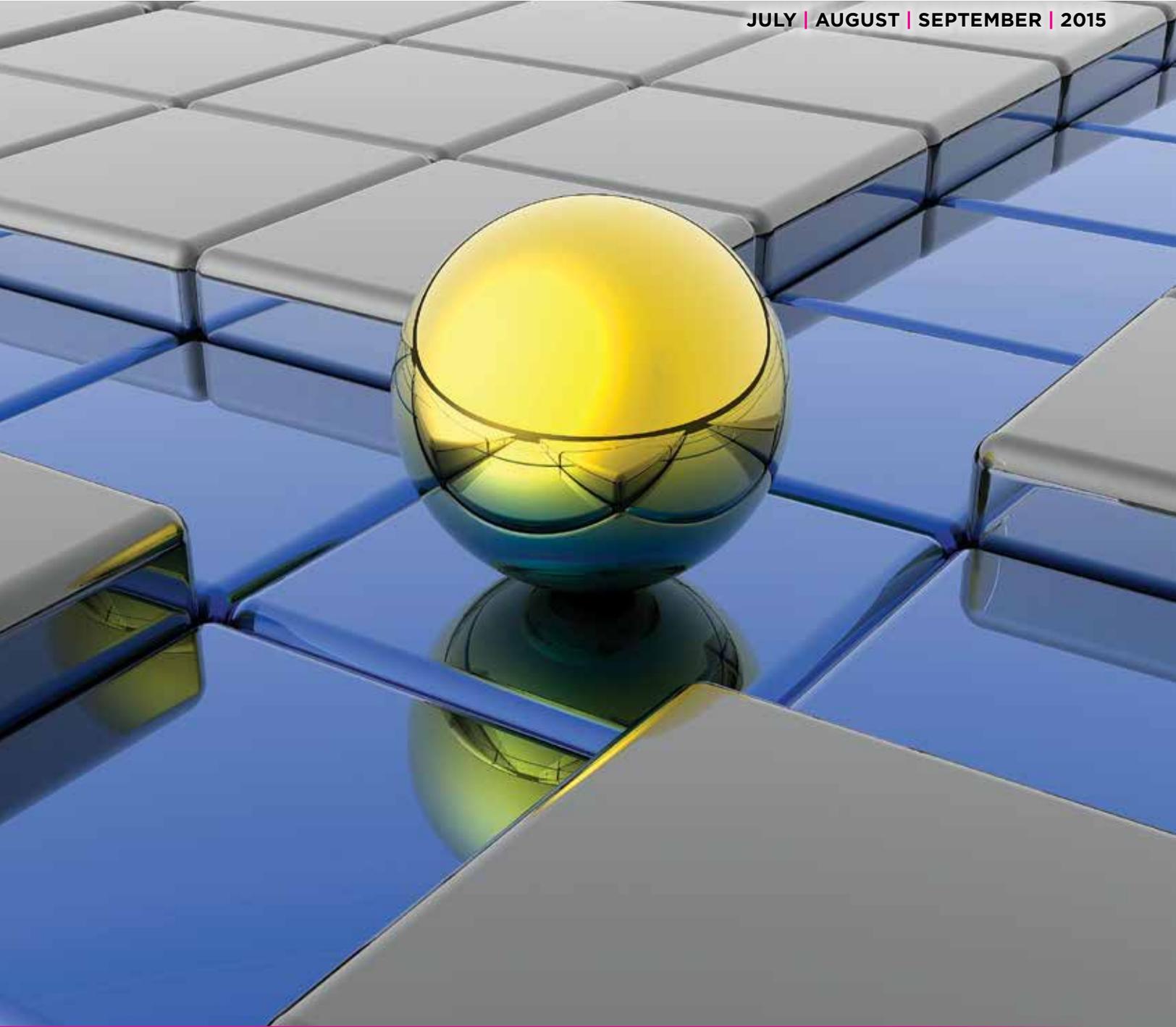


TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JULY | AUGUST | SEPTEMBER | 2015



CHOICES AND DECISIONS

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:

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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.

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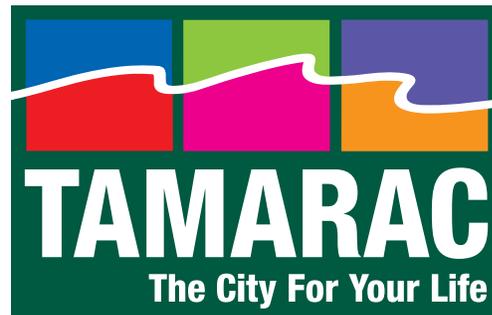
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IMPORTANT NUMBERS

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 (Non-Emergency)	(954) 597-3800	Utilities (Water)	(954) 597-3750
Citizen Hotline	(954) 718-1800	Florida Power & Light	(954) 797-5000	Billing Inquiries	(954) 597-3590
(Activated During Emergencies)		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	(Also used for afterhours Utilities emergencies.)	
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 (Non-Emergency)	(954) 720-2225		

Choices and Decisions

Admit it, every once in a while you hear of a City initiative and ask yourself “What are they thinking?” You may wonder why staff is recommending a course of action or why they’re suggesting we explore certain options. The answer is pretty simple: to help focus on the choices and decisions which need to be made in order to plan for Tamarac’s future.

