington, D.C. and shale from the Flight 93 memorial in Shanksville, PA.

Our special guest was Tamarac resident and 9/11 survivor Rosemarie Quiros. As a paramedic for the New York City fire department, she was a first responder at Ground Zero and narrowly escaped the collapse of the second tower. She worked at the site for the next three months, in addition to her regular shift.

Rosemarie asked that we always remember to "Hug your family every day and be grateful that you're alive."





Tamarac is exploring ways to honor the City's veterans at Veterans' Park. If you would like to find out more, please contact the Tamarac Historical Society at history@tamarac.org or (954) 597-3629.

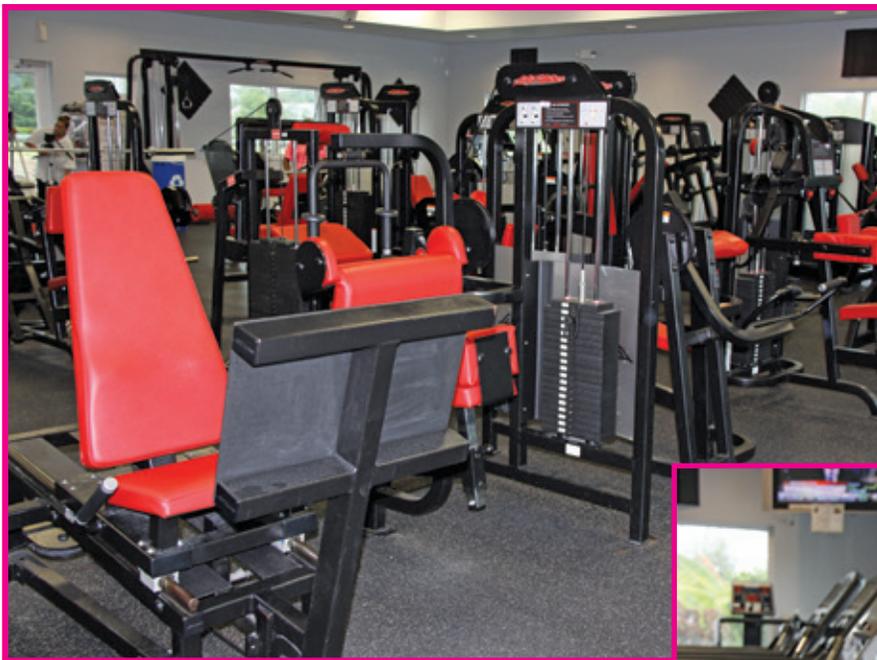
New Year, New You!

Start your journey to a healthier you at the Tamarac Fitness Center. We have a variety of free weights, life fitness machines, treadmills, elliptical cross trainers, stationary bikes and more. The Fitness Center offers a non-competitive workout environment with a great view of our competitive pool. If this is your first visit, our qualified staff will show you around and help you become familiar with the equipment. Whether your goal is to tone, strengthen, increase

flexibility or improve cardiovascular health, you can reshape your future in the friendly atmosphere of the Tamarac Fitness Center.

Take advantage of our new, lower rates. If you purchase an annual membership by February 1, 2015, you'll receive an extra month free. That's 13 months toward a new you! And, if that's not enough, the first 200 people to sign up for a membership in 2015 will receive a free "Everyday Wellness" 2015 Monthly Planner.

We offer a full array of membership options, so stop by and check it out. The Tamarac Fitness Center is located at 9300 NW 58th Street. Contact us at (954) 597-3660 or visit www.tamarac.org for more information.



MEMBERSHIP FEES:

Adult Annual Fitness Membership.....	\$150
Senior/Military/Vets Fitness Annual Membership	\$135
Teen Fitness Annual Membership (16-17 yrs. old) ...	\$95

IN MEMORIAM

It is with great sadness that we note the passing of Gertrude Mishkin, who served on the Tamarac City Commission from 2001-2003.

TURKEY TROT 5K RUN



PARKS & RECREATION



More than 1,600 people took part in the 34th annual Tamarac Turkey Trot. The overall winners were Nicholas Palermo and Marlene Person.

