

# TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JANUARY | FEBRUARY | MARCH | 2016



**A CLEAR VISION**

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](mailto: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](mailto:pio@tamarac.org).

Tam-A-Gram and other City publications are available online at [www.tamarac.org](http://www.tamarac.org).

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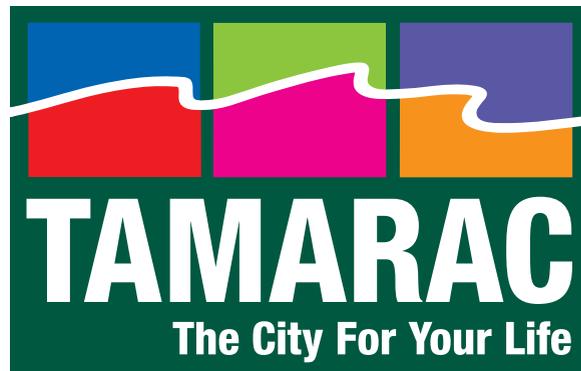
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## IMPORTANT NUMBERS

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	
Building Permitting and		Mayor and Commission	(954) 597-3460	emergencies.)	
Inspection Results		Parks & Recreation	(954) 597-3620	Service Providers:	
City Clerk's Office	(954) 597-3505	Community Center	(954) 597-3620	Waste Management	(866) 684-3142
City Commission	(954) 597-3460	Caporella Aquatic Center	(954) 597-3660	Comcast Cable	(954) 252-1937
City Manager's Office	(954) 597-3510	Caporella Fitness Center	(954) 597-3661	Library (Tamarac Branch)	(954) 765-1500
PIO (Media)	(954) 597-3523	Social Services	(954) 597-3642	Post Office (Tamarac Branch)	(954) 722-3152
Community Development	(954) 597-3530	Transit/Shuttle Bus	(954) 597-3649		
Code Compliance	(954) 597-3425	Police/BSO Tamarac District			
Business Revenue	(954) 597-3537	(Non-Emergency)	(954) 720-2225		

# A Clear Vision

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**S**ometimes government seems to be all talk, no action. But oftentimes that talk helps define the vision for a very clear future. For many years, there's been discussion about a new town center for the City. Several name changes and a few modifications of scope later, we're finally here: Tamarac Village is becoming a reality.

What took so long? For one thing, just talking about it doesn't make it so. There were years of planning, preparation and patience involved. The City Commission had the foresight to take a risk during a downturn in the real estate market. They assembled 17 properties – including a bank building and a former house of worship – along 23 acres of Commercial Boulevard, holding on to them until it made sense to move forward. The economy, changes in the marketplace and the increasing attractiveness of the City as a place to call home, have helped shape the vision into what's best for Tamarac over the long term.

As you'll read on the following pages, what's best for the City is a mixed-use development containing both higher end rental apartments and 35,000 square feet of commercial space, including stores

and restaurants. It's the biggest new commercial development that Tamarac has seen in the last 15 years, with an estimated \$100 million economic impact on the City.

As significant as Tamarac Village is, that's not the only major project moving forward. Three years ago, the City bought an outparcel of land just north of Colony West Golf Club with the intent of using it for economic development. The City saw both opportunity and potential, and now the Marriott hotel chain does as well. The land sale agreement has been structured as another investment in the community that will set the stage for an even stronger Colony West over the long term, by making it a resource for people who travel to Tamarac for business or pleasure, in addition to an excellent facility for golfers.

There's no crystal ball, but the City does have a clear vision for the future. It's one that builds carefully on the strategic plan to make Tamarac the community of choice. Judging by the influx of new businesses, increased developer interest and the steady sales of new homes, we're on the right track.



# Tamarac Village: The Time is Now

Years of planning, discussion and much work behind the scenes to develop Tamarac Village are finally coming to fruition. The City has entered into a partnership agreement to construct a mixed-use project – a combination of residential and retail – on a 23-acre stretch of land along Commercial Boulevard. Over the years, the City assembled 17 properties between NW 94th Avenue and Pine Island Road with the intent of providing

a town center that draws people for dining, shopping and community events.