As Mayor Dressler noted in his State of the City address, Tamarac is undergoing a resurgence. There’s a gradual rise in property values: housing values in general were up over 8% last year. New homes are selling quite well and major businesses are choosing to call Tamarac home. Fitch, the global credit rating agency, has reaffirmed both the City’s utility system and stormwater debt bonds as “AA”, noting Tamarac’s strong financial profile. BSO Tamarac reports that the overall crime rate dropped again last year, bringing it to the lowest level in the City since 2003.

As you’ll read elsewhere in Tam-A-Gram, through the combined efforts of a Fire Rescue department-led citywide initiative, Tamarac has earned the top Insurance Services Office (ISO) fire protection rating possible. That’s a significant achievement which can also mean substantial savings on property insurance for residents and businesses. And Forbes has once again ranked our City as one of the Top 25 suburbs in which to retire, based on affordable home prices and a lower cost of living. These same attributes have also made Tamarac attractive to a wider demographic, which is why the median age in the City is now 47.

None of this just happens. It requires careful planning and analysis of current

and future needs, as well as ways in which to meet those needs.

The City made a calculated investment in Tamarac’s future through the Fire Rescue fee, confident that the resources it provided would help fund a comprehensive effort across City departments that has resulted in long-term benefits for residents and businesses alike. Much prep work and strategic planning is done on a regular basis because it’s the responsibility of City staff to fulfill the Commission’s vision for the future.

Whether the discussion is about providing options when it comes to schools, finding ways to work with homeowner associations to improve offerings in their clubhouses, or initiatives to ensure that Tamarac remains a safe City, it all starts with making choices. Those choices lead to well-reasoned decisions. So, the next time you ask yourself “What are they thinking?” know that we’re thinking about what’s best for Tamarac – now and well into the future.



New Fire Stations Coming to Tamarac

Tamarac Fire Rescue strives to respond to emergency calls within eight minutes or less, at least 90% of the time. To maintain this excellent response rate in every part of the City, and to keep up with growing needs as new communities are built, Tamarac is replacing Fire Station 78 as well as building a new one, the future Fire Station 36.

The demolition and rebuild of Station 78, located on Commercial Boulevard near the Turnpike and originally built in 1978, will start later this year. It should take 18-24 months to complete. The new, 9,300 square foot building will be hurricane rated, and more than 35% larger than the existing building. A triage area to treat walk-in patients will be added. Importantly, the new building will be reoriented so that the trucks come in

and out onto 47th Terrace, resolving safety concerns about exiting onto busy Commercial Boulevard.

Plans are also moving forward for future Fire Station 36, to be located in the 7200 block of University Drive. Its primary response area will be along the University Drive corridor from Commercial Boulevard to Southgate Boulevard and the surrounding neighborhoods. The department will first establish a temporary station at this location, which should be operational late this summer. The permanent station is expected to be completed in the spring of 2017.

These stations will enable Fire Rescue to maintain the community's safety, and a level of service which is second to none.

Rendering of Fire Station 78.



From Good to Great: Tamarac Fire Rescue Achieves Top Rating

Tamarac Fire Rescue has made the jump from good to great, achieving an ISO Class 1 rating for fire protection. ISO Class 1 is the best possible ranking from the Insurance Services Office (ISO) which monitors 48,000 fire departments across the country. Less than 1% of fire departments accomplish this, and Tamarac Fire Rescue was only the 102nd to do so.

The City improved its rating by focusing on fire prevention, water supply, communications, equipment, training and public outreach initiatives. It required Fire Rescue to work closely with other City departments, and even neighboring cities. Some improvements resulted from hard work and smart planning, such as negotiating automatic aid agreements and improved training processes. Other initiatives such as enhancements to the department's equipment and fleet, required a significant investment.

All these improvements were made possible by good planning, including the decision five years ago to increase the fire assessment fee. This ensured Fire Rescue had the needed capital to provide the best possible level of safety and service.

The fees were an investment in the safety of the community, which is now paying off. The new fire protection rating underscores the increased safety in Tamarac, which is the ultimate goal. It can also translate into reduced insurance rates for residents, and significantly improved rates for local businesses, because companies use ISO ratings when determining coverage and rates.