DISCOVERY

Discover the Benefits of Tamarac Parks and Recreation



Playability

The extent to which a city makes it easy for all kids to get balanced and active play

#playability

Tamarac Parks and Recreation e-Newsletter

The Parks & Recreation Department now has a monthly e-Newsletter! P&R e-News highlights department 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.

Holiday Lighting Festival



FITNESS CENTER

We invite you to visit the Tamarac Fitness 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 Fitness Center today at 9300 NW 58th Street, contact us at (954) 597-3661 or visit our website at tamarac.org/parks.

FITNESS MEMBERSHIP FEES:

Adult Annual Fitness Membership	\$150
Senior/Military/Vets Fitness Annual Membership.....	\$135
Teen Fitness Annual Membership (16-17 yrs. old).....	\$95

PERSONAL WEIGHT TRAINING SESSIONS ARE AVAILABLE BY APPOINTMENT.

1 person individual session.....	\$40	per session
2 person shared session	\$25	per person per session
3 person shared session	\$20	per person per session

FACILITY LOCATIONS

Caporella Aquatic 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 and enjoy its many amenities, including a 25-meter heated swimming pool with zero depth entry and slide, children's water playground, 3,000 sq.ft. fitness room, locker rooms and picnic tables.

POOL HOURS:

Weekdays:	Pool: 10:00 am – 6:00 pm
	Slide and Sprayground: 2:30 pm – 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:	December, January and February

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

LAP SWIMMING

Every day: 10:00 am – 6:00 pm

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, (4-week session)

AQUA ZUMBA

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

When:	Tuesdays, 6:00 pm – 6:45 pm
Fee:	Residents: \$15, Non-residents: \$20, (4 week session)

TAMARAC SWIM TEAM

Tamarac Swimming offers a competitive swim team program for children ages 5-13 and a United States Masters Swimming program for adults ages 18-90 at the Caporella Aquatic Complex, 9300 NW 58th Street. Free tryouts on Saturdays at 10:00 am. For additional details and pricing contact Coach Marty Grady at (954) 805-6512 or email tamaracswimming@gmail.com.

**Coming Soon!!! – Junior Lifeguard training for ages 8-15.
Call (954) 597-3660 for details.**



YOUTH RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Location	Session
Basketball Fundamentals	Wed.	6:00 - 7:00 pm	8 - 13 yrs.	\$30/\$40	Multi-Purpose Center	4-week
Cartooning Class	Sat.	10:30 am - 12:00 pm	10 yrs. & up	\$40/\$50	Recreation Center	4-week
Fashionista	Sat.	12:30 - 1:15 pm	6 - 14 yrs.	\$40/\$50	Recreation Center	4-week
Gymnastics	Thurs.	6:00 - 6:45 pm	5 - 12 yrs.	\$45/\$55	Recreation Center	4-week
Hip Hop/Cheerleading/Tumbling	Sat.	11:00 am - 12:00 pm	5 - 12 yrs.	\$45/\$55	Recreation Center	4-week
Imagination Mornings	Wed.	10:00 - 10:45 am	2 - 4 yrs.	\$20/\$30	Recreation Center	4-week
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 14 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
Krafty Kids	Mon.	10:00 - 10:45 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.	\$45/\$55	Recreation Center	4-week
Lil Sprouts Cooking	Tues.	10:00 - 10:45 am	2 - 4 yrs.	\$20/\$30	Recreation Center	4-week
Taekwondo (Advanced)	Tues. & Thurs.	5:30 - 8:30 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
Wing Chun	Mon. & Wed.	6:30 - 8:00 pm	10 yrs. & up	\$80/\$90	Recreation Center	4-week

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>

SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless otherwise noted. Call the Information and Referral line at (954) 597-3642 for more information on social service programs that may be available in Broward County.

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 (954) 370-2140. The group meets the 1st and 3rd Tuesday of each month at 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. Get help applying for federal programs such as Medicaid, Food Stamps, and temporary Cash Assistance. Free for Tamarac residents; by appointment only. Please call (954) 720-2485 to set up your free sessions. A partnership with Monarchcare Inc., a non-profit social services agency.

INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. Please call our counselors, Lola at (561) 318-1935 or Lakshmi at (954) 655-7040, to make an appointment. Please leave your name and phone number and your call will be returned within 24 hours.