The agreement with JKM Developers calls for:

- 400 rental apartments in three-and four-story buildings
- An upscale clubhouse
- 35,000 square feet of Class A commercial space, and
- Almost one acre of park land

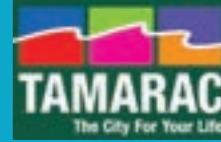


Artist's renderings, clockwise from top left are: interior view of town center, apartments, clubhouse, park

Tamarac Village will have a \$100 million impact on the City, creating jobs in construction, services and property management as well as contributing an additional \$729,000 in tax revenue annually. Now that the agreement is finalized, JKM Developers will move forward with the development of site plans and infrastructure, gearing toward completing construction in 2019.



# 2016 NEIGHBORHOOD MEETINGS



**THE CITY**  
*for citizen involvement.*

Join Tamarac officials and City staff at an upcoming neighborhood meeting for a discussion on current projects and their impact on the community. They'll answer questions and share insight into what the future holds for "The City For Your Life".

Dates and locations are subject to change. Details will be mailed for each district and information will be available at [www.tamarac.org](http://www.tamarac.org).

**District 1**      **Wednesday,**      **Mainlands 1 & 2 Clubhouse**  
                         **March 16**                              **4301 Mainland Dr.**

**District 2**      **Wednesday,**      **Fairways of Tamarac**  
                         **March 2**                              **8450 Lagos De Campo Blvd.**

**District 3**      **Wednesday,**      **Tamarac Community Center**  
                         **April 6**                              **8601 W. Commercial Blvd.**

**District 4**      **Wednesday,**      **Tamarac Community Center**  
                         **March 30**                              **8601 W. Commercial Blvd.**

All meetings begin at 6:30 p.m.  
For additional information please  
call (954) 597-3530.

[www.tamarac.org](http://www.tamarac.org)



# State of the City

**M**ayor Harry Dressler will share his insights on the City's finances and accomplishments over the past year and our plans for the future in his State of the City address on February 10th. The speech will open the regular City Commission meeting, which begins at 7 pm in the Commission Chambers at City Hall, and is open to the public. For those who can't attend, all Commission meetings are broadcast live on the City's website, and available on demand the next day in the Government section of [www.tamarac.org](http://www.tamarac.org).

## Because Appearances Count

**W**e're all told not to judge a book by its cover, but when it comes to your City, appearances do count. Maintaining Tamarac's appearance protects property values and, just as important, helps create a collective sense of pride. That's why we remain focused on maintaining and improving our community.

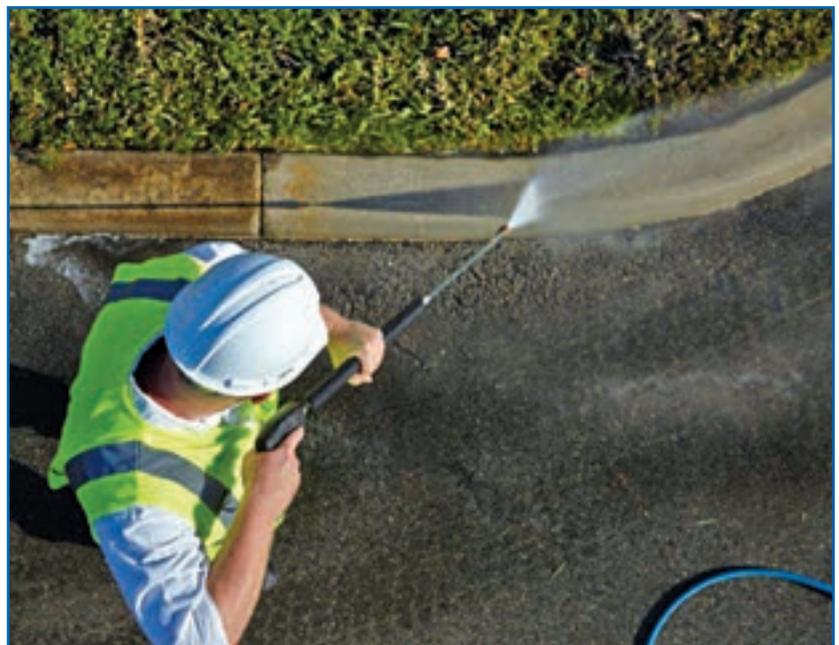
As part of this effort, Tamarac recently completed pressure cleaning more than 80 miles of street curbs, 75 acres of sidewalk, and nearly 400,000 square feet of hard surface street medians. All of the sidewalks and cement surfaces at City facilities and parks were also cleaned, and an ongoing pressure cleaning program has been instituted that will help keep the City looking its best.