The new rating demonstrates the City's focus on continuous improvement to maintain a vibrant community. It also makes Tamarac an even more attractive destination for businesses, supporting future growth and development.



Hurricane Season Is Here - Are You Ready?

While everyone hopes the predictions for a quiet 2015 hurricane season come true, take the necessary steps now to prepare should there be a major storm this year. Here are some tips to help protect people and property this hurricane season.

PROTECTING PEOPLE

Stock Up: Whether you plan to stay or evacuate during a hurricane, make sure you have supplies to sustain all your dependents, including pets, for at least three days. The supply list accompanying this article is a great place to start. When a storm is threatening, place important documents like insurance papers in a waterproof container, withdraw cash for use after the storm, and fill your gas tank.

If You Stay: Make your house as safe as possible. Identify a safe room – ideally one without windows – that you can withdraw to, if needed, during a storm. Don't use candles or open flames as light sources. After the storm, watch out for downed power lines and other hazards.

If You Go: Tamarac is not in the mandatory evacuation zone. However, if you choose to evacuate, plan in advance where you will go. Broward County has 14 designated American Red Cross general population shelters, listed at www.broward.org/hurricane. It also has Special Needs Shelters for people with medical conditions requiring special care, and paratransit evacuation transportation. Contact (954) 357-6385 to learn more. If you evacuate, leave early enough to avoid traffic. Do not leave pets home alone.

PROTECTING PROPERTY

At the beginning of hurricane season, check your homeowners and flood policies to make sure they are up to date, that you don't have any coverage gaps, and that you understand your deductibles. And, ensure that your home is structurally safe.

Roof Readiness: Well before a storm threatens, have your roof inspected. Consider adding hurricane straps for additional strength. Truss bracing and gable end bracing can also strengthen gable-style roofs.

Window Protection: Make sure you have protection for windows and all glass entries, including sliding glass doors. There are a variety of manufactured shutters to choose from, and impact resistant glass can also offer good protection. If you need help installing shutters, plan for that in advance.

Door Check: Check to see if your doors are impact rated. Garage doors are of particular concern, and can be reinforced with retrofit kits if needed.

FEMA publishes a guide with more detailed information on these and other tips to protect your home. It's available online at www.fema.gov.

Yard Prep: Trim your trees and bushes at the beginning of hurricane season and keep your yard free of loose branches and debris. When a storm is imminent, clear your yard, patio and/or balcony of items that can become airborne missiles during a storm, including garbage cans, patio furniture, yard decorations and potted plants.

ADDITIONAL TIPS FOR CONDO OWNERS

- Review your association's management plan to understand the association's and the unit owners' responsibilities.
- Check your association's requirements before purchasing window protection.
- If you stay home during a storm, make sure to locate the exit stairwell nearest to your unit.
- Be aware that wind is stronger at higher elevations.



RECOMMENDED HURRICANE SUPPLIES

- Water— At least a 3-day supply; one gallon per person per day
- Food— At least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Radio - Battery-powered or hand-crank (NOAA Weather radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Extra set of car keys and house keys
- Extra clothing, hat and sturdy shoes
- Rain gear
- Insect repellent and sunscreen
- Camera for photos of damage

Source: American Red Cross,
<http://www.redcross.org/prepare/disaster/hurricane>

Flood Insurance Cost Savings

Did you know that all Tamarac properties may be eligible for cost savings on flood insurance, whether they are in a flood zone or not? Check with your insurance company.

Tamarac properties within a flood zone are eligible for a 20% discount, thanks to Tamarac's Class 6 CRS rating by the National Flood Insurance Program (NFIP).

Properties outside a flood zone are eligible for lower cost Preferred Risk Policies. As a result of the changes in Tamarac's flood zone designations last year, more than 60% of the properties in the City are no longer in a flood zone. While flood insurance is not mandatory for them, it is still recommended. Why? Consider these facts:

- Homeowners insurance does not cover floods.
- Floods are the most common natural disaster.
- More than 25% of the NFIP's flood insurance claims are for structures outside identified flood plains.
- Federal disaster aid is often a loan that must be paid back with interest.
- Hurricanes don't have to be strong to cause flooding. In 1999, without a direct hit, Category 1 Hurricane Irene caused significant local flooding.
- There is a 30-day waiting period before flood insurance coverage goes into effect.

Not sure what flood zone you're in? Contact the Building department at (954) 597-3420 for flood zone determination.

For additional information on flood insurance requirements, go to www.floodsmart.gov.