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.

TAMARAC EXPRESS SHUTTLE

To register for Para-transit 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. Take a ride on our Express Shuttle every 2nd Thursday of the month to the following stops: Coral Square Mall, Whole Foods, Sam's Club, Doris Italian Market & Bakery, Michaels and Panera Bread. Bus loads at Tamarac Community Center at 10:00 am. Shuttle connects to Red Route and Red Extension route. \$1.00 roundtrip fee. No sign up required.

SERVICES/GROUPS

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

POSITIVE ADJUSTMENT GROUP

Learn coping skills on how to adjust to life changes including losing a loved one, health, daily living activities, moving, etc. A licensed mental health therapist will facilitate this important group for all seniors.

When: Every Monday, 10:30 am – 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 or hard of hearing. Please call Social Services at (954) 597-3642 for information.

When: Call for dates

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 at 9:00 am

FREE EYEGLASS REPAIR PROGRAM

When: Tuesday, 10:00 am – 12:00 pm

SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

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

Topics: To be announced

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.

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 January 5th. The league is for boys and girls ages 5-14 years old. Season begins in March and concludes in May. Space is limited. Volunteer coaches are needed.

Fee: Residents: \$85, Non-Residents: \$95

ADULT FLAG FOOTBALL

Registration for Adult Flag Football begins January 20th. The league is for adults 18 and older. Season begins in March and concludes in May. Space is limited. Volunteer coaches are needed. Fee: \$400 per team

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

Fall Baseball, Youth Flag Football, Youth Soccer, Youth Basketball, Men's Basketball, Co-Ed Softball, Adult Kickball, and Adult Flag Football.

Tamarac Cougars Football Teams and Cheerleading Squads announce their first registration dates for the 2015 season: January 31st and February 28th! More information at www.tamaracfootball.com.

Men's Soccer: (786) 367-0972

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

Youth Football/Cheerleading: (954) 721-5131

ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Location	Session
Aerobic Cycling	Mon. Tues. Thur. Sat.	7:15 - 8:15 pm 7:15 - 8:15 pm 6:00 - 7:00 pm 8:30 - 9:30 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
Line Dancing	Wed.	6:00 - 9:00 pm	18 & over	\$7/\$8	Community Center	Per Class
Mixed Art	Wed.	9:30 - 11:30 am	18 & over	\$30/\$40	Recreation Center	4-week
Pottery Studio	Tues.	6:00 - 8:30 pm	16 & over	\$40/\$50	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
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 am 7:15 - 8:30 pm 1:30 - 4:00 pm	16 & over	\$5/\$6	Multi-Purpose Center	Per Class
Zumba	Wed. or Fri.	7:00 - 8:00 pm	13 & over	\$25/\$35 \$32/\$42 \$35/\$45 \$6/\$7	Community Center	4 Classes 6 Classes 8 Classes Per Class

RECREATION CENTER FITNESS SCHEDULE

Boot Camp	Mon.	6:00 - 7:00 pm	Where: Tamarac Recreation Center			
Pilates & Yogalates	Sat.	9:30 - 10:30 am	Fee: Residents: \$6, Non-residents: \$7 per class			
Total Fitness Training	Tues. & Thurs.	6:00 - 7:00 pm	Residents: \$52, Non-residents: \$62 for 10 classes			
Zumba Fitness	Mon. & Wed. Tues. Wed. Thurs. Sat.	7:00 - 8:00 pm 9:30 - 10:30 am 11:00 am - 12:00 pm	Residents: \$126.50, Non-Residents: \$176.50 - Annual membership			

COMMUNITY CENTER FITNESS SCHEDULE

Body Sculpting	Thurs. & Fri.	6:00 - 7:00 pm	Where: Tamarac Community Center			
Boot Camp	Wed.	7:00 - 8:00 pm	Fee: Residents: \$6, Non-residents: \$7 per class			
Kickboxing	Mon.	6:00 - 7:00 pm	Residents: \$42, Non-residents: \$62 for 10 classes			
Pilates	Mon. & Thurs.	7:00 - 8:00 pm	Residents: \$152, Non-residents: \$202 - Annual membership			
Strength Training Aerobics	Wed.	6:00 - 7:00 pm	Senior Resident: \$122, Senior Non-Resident: \$152 Annual membership			
Turbo Kickboxing	Tues.	7:00 - 8:00 pm				
Weights with Will	Tues.	6:00 - 7:00 pm				
Yoga	Mon. Thurs. Sat.	5:30 - 6:30 pm 7:00 - 8:00 pm 9:30 - 10:30 am				

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

TAMARAC COMMUNITY FARMERS MARKET

The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles, and other artisanal goodies. Meet the producers and sample their locally prepared, all natural products.