To do that sometimes requires updating and modernizing. Starting in 2016, attractive new signage will be installed throughout the City that will help create a distinct identity for Tamarac. This project includes gateway, facility, directional and neighborhood signs.

But it's more than cleaning and

new signage that sets Tamarac apart. Our public art adds beauty and creates a sense of place by reflecting our unique character and identity. Another major new public art project is in the planning stage - a significant sculpture to be placed on Commercial Boulevard in front of the Woodlands community.

It takes work to keep up appearances. But it's worth it, when the end result is a vibrant community that more and more residents are proud to call home.



# BSO Heroes Among Us

**O**ur first responders usually perform their jobs quietly and under the radar. Many times, their efforts are not only compassionate, they're lifesaving. Following are a few recent examples of how BSO Tamarac District deputies have helped members of our community in their time of need.

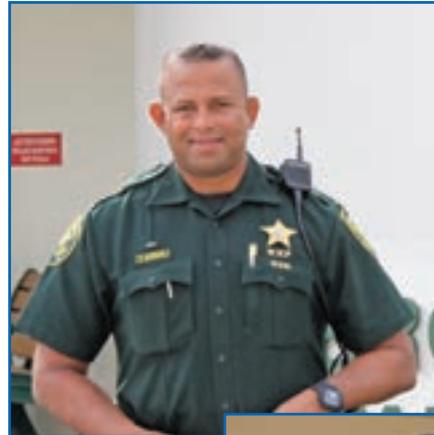
Deputy Henry Guzman was the first responder on the scene when a one year old child was choking and unable to breathe. He administered emergency medical treatment and was able to dislodge an object from his throat, saving the boy's life.

Deputy Angel Alcantara received a Lifesaving Award from BSO for helping an individual who was bleeding profusely from self-inflicted wounds. He stopped a tense situation from further escalation so that the individual could be transported for treatment.

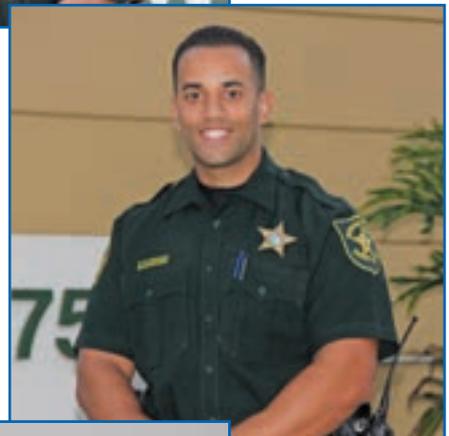
Deputy Richard Griffin responded to a traffic accident in which a driver whose leg had been amputated in the collision had the potential of bleeding to death. He quickly cut away the victim's pant leg, located the artery and applied pressure with both hands to stop the hemorrhaging until Fire Rescue arrived.

Deputy Paul Lear helped a mother with four children in tow who was attempting to repair her broken down car by herself. Deputy Lear went to a nearby auto store for parts where he enlisted the help of a mechanic who volunteered to help complete the repair, and together they got the job done.

It's important to remember and appreciate how much law enforcement officers do for their City, their heroism, and their selflessness. We thank the entire BSO Tamarac District for their commitment to protect and serve our community.



*Deputy  
Henry Guzman*



*Deputy  
Angel Alcantara*



*Deputy  
Richard Griffin*



*Deputy  
Paul Lear*

# Make Your Resolutions Reality

**L**osing weight, exercising more and getting healthier are common New Year's resolutions. So is spending less money. The Caporella Fitness Center wants to help make your New Year's resolutions a reality. That's why we're rolling out "Bring a Friend," "Commit to Be Fit", and gift card discount promotions to make fitness a little more fun and affordable.

If you find working out with a partner makes exercise more fun, and that accountability to someone else helps you stick to your routine, the Fitness Center's "Bring a Friend" promotion is for you. Members can obtain a one-week pass for friends and family to try out the Fitness Center any time from January 1st through April 30th. If your friend signs up for a one year membership after the free trial, you get an additional three months added to your membership. If your friend signs up for six months, you receive one month free.

Members who "Commit to be Fit" by renewing their Fitness Center membership for 12 months will get one



additional month free! This one year renewal must take place between January 1st and June 30th.