Rehab Assistance for Home Repair

Does your house have a health or safety deficiency, or a code violation that you can't afford to address? If you meet Tamarac's Home Rehabilitation Program criteria, you have a chance to receive a deferred loan for your repair. Program participants will be selected through a random drawing. Here's how the process works:

- Eligibility is based on household income (see chart). In addition, the applicant must own the home, which must be in Tamarac and has to be the applicant's primary residence. There can be no open violations or liens on the property other than the first mortgage, and the applicant must be able to verify income and assets. Finally, a loan recapture agreement must be signed to be considered.
- Open enrollment for the program is from August 17 – 28 only, after which staff will randomly draw ten names at a time until funds are exhausted. To learn more, contact the Community Development department at (954) 597-3549.
- If you make the repairs and stay in the home, the loan

is forgiven after ten years. If you sell or transfer ownership in the first five years, you must pay back 100% of the loan. Starting in the sixth year, 20% of the loan is written off each year.

FAMILY SIZE	MAXIMUM HOUSEHOLD INCOME
1	\$38,650.00
2	\$44,250.00
3	\$49,800.00
4	\$55,300.00
5	\$59,750.00
6	\$64,150.00
7	\$68,600.00
8	\$73,000.00



Topics Set for HOA Liaison Seminars

The City's HOA Liaison Seminars for board members of homeowner associations have been scheduled through the end of the year. All meetings are at the Tamarac Community Center, starting at 6:30 pm.

DATE	TOPIC	SPEAKER
August 18th	Committees	Attorney Jane Bolin
November 17th	Elections	Law firm of Katzman Garfinkel

To register, or for more information, contact (954) 597-3549.

Tamarac COPs are Tops



The City Commission declared April Tamarac Citizen Observer Patrol month in appreciation for all that they do. Tamarac's COP program currently boasts more than 400 members who help BSO Tamarac keep our City safe and our crime rates low. *Congratulations to all!*



Woodlands



Mainlands



Kings Point



Lakes of Carriage Hills



Westwood



West Mainlands

New HOA Recreation Liaison Program

Tamarac is launching an exciting program to help communities offer additional recreational activities. At this workshop, HOA board members and property managers will learn what resources and partnerships the City is offering for cost-effective programs.

**HEALTH AND RECREATION
PROGRAM WORKSHOP**

**Tuesday, August 25th, 6:30 – 8:30 pm
Tamarac Community Center**



Woodmont

Volunteer Opportunities in Tamarac

One of the great things about Tamarac is that so many residents volunteer their time and talent to help others. We can always use extra hands to help, eyes to watch, ears to listen and hearts to care. Our volunteers help make Tamarac a vibrant, inclusive community. If you would like to get involved, here are some opportunities to consider:

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

CERT volunteers complete a four day training program in emergency response for large and small emergencies that includes: crisis management, first aid and injury control, basic search and rescue, fire extinguisher training and more. Members also participate in advanced training and exercises, as well as City events. For more information on this program, contact (954) 597-3805.

CITIZEN OBSERVER PATROL (COP):

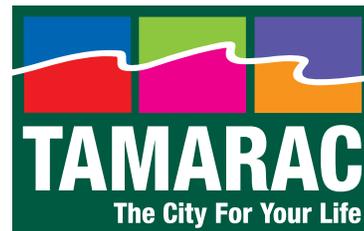
The Broward Sheriff's Office COP program trains volunteers to help fight crime by

patrolling their communities and reporting suspicious activity or potential hazards to BSO to investigate. Contact BSO Tamarac at (954) 720-2225 for more details.

PARKS AND RECREATION

Tamarac's Parks and Recreation department recruits volunteers for the Community Center and Aquatic Complex, office help for Fire Rescue, and event volunteers. Contact (954) 597-3642 to learn more. Sports league volunteers (e.g. coaches, scorekeepers) are also needed. To find out more, call (954) 597-3634.

Tamarac teens can volunteer at events and attain service hours for school through the Teen Club. For more information, call (954) 597-3674.



Volunteer of the Quarter



Taravella High School student Alexis Bonadonna joined Tamarac Fire Rescue's Cadet Program in 2014. This aspiring firefighter paramedic has not only accumulated more than 300 volunteer hours through training and event participation, but recently earned an additional 60 hours of volunteer time by assisting fire inspectors, helping with office work, and processing CodeRED applications for Emergency Management.

Her commitment and hard work are truly appreciated. We look forward to continuing to work with Alexis, and supporting her career development.

Congrats to TU Class of 2015



Congratulations to Tamarac University's Class of 2015. This free, six week program is hosted by the City every spring, and gives a behind-the-scenes look at local government and public service. For more information, visit www.tamarac.org.

State of the City

Mayor Harry Dressler's annual State of the City address highlighted Tamarac's resurgence, including rising property values and an attractive new home market, as well as an influx of major businesses. He credited sound strategic planning and fiscal responsibility which have enabled us to plan for the City's evolving needs, while keeping the millage rate stable. And, he noted, more people are realizing what some have known for years: Tamarac is truly The City For Your Life.