Where: Veterans' Memorial Park,
7825 Southgate Boulevard

When: Every Sunday, 9:00 am – 2:00 pm

FOOD TRUCK HUMP DAYS

Where: Tamarac Park, 7501 N. University Drive

When: Every Wednesday, 5:30 pm – 9:30 pm

PREVENTATIVE HEALTH AND WELLNESS EXPO

The City of Tamarac and Tamarac Chamber of Commerce present a free community-wide event. The Expo will include health and wellness vendors offering 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 7th, 9:00 am – 12:00 pm

CONCERT IN THE PARK

Join us for a live outdoor performance, bounce house for the kids and food trucks offering a variety of food and snacks for the evening.

Where: Tamarac Sports Complex,
9901 NW 77th Street

When: Friday, March 13th, 7:00 pm – 9:00 pm

COMMUNITY GARAGE SALE

Where: Tamarac Park, 7501 N. University Drive

When: Saturday, April 11th, 7:30 am – 12:00 pm

ARTIST OF THE MONTH EXHIBIT

Visit the Tamarac Community Center to view the exhibits.

January: Noel Morales - Life in Puerto Rico

February: African American Display – Black History

March: Susan Buzzi - Life in Photos

SHOW YOUR TALENT!

Calling all local artists! Show off your creativity and share your love of art with the residents of Tamarac. If you're 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 target audience. Partnering with the City of Tamarac provides you with an avenue to promote your business and increase 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: LION KING

When: Thursday, January 15th,
Bus leaves at 4:30 pm and returns at 11:00 pm

Fee: Residents: \$85, Non-Residents: \$95

SLOW BURN THEATRE: BONNIE & CLYDE

When: Thursday, January 29th,
Bus leaves at 5:00 pm and returns at 11:00 pm

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

ACTOR'S PLAYHOUSE: RAGTIME THE MUSICAL

When: Thursday, February 12th, Bus leaves at 4:00 pm and returns at 11:00 pm

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

BROWARD CENTER: TONY N' TINA'S WEDDING

When: Thursday, February 19th,
Bus leaves at 5:00 pm and returns at 10:00 pm

Fee: Residents: \$70, Non-Residents: \$80

BROWARD CENTER: MOTOWN THE MUSICAL

When: Thursday, February 26th, Bus leaves at 5:00 pm and returns at 10:00 pm

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

BROWARD CENTER: THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

When: Thursday, March 12th, Bus leaves at 6:00 pm and returns at 10:00 pm

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

WICK THEATRE: MAN OF LA MANCHA

When: Thursday, March 19th, Bus leaves at 4:30 pm and returns at 11:00 pm

Fee: Residents: \$70, Non-Residents: \$80

ADRIENNE ARSHT CENTER: WICKED THE MUSICAL

When: Thursday, March 26th, Bus leaves at 4:15 pm and returns at 11:00 pm

Fee: Residents: \$95, Non-Residents: \$105



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 more than 40 different activities, programs and services per week, there is truly something for everyone. The Senior Program has more than 900 members who participate in activities such as Jazzercise, painting, line dancing, Scrabble, pickleball, volleyball, chair yoga, and much more.

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

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, Pickleball

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



CITY OF TAMARAC
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GET YOUR BODY AND YOUR WALLET IN SHAPE

Take advantage of the new, lower rates at the Tamarac Fitness Center. And, if you purchase an annual membership by February 1, 2015, you'll get an extra month free. That's 13 months toward a new you!



To find out more about the options available,
call us at **(954) 597-3660**, visit www.tamarac.org
or stop by the **Tamarac Fitness Center at 9300 NW 58th Street.**