Finally, if you pay for a new membership or a renewal with a Tamarac gift card by the end of February, you'll get 10% off. These gift cards can be purchased at the Caporella Aquatic Complex where the Fitness Center is located, the Community Center and the Recreation Center.

The Fitness Center offers great equipment, a convenient location and a friendly environment where you can feel comfortable, no matter what your current level of fitness. It's located at 9300 NW 58th Street. Call us at (954) 597-3660 or visit our website at [www.tamarac.org/parks](http://www.tamarac.org/parks).

## CAPORELLA FITNESS CENTER ANNUAL MEMBERSHIP FEES:

Adult: .....	\$150
Senior/Military/Vets: .....	\$135
Teen (16-17 years old): .....	\$95
Teen (13-15 years old): .....	\$65

*Six month and three month membership options are also available.*

## Check Us Out Free Open House January 20<sup>th</sup> from 5 - 8 pm

**Tour the facility and enjoy giveaways, raffles and activities. Interested in personal training?  
Meet the trainer from 6 - 7 pm.**

## Have you TU'd?

Want a behind-the-scenes look at your City and how it operates? Tamarac University (TU) is a seven week interactive course held every spring that provides an opportunity to visit City facilities and learn from elected officials and City staff. It's a great training ground for volunteers and provides networking opportunities for civic-minded residents.

Think TU might be for you? The deadline to apply for this unique and engaging program is January 29th. Visit [www.tamarac.org](http://www.tamarac.org), or email [TU@tamarac.org](mailto:TU@tamarac.org) for more information.

## Yes to Chess

Tamarac said an overwhelming "yes" to chess with 120 participants for our first Mayors' Chess Challenge.



Mayor Harry Dressler and Commissioner Michelle Gomez watch as the players make their moves.

## Be a Part of Tamarac's First Art Festival

The vision of the City becoming more of a destination is taking shape with the April launch of the Tamarac Arts & Crafts Festival. This two-day event will offer something for everyone, whether you're an art aficionado or simply looking for some fresh air and fun. It is presented by the Greater Tamarac Chamber of Commerce in partnership with the City.

The festival will feature exhibits by artists and artisans in a wide range of categories including: painting, hand-crafts, sculpture, jewelry, drawing, glass, photography, wood, mixed media and music. There are also children's activities planned.

Join together to enjoy the day and show your support for the arts in "The City For Your Life."

Dates: April 2nd – 3rd

Time: 10 am – 5 pm

Location: NW 57th Street,  
behind the Tamarac  
Community Center

Cost: Free

TAMARAC  
arts & crafts festival

# This is Only a Test

**T**amarac's CodeRED system provides residents and local businesses with emergency notification phone calls for events such as weather-related warnings, boil water orders and missing person alerts. It's an important method of communicating to the community when time is of the essence.

We are testing the system in February, to ensure everything is in working order. CodeRED subscribers will receive test calls with a brief recorded message.

If you haven't yet registered for this free service, signing up is quick and easy. So is updating your contact information if you've moved, changed phone numbers or changed cell phone carriers.

Just visit [www.tamarac.org](http://www.tamarac.org) and select 'CodeRED Registration' on the bottom left side of the main page. Fill out the short form to be kept informed in the event of an emergency. To update your information, log on to your account from this page.



Keeping citizens informed.

## Fire Rescue Says "Welcome"

**I**f you're new to the City, don't be surprised if a member of Tamarac Fire Rescue's Community Emergency Response Team (CERT) knocks on your door. They're going door to door to welcome new residents and deliver news you can use, including the most up-to-date information on the City's fire prevention and emergency management programs.

Please remember, any time Fire Rescue personnel or CERT volunteers come to your door, they will be in uniform, and they will have a City-issued ID badge. They won't ask to come into your home, and won't try to collect any money or donations. CERT volunteers wear high visibility neon green T-shirts or blue and gold polo shirts with Tamarac CERT printed on them.

Fire Rescue department and CERT program members also attend neighborhood meetings, and are always willing to answer questions when you see them in the community in non-emergency situations. Feel free to stop and chat, whether you have questions or simply want to get to know them.

For more information, or to verify a CERT volunteer's credentials, please call Tamarac Fire Rescue at (954) 597-3800.