Utilities Customers: We're Always Here for You

The City of Tamarac is available 24 hours a day to respond to utilities emergencies. If a situation arises which requires immediate attention, simply give us a call.

- During regular business hours (Monday-Friday, 7 am - 5 pm) call Utilities at (954) 597-3750
- After-hours, on weekends or holidays call the Water Treatment Plant at (954) 597-3775

You'll either be connected directly to staff or with voicemail. The voice mailbox is monitored regularly so please leave a message, including your contact information. Someone will respond within 60 minutes or less.

Hopefully the need will never arise but if it does, know that we're always here for you.

Focus on Fitness

"The Greatest Wealth is Health". -Virgil

How much exercise do you need for good health? The U.S. Department of Health and Human Services recommends muscle strengthening twice weekly, and 75 – 150 minutes of aerobic activity per week (depending on intensity). This recommendation is for adults (including those over 65) who have no limiting health conditions and are generally fit.

Most people miss that mark, according to a study by the Centers for Disease Control and Prevention that found only one in five adults meet the federal government's physical activity recommendations.

If you would like to amp up your exercise routine, Tamarac provides resources and activities to support physical wellness as part of our commitment to enhance the community's quality of life.

One such resource is the Fitness Center, which offers a convenient, affordable workout facility where you can feel comfortable, no matter your level of fitness. It features a variety of equipment and machines including elliptical cross trainers,

life fitness weight machines, treadmills, stationary bicycles, recumbent lifecycles, free weights and more. The convenient hours of operation allow you to work out most any time of day.

Perhaps the most important feature of the Fitness Center is its welcoming, non-competitive environment. The friendly staff will show you how the equipment works and, for an additional fee, a personal trainer will help you get started.

Regular exercise is important for good health. If you are ready to make it part of your lifestyle, check out the Fitness Center at the Caporella Aquatic Complex, 9300 NW 58th Street. You can call (954) 597-3660, or visit www.tamarac.org for more information.

When starting a new exercise program, it's always a good idea to consult with a doctor; this is especially important for people with chronic health conditions. To avoid injuries, start slowly and gradually increase the intensity and duration of your activity until you reach your goals.

FITNESS CENTER MEMBERSHIP FEES

	Annual	Six Month	Three Month
Adult	\$150	\$85	\$45
Senior/Military/Veteran	\$135	\$75	\$40
Teen (16-17 yrs old)	\$95	NA	NA
Teen (13-15 yrs old)	\$65	NA	NA



FITNESS CENTER HOURS

Monday-Thursday	6:30 am – 9:00 pm
Friday	6:30 am – 8:00 pm
Saturday	7:30 am – 6:00 pm
Sunday	7:30 am – 4:00 pm



Hall of Fame Awards Ceremony July 13

The Tamarac Historical Society is hosting its Second Annual Hall of Fame Awards Ceremony and Sixth Anniversary Celebration on Monday, July 13th, where it will honor individuals who have given their time and effort to make a difference in the City.



Broward County's Vice Mayor and District 1 Commissioner Martin Kiar will be the featured speaker, addressing "Broward County: Then and Now." Additionally, Tamarac resident and photo-documentarian Susan Buzzi will preview the Inside/Out program "This is Tamarac" photo exhibit, which is part of the Broward 100 celebration.

Registration is required for this event, which will take place from 2:00 - 4:00 pm at the Tamarac Community Center. To RSVP, email the full names of all attendees, with a contact telephone number, to history@tamarac.org. You will receive a reply confirming your reservation. Or, call (954) 597-3629.

Calling all Veterans

The City is exploring ways to honor our veterans at Veterans' Park. If you would like to learn more about this project and its progress, email your information to the Historical Society at history@tamarac.org or mail it to 6001 Nob Hill Rd, Tamarac, FL 33321. You can also bring the information to the Clerk's Office at City Hall, or drop it in the Tamarac Historical Society mail box at the Tamarac Community Center.

Information needed:
name, rank, branch of service, years of service, current address, phone number and email.

This initiative will provide another way for Tamarac to say "thank you" for your service to our country.



Memorial Day Tribute



A beautiful Memorial Day tribute honored those who gave their lives to protect our freedom. Keynote speaker Richard Crusan, Public Affairs Specialist, U.S. Southern Command addressed the crowd as did the City's "What Memorial Day Means to Me" essay contest winners: Maggie Majeski of Tamarac Elementary School, Sophia Lopez-Garzon of Challenger Elementary School and Aiden Evans of Renaissance Charter School.

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 and Recreation Department's monthly e-newsletter, called P&R e-News, highlights department happenings including events, trips, classes and services.

To subscribe, sign up online at:

www.tamarac.org

click the "Notify Me" tab in the left column and click the "Online Newsletter" box.



CAPORELLA AQUATIC COMPLEX

Visit the Caporella Aquatic Complex and enjoy its many amenities including a 25-meter heated swimming pool with zero-depth entry, a slide and children's water playground. The complex also offers a 3,000 square foot fitness center, locker rooms and picnic tables. Please call (954) 597-3660 for Aquatic Complex admission fees and rental information, or for additional information on the classes and lessons listed below.

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

**Summer hours of 10:00 am – 6:00 pm in effect from June 15th to August 22nd*

SWIM LESSONS

Ages 3-5: Parent-Tot and Tot-only options available

Ages 5 & over: Levels 1 and 2

Ages 18 & over: Adult Level 1

When: Call for days and times

Fee: Residents: \$45; Non-residents: \$55

PROACTIVE ARTHRITIS WATER EXERCISE CLASS

When: Monday and Wednesday,
10:00 am – 11:00 am,
(July and August, 9:00 am – 10:00 am)

Fee: Senior Program Members: Free;
Others: \$2/Class

WATER AEROBICS

When: Tuesday and Thursday,
6:00 pm – 6:45 pm

Fee: Residents: \$45; Non-residents:
\$55 (Four week session)

TAMARAC SWIM TEAM

Tamarac Swimming offers a competitive swim team program for children aged 5 – 18, and a masters program for adults aged 18 – 90. The programs are held at the Caporella Aquatic Complex. Free tryouts are held Monday through Thursday, any time between 5:00 pm – 7:00 pm. Tamarac Swimming is offering a second month FREE when you try out and sign up for a month. Rates start as low as \$50/month.

For additional information please email tamaracswimming@gmail.com or visit tamaracswimming.com.



FACILITY LOCATIONS

Caporella Aquatic Complex

9300 NW 58th Street

Caporella Park

5200 Prospect Road

Gary B. Jones Park for People and Pups

8101 Southgate Boulevard

Mainlands Park

4500 Monterey Drive

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 Tam-A-Gram, please contact Tamarac Parks and Recreation at (954) 597-3620. Times and locations may be subject to change without notice.

ATHLETIC LEAGUES

The following sports leagues are offered in the City of Tamarac. Registration is available at the Tamarac Community Center.

YOUTH SOCCER

Registration for Youth Soccer begins August 24th. The league is for boys and girls aged 4-14. Practices will begin in December with games starting in January. The season concludes in March. Space is limited, and volunteer coaches are needed. Fee: Residents: \$85; Non-residents: \$95

FALL BASEBALL

Registration for Fall Baseball (T-ball and Coach Pitch) continues until August 24th. The league is for boys and girls aged 4-8. Practices and games will begin in September, and the season concludes in November. Space is limited, and volunteer coaches are needed. Fee: Residents: \$85; Non-residents: \$95

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

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

FOR MEN'S SOCCER CALL (786) 367-0972

FOR YOUTH FOOTBALL/ CHEERLEADING CALL (954) 721-5131.

FIELD RENTAL: 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 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 - 11:00 am	10 & over	\$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 & over	\$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>

ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Location	Session
Aerobic Cycling	Mon. Thurs. Sat.	7:15 - 8:15 pm 7:15 - 8:15 pm 6:00 - 7:00 pm 8:30 - 9:30 am	16 & over	\$6/\$7 \$48/\$58 \$64/\$74 \$144/\$174	Community Center	Per Class 10 Classes Monthly 3 Months
Badminton	Mon. & Wed.	6:00 - 9:00 pm 5:00 - 9:00 pm	13 & over	\$3/\$5	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.	9:00 - 10:00 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: \$72, Non-residents: \$122 for 6 months			
			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: \$52, 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			
Interval Training	Tues.	7:00 - 8:00 pm				
Tone and Sculpt	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>

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.

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. The group meets the 1st and 3rd Tuesday of each month at 10:00 am, and is offered in partnership with Jewish Family Services. Please call Susan Panzer at (954) 370-2140 for more information.

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. This free service for Tamarac residents is offered through a partnership with Monarchcare Inc., a non-profit social services agency, and is available by appointment only. Please call (954) 720-2485 to set up your free session.

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 and coverage for all family members. No income requirements. Please call Social Services at (954) 597-3642 for locations.

TEEN PARENTING GROUP BY MEMORIAL HEALTHCARE SYSTEM

The City of Tamarac, in partnership with Memorial Healthcare System, cordially invites you to participate in FREE parenting sessions that provide different perspectives on adolescent development, parenting styles,

communication, and working together as a family to improve relationships and strengthen family bonds.