# Titanic Tea, Anyone?

Does an interactive performance exhibition about the Titanic sound like your cup of tea? If so, you are cordially invited to join the Tamarac Historical Society for an Edwardian tea and a trip back in time with Titanic historian Kyrila Scully.

Scully will appear as one of the RMS Titanic's well-known passengers and survivors, Margaret "Molly" Brown. She will provide a 30-minute monologue, followed by a question and answer session and a presentation of her personal collection of Titanic artifacts, movie props, photographs and more.

Elegant hats are optional attire, however reservations are required.

**Date:** Sunday, January 31st  
**Time:** 2 – 4 pm  
**Location:** Elegant Affairs  
7111 West Commercial Boulevard  
**Cost:** \$22.50 per person  
**RSVP:** Call (954) 597-3629 by January 10th  
No tickets sold at the door



## Honoring Our Vets

Tamarac is adding a Wall of Honor to Veterans' Memorial Park in tribute to the patriotism and service of our City's veterans. Plans are underway for a series of lighted glass panels that will encircle the park's existing eternal flame sculpture. Each glass wall will be etched with the names, rank, military branch, and years of service of our veterans. Final plans are expected to be completed this spring.



*Conceptual design of Tamarac's Veterans Wall of Honor*

The Tamarac Historical Society is currently collecting names of interested parties. There is no cost to be included. The criteria include an honorable discharge and proof of Tamarac residency (current or past). For more information, contact the Historical Society at (954) 597-3629 or complete the form found online at [www.tamarac.org](http://www.tamarac.org).

## VETERANS DAY



# TAMARAC

The 35th Annual Turkey Trot had a record-breaking turnout with more than 2,000 participants. The overall winners were Nicholas Palermo (male) and Sara Gomez (female).



## Holiday Lighting Festival



# 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](http://www.tamarac.org)

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

## Tamarac Swimming Success

Looking for a competitive sport for your child that builds physical fitness and is also fun? Why not try swimming? Tamarac Swimming offers a competitive program for children aged 5-18 at the Caporella Aquatic Complex that emphasizes proper swimming technique and teaches starts, turns, and the four competitive strokes.

They must be doing something right – in 2015 six of their graduating high school seniors earned spots on their college swim teams.

Tamarac Swimming is a member of USA Swimming, which governs the sport in the United States. Its members compete in Florida Gold Coast Swimming division meets. For more information, email [tamaracswimming@gmail.com](mailto:tamaracswimming@gmail.com) or visit <http://tamaracswimming.com>.



# 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 sprayground. 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 am – 6 pm  
Slide and Sprayground:  
2:30 pm – 6 pm

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

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

**Pool Closed:** January and February;  
reopens March 1, 2016.

## SWIM LESSONS

**Ages 3-5:** Parent-Tot and Tot only  
**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 am – 11 am

**Fee:** Senior Program Members: Free  
Others: \$4/Class

## WATER AEROBICS

**When:** Monday and Wednesday  
6 pm – 6:45 pm

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



# SUMMER CAMP REGISTRATION

Believe it or not, it's time for parents to start planning their children's summer activities. Camp Tamarac offers eight weeks of fun and supervised activity over summer break for children aged 5-14 years old, including one field trip and one swim day every week.

**Camp packets will be available February 29th. Mail in registration begins on March 9th for residents, and on March 14th for non-residents.**

Pick up your packet at Tamarac Park or Tamarac Community Center.

Camp dates: 2016 camp dates are June 20 – August 12.

Note: All campers must be 5 years old on or before September 1, 2016. A copy of each child's birth certificate is required.

## FACILITY LOCATIONS

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### **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

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*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

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

### **YOUTH FLAG FOOTBALL**

Registration for Youth Flag Football begins February 1st. The league is for boys and girls aged 5-14 years old and space is limited. Practices begin in March and games start in April. The season will conclude in May. Volunteer coaches are needed. Fee: Residents: \$85; Non-residents: \$95