When: Wednesdays, 6:30 pm – 7:30 pm

POSITIVE ADJUSTMENT GROUP

Learn coping skills and 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: Mondays, 10:30 am – 11:30 am

CENTER FOR COMMUNICATIONS - FREE AMPLIFIED PHONE

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

When: Call for dates

BLOOD PRESSURE SCREENING

Free blood pressure screenings. Sponsored by Walgreens. No appointment needed.

When: First Thursday of each month from 11:00 am – noon

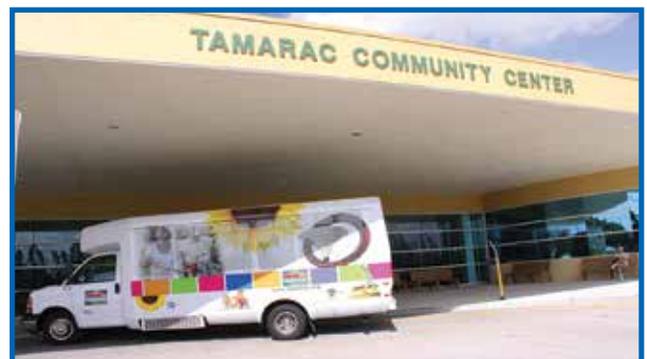
FREE 911 CELL PHONES FOR SENIORS

Call (954) 597-3642 to set up an appointment. Donations of cell phones are accepted.

When: Second Monday of each month at 9:00 am

FREE EYEGLASS REPAIR PROGRAM

When: Tuesdays, 10:00 am – noon





SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

When: Third Tuesday of each month at 11:00 am

SHINE COUNSELOR

Serving Health Insurance Needs for the Elderly. Have 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: Fourth Friday of each month, 8:00 am – 11:00 am
no appointment necessary
(Cancelled for July and August)

TRANSPORTATION AND EXPRESS SHUTTLE SERVICES

Door-to-door paratransit service is available to the disabled and to people over age 60 with no other transportation. For additional information, please call (954) 597-3649.

Tamarac also offers two community bus routes – the Red and Red Extension Transit Routes – to locations across the City. Schedules and fees are available at www.tamarac.org and at City facilities.

Additionally, the City runs an Express Shuttle the second Thursday of every month. The shuttle starts at 10:00 am at the Tamarac Community Center and visits the following stops: Coral Square Mall, BJ's, Home Depot, Whole Foods, Sam's Club, Doris Italian Market & Bakery, Michaels, and Panera Bread. It also connects to the Red and Red Extension routes. The shuttle costs \$1.00 round trip, and no sign up is required. Additional fees will apply for connections to the Red Route and Red Extension route.

ADULT TRIPS

Register for all trips at the Tamarac Community Center 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).

MARLINS VS. GIANTS GAME

Wednesday, July 1st, 4:00 pm - 11:00 pm
Residents: \$40, Non-residents: \$50

WICK THEATRE: GEORGE M!

Thursday, July 16th, 4:30 pm - 11:00 pm
Residents: \$60, Non-residents: \$70

WICK THEATRE: PUMP BOYS & DINETTES

Thursday, August 13th, 4:30 pm – 11:00 pm
Residents: \$60, Non-residents: \$70

MARLINS VS. PHILLIES GAME

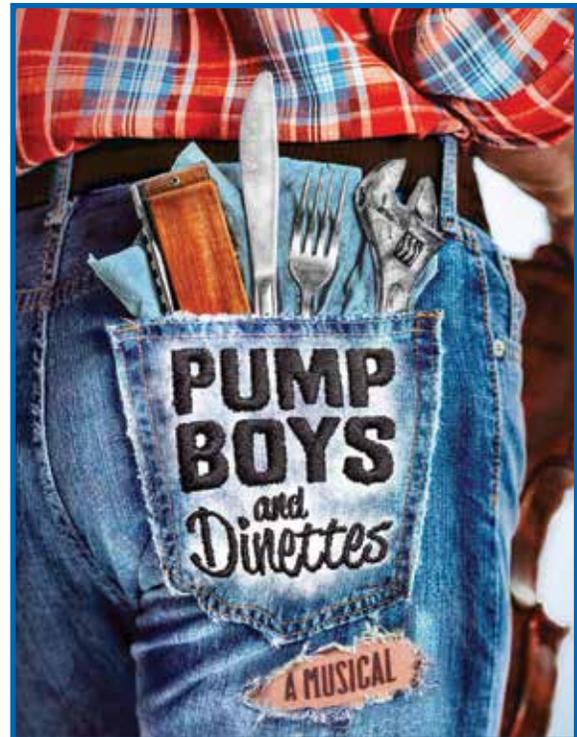
Thursday, August 20th, 4:00 pm - 11:00 pm
Residents: \$40, Non-residents: \$50