### **SPRING BASEBALL**

Registration for Spring Baseball continues until January 20th. The league is for boys and girls aged 4-16 years old, and space is limited. 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. Call (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	Session	Location
Basketball Fundamentals	Wed.	6 - 6:45 pm	10 - 14 yrs.	\$30/\$40	4-week	Multi-Purpose Center
Cartooning Class	Sat.	10:30 - 11:30 am	10 & over	\$40/\$50	4-week	Recreation Center
Fashionista	Sat.	12:30 - 1:15 pm	6 - 14 yrs.	\$40/\$50	4-week	Recreation Center
Gymnastics	Thurs.	6 - 6:45 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Hip Hop/Cheerleading/Tumbling	Sat.	11 am - 12 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Imagination Mornings	Wed.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 14 yrs.	\$40/\$50	4-week	Recreation Center
Kempo Karate	Mon. & Wed.	5:30 - 6:30 pm	7 - 18 yrs.	\$70/\$80	4-week	Recreation Center
Kids Cooking	Tues. (1st & 3rd)	6 - 8 pm	7 - 12 yrs.	\$40/\$50	2-week	Recreation Center
Krafty Kids	Mon.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
Level 1 & 2 Ballet, Tap & Jazz	Sat.	10 - 11 am	3 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Lil Sprouts Cooking	Tues.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
Start Smart Sports	Thurs.	6 - 6:45 pm	4 - 6 yrs.	\$30/\$40	4-week	Multi-Purpose Center
Taekwondo (Advanced)	Tues. & Thurs.	5:30 - 8:30 pm	7 - 12 yrs.	\$80/\$90	4-week	Recreation Center
Teen Club	Thurs.	7 - 8 pm	12 - 17 yrs.	\$25/\$35	Annually	Sports Complex
Tennis Lessons	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50	4-week	Sports Complex
Wing Chun	Mon. & Wed.	6:30 - 8 pm	10 & over	\$80/\$90	4-week	Recreation Center
Zumbatomic	Wed.	5 - 6 pm	4 - 12 yrs.	\$20/\$30	4-week	Multi-Purpose Center

*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	Session	Location
Aerobic Cycling	Mon. Tues. Thur. Sat.	7:15 - 8:15 pm 7:15 - 8:15 pm 6 - 7 pm 8:30 - 9:30 am	16 & over	\$6/\$7 \$48/\$58 \$64/\$74 \$144/\$174	Per Class 10 Classes Monthly 3 Months	Community Center
Badminton	Mon. & Wed. Sat.	6 - 9 pm 5 - 9 pm	13 & over	\$3/\$5	Per Class	Community Center
Mixed Art	Wed.	9:30 - 11:30 am	18 & over	\$30/\$40	4-week	Recreation Center
Pottery Studio	Tues.	6 - 8:30 pm	16 & over	\$40/\$50	4-week	Recreation Center
Table Tennis	Sat.	2 - 9 pm	18 & over	\$1/\$2	Per Class	Community Center
Tennis Lessons	Sat.	9 - 10 am	13 & over	\$40/\$50	4-week	Sports Complex
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 pm 7:15 - 8:30 pm 1:30 - 4 pm	16 & over	\$5/\$6	Per Class	Multi-Purpose Center

### RECREATION CENTER FITNESS SCHEDULE

Cardio Kick	Mon.	6 - 7 pm	Where: Tamarac Recreation Center, 7501 N. University Drive			
Pilates & Yogalates	Sat.	9 - 10 am	Fee: Per Class: Residents: \$6, Non-residents: \$7			
Total Fitness Training	Tues. & Thurs.	6 - 7 pm	For 10 Classes: Residents: \$52, Non-residents: \$62			
Zumba Fitness	Mon. & Wed. Tues. Wed. Thurs. Sat.	7 - 8 pm 9:30 - 10:30 am 11 am - 12 pm	For 6 Months: Residents: \$72, Non-residents: \$122			
			Annual Membership: Residents: \$126.50, Non-residents: \$176.50			

### COMMUNITY CENTER FITNESS SCHEDULE

Body Sculpting	Thurs. & Fri.	6 - 7 pm	Where: Tamarac Community Center, 8601 W. Commercial Boulevard			
Kickboxing	Mon.	6 - 7 pm	Fee: Per Class: Residents: \$6, Non-residents: \$7			
Pilates	Mon.	7 - 8 pm	For 10 Classes: Residents: \$52, Non-residents: \$62			
Strength Training Aerobics	Wed.	6 - 7 pm	Annual Membership: Residents: \$152, Non-residents: \$202			
Tone and Sculpt	Tues.	6 - 7 pm	Annual Membership: Senior Resident: \$122, Senior Non-resident: \$152			
Yoga	Mon. Wed. & Thurs. Sat.	5:30 - 6:30 pm 7 - 8 pm 9:30 - 10:30 am				
Zumba	Wed. & Fri.	7 - 8 pm				

*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 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.**

## 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 am, and is offered in partnership with Jewish Family Services. Please call Susan Panzer at (954) 370-2140 for more information.

## 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. 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.

When: Call Social Services at (954) 597-3642 for dates



## BLOOD PRESSURE SCREENING

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

When: First Tuesday of each month from 11 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 am

## SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

When: Third Tuesday of each month at 11 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 am – 11 am  
No appointment necessary

### **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](http://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 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 round trip, and no sign up is required. Additional fees will apply for connections to the Red Route and Red Extension route. Please call (954) 597-3649 for dates.



## **ADULT TRIPS**

Register for all trips at the Tamarac Community Center from 8 am - 8 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).

### **AMERICAN AIRLINES ARENA - MIAMI HEAT VS. NEW YORK KNICKS**

Wednesday, January 6th, 4 pm – 11:30 pm  
Residents: \$55; Non-residents: \$65

### **KRAVIS CENTER - 42ND STREET**

Thursday, January 7th, 4 pm – 11 pm  
Residents: \$85; Non-residents: \$95

### **MAI-KAI DINNER AND SHOW**

Thursday, January 28th, 4 pm – 11 pm  
Residents: \$65; Non-residents: \$75

### **KRAVIS CENTER - MOTOWN THE MUSICAL**

Thursday, February 11th, 4 pm – 11 pm  
Residents: \$80; Non-residents: \$90

### **MELTING POT - FONDUE PARTY**

Thursday, February 25th, 5 pm – 11 pm  
Residents: \$40; Non-residents: \$50



### **KRAVIS CENTER - MATILDA THE MUSICAL**

Thursday, March 3rd, 4 pm – 11 pm  
Residents: \$85; Non-residents: \$95

### **BROWARD CENTER - KINKY BOOTS**

Thursday, March 10th, 4 pm – 11 pm  
Residents: \$80; Non-residents: \$90

### **KRAVIS CENTER - BULLETS OVER BROADWAY**

Thursday, March 24th, 4 pm – 11 pm  
Residents: \$80; Non-residents: \$90

# 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. Come meet the producers and sample their locally prepared, all natural products.

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

## MOVIE IN THE PARK

Where: Mainlands Park  
When: Friday, January 29th  
Movie starts at 6:30 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 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 6th  
9 am – noon

## CONCERT IN THE PARK - MAINLANDS

Join us for a live outdoor performance on the east side of town.

Where: Mainlands Park  
When: Friday, February 26th  
7 pm – 9 pm

## CONCERT IN THE PARK - SPORTS COMPLEX

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  
When: Friday, March 11th  
7 pm – 9 pm

## SPRINGFEST

Event features face painting, bounce houses, games, and an egg hunt for children aged 10 & under. Find the golden egg and win a prize. Egg hunt starts promptly at 10 am. Don't be late!



Where: Tamarac Sports Complex  
When: Saturday, March 19th  
10 am – noon

## COMMUNITY GARAGE SALE

Where: Tamarac Park  
When: Saturday, April 9th  
7:30 am – noon

## ARTIST OF THE MONTH

Artwork is displayed at the Tamarac Community Center.

January: Ed Hart, Black and White Clay Manipulation  
February: Stanley Broder, Trees and Landscapes  
March: Sharon Thomas Duca, Black History

## BECOME A SPONSOR!

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



### FOOD TRUCK HUMP DAYS

Enjoy activities, music and delicious offerings from a variety of food trucks every Wednesday at Tamarac Park. 5:30 pm – 9:30 pm



## SENIOR PROGRAM

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 pm. For more information, please visit the Community Center, call (954) 597-3620, or visit us online at [www.tamarac.org](http://www.tamarac.org).



### 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

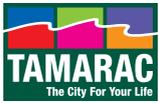
Proactive Arthritis Water Exercise, Extended Chair Yoga, Volleyball, Movement Mix, Zumba, Pickleball, Core Yoga

#### 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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Want to get fit, have fun,  
or learn something new in  
the new year?

For a limited time save  
10% on any City-run  
Parks and Recreation  
program, facility rental  
or activity paid for with  
a Tamarac gift card.  
**This special offer ends  
February 29, 2016.**

For details visit the Parks and Recreation section  
of [www.tamarac.org](http://www.tamarac.org).