JUNGLE QUEEN DINNER CRUISE

Thursday, September 10th, 4:00 pm - 11:00 pm
Residents: \$65, Non-residents: \$75

LIPS - DINNER WITH THE DIVAS

Thursday, September 24th, 6:30 pm - 11:00 pm
Residents: \$60, Non-residents: \$70



SPECIAL EVENTS

4TH OF JULY

ALL-AMERICAN SWIM PARTY

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

Where: Caporella Aquatic Complex
When: Saturday, July 4th,
Noon – 4:00 pm
Fee: \$3.50 (17 & under),
\$4.00 (Adults)



ALL-AMERICAN CELEBRATION

Celebrate the biggest and best birthday party in the City of Tamarac at the All-American Celebration Event!

You're invited to a free outdoor concert featuring "Soundworthy" and an entertainment area with rides, arts and crafts, games and food trucks.

Grab your lawn chairs and your camera and get a snapshot with Uncle Sam and Betsy Ross. The night's not over until after the choreographed fireworks display, which kicks off promptly at 9:00 pm.

Limited on-site parking. Please use the shuttles from Tamarac City Hall (7525 NW 88th Ave) and the Tamarac Community Center (8601 W. Commercial Blvd). IT'S ALL FREE! For more information, call (954) 597-3620.

Where: Tamarac Sports Complex
When: Saturday, July 4th, 2015 from
6:00 pm to 9:30 pm

TAMARAC COMMUNITY FARMERS MARKET

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

Where: Veterans' Memorial Park
When: Every Sunday, 9:00 am – 2:00 pm



FOOD TRUCK HUMP DAYS

Where: Tamarac Park
When: Every Wednesday, 5:30 pm – 9:30 pm



DIVE-IN MOVIE

Where: Caporella Aquatic Complex
When: Saturday, August 22nd, 8:00 pm
Fee: \$3.50 (17 & under), \$4.00 (Adults)

6TH ANNUAL TAMARAC PLAY DAY

The City of Tamarac has been named a Playful City for the 6th consecutive year. A national role model, we're 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 track to a healthier lifestyle. Enjoy the benefits of playing in your City's parks. The City's "Day of Play" will consist of organized games, inflatable rides, prizes, giveaways, and more.

Where: Tamarac Park
When: Thursday, September 17th
(Early Release Day), 1:30 – 3:30 pm
Fee: Free



PRINCESS PARTY

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

Ages: 3-7 years old
 Where: Tamarac Community Center
 When: Saturday, September 19th,
 10:00 am – noon
 Fee: Residents: \$10,
 Non-residents: \$20

ARTIST OF THE MONTH

Visit the Tamarac Community Center to view the exhibits:

July: Pauline Theriault,
 "Flowers of Life"
 August: Khalifa Abena Iman
 a.k.a. Ashley Jenkins,
 "Life, Space & Time"
 September: Shelby McSweeney,
 "Made You Look"

BECOME A SPONSOR!

Sponsoring a special event is a great way to market to your target audience. Partnering with the City of Tamarac provides an opportunity to promote your business and increase visibility in the community. Contact the Parks and Recreation department at (954) 597-3632 for more information.

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? Join the fun and become a member of the award-winning Tamarac Community Center Senior Program!

The Senior Program has more than 900 members, and with over 40 different activities, programs and services per week, there is truly something for everyone. It's available to seniors age 55 and over from Monday through Friday, 8:30 am – 4:00 pm. For more information, please visit the Community Center, call (954) 597-3620, or visit us online at www.tamarac.org. For updates on the Senior Program, you can follow us on Twitter and like our "Tamarac Parks and Recreation" Facebook page.

TAMARAC SENIOR PROGRAM SCHEDULE

MONDAY

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

TUESDAY

Walking Club, Jazzercise, Creative Writing, Mah Jong, Sit and Fit, Chair Yoga, Badminton, Pickleball, Painting, Computer Class

WEDNESDAY

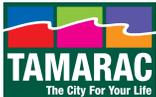
Proactive Arthritis Water Exercise, Extended Chair Yoga, Volleyball, Movement Mix, Zumba, Pickleball, Core Yoga

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, Movement Mix, Jewelry Making, Gentle Yoga, Battle of the Sexes Trivia, Pickleball



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GIVE THE GIFT OF FUN!

Tamarac gift cards offer a convenient way to pay for the City's recreation programs, picnic shelter and room rentals, and City-run athletic leagues.

- *Available in denominations of \$25*
- *Never expire*
- *Can be reloaded*

Pick up yours at the Community Center, Recreation Center or Aquatic Complex and give yourself -- or your friends -- the gift of fun.